

Parent Code of Conduct

- I will represent the NJ Freeze at every game, practice and event with dignity and respect.
- I will show respect for coaches and officials at all times.
- I will work to ensure that my child behaves in a sportsmanlike manner at all times.
- I will demonstrate respect and support for all players – both NJ Freeze and our competition – at all times.
- I will defer to NJ Freeze coaches to determine what is best for the team at all times.
- I understand that ice time for my child is not guaranteed.
- I will be mindful of what I say aloud at the rink and will not criticize players, coaches, or officials during all home and away games.
- I will strive to ensure that my child does not use performance enhancing drugs, illegal drugs, alcohol and tobacco.
- I will not openly instruct my child during games.
- I will respect the rulings of the officials and coaches at all times.
- I will encourage my child to play by the rules of USA Hockey and the NJ Freeze and respect the decision of all coaches and officials both on and off the ice.
- I will ensure that my child is on time for all events.
- I will not embarrass my child, the team or NJ Freeze by yelling at players, coaches or officials.
- I will immediately report to NJ Freeze any concerns I have for the safety of my child and teammates.
- I will follow The 24 Hour Rule.

The 24 Hour Rule

“A parent is not to approach a coach or NJ Freeze official to discuss an incident that occurred during a game or practice that has aroused within that parent a negative or hostile emotional response until at least 24 hours after the event.”

A well-regarded rule in any youth sport, The NJ Freeze 24 Hour Rule allows for a civil conversation of facts and opinions rather than raw emotion. The intent of the 24 Hour Rule is to allow parents and coaches alike to compose themselves and address the issue in a courteous and respectful manner.