

Player Code of Conduct

- I will always respect my coaches, my teammates and the game of hockey.
- I will always play – in both game and practice – to the best of my ability.
- I will always play to win, but should I lose, I will lose with dignity and respect for my teammates, my coaches and my opponents.
- I will never give up on myself, my teammates or my coaches.
- I will abide by all USA Hockey, NJ Freeze and team rules.
- I will arrive at all practices and games on time.
- I will always respect officials and their calls and decisions.
- I will not engage in fighting or any other activity that could injure me, another player, coach or official.
- I will respect the facilities where I play, both home and away.
- I will not use inappropriate language in the locker room or on the ice.
- I will not use illegal drugs, alcohol or tobacco.
- I will not use social media to bully, embarrass or harass a teammate, coach or opponent.
- I will not use camera phones or recording devices in the locker room.
- I understand that disciplinary action, suspension, loss of ice time or expulsion from the NJ Freeze may result if I fail to follow the NJ Freeze Player Code of Conduct.