



Parent Code of Conduct

- I will show respect and positive support for coaches and officials, prior to, during, and after games and practices.
- I will ensure that my child behaves in a sportsmanlike manner and I will set a positive example at the rink and at home.
- I will demonstrate respect and support for all players prior to, during, and after all games and practices.
- I will be mindful that there is a balance between skill development and winning during games. Coaches have discretion to determine what is best for the team at any given time.
- I understand that ice time is not guaranteed and that there are times when there is a need for discipline and times when the good of the team outweighs the balance in ice time for all.
- I will be mindful of what I say aloud at the rink and will not criticize players, coaches, or officials during games regardless of team affiliation.
- I will ensure that my child does not use performance enhancing drugs, illegal drugs, alcohol, and tobacco.
- I will be mindful of my role at all times, provide support, not openly instruct during games, or openly interpret rules.
- I will abide by the rulings of the officials, coaches, and league officials during and after the game.
- I understand that hockey is designed to be fun so I will not force my child to play, but support his/her desire to play.
- I will encourage my child to play by the rules and abide by the rulings of coaches, officials, the Avalanche, and the league.
- I will ensure that my child attends all team events and is on time for all events.
- I will not embarrass my child by yelling at players, coaches, or officials.
- I will not verbally or physically abuse my child after a game or practice.
- I agree to abide by the 24 Hour Rule.

The 24 Hour Rule

“A parent or spectator is not to approach a coach to discuss a game, a game incident, or a situation that occurred during a game or practice that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact.”

For parents it is important to separate yourselves from the emotion of the situation and collect your thoughts before addressing the situation. It is for this reason that the Avalanche has adopted the 24 hour rule. It allows a civil conversation based on facts and opinions as opposed to emotions. The intent of the rule is to move an emotional and confrontational discussion away from the players and to allow the parties to “cool off”, compose themselves and put the provoking incident into perspective before addressing it.