



# LUCKY PUCKS HOCKEY CLUB

OFFICIAL PLAYBOOK

[www.luckypuckshockey.com](http://www.luckypuckshockey.com)

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## QUICK HISTORY

Being one of the first women playing in the local So Flo men's hockey leagues, Karen Ota-O'Brien started the women's hockey program here in 1996 after being asked to form a tournament team for the Annual Montreal based Coup De Soleil. Roll forward to 2003, the very first all-women's team played at Ice Den (formerly Incredible Ice) Men's League, making the playoffs their inaugural year. The Girls Nite Out program formed shortly thereafter. The Lucky Pucks were founded in 2007 when Karen brought together a few friends to create a team founded on friendships and sisterhood. We started with one team of women, which had about 13 skaters and now we've grown into 4 Travel teams participating in the Florida Women's Hockey League, 4 USA Hockey Adult National Teams & 4 Junior Lucky Puck Teams playing in the Southern Girls Hockey League.

On behalf of the entire Lucky Pucks Hockey Club, we would like to welcome you to our organization & Summer League of 2025!

-Karen Ota-O'Brien: Executive Director/ Lucky Pucks Organization

-Elise Gratton, John McKenzie, Daniela Cortea, Dominique Lind, Katie Harrington, Elaine Luzano/ Summer League Commissioners

***Lucky Pucks Hockey - Join for the hockey, stick around for the memories!***

## CODE OF CONDUCT/ CORE VALUES/ LEAGUE RULES

Our Lucky Puck/GIRLS' NIGHT OUT (GNO) culture is what has given our team longevity and has created unforgettable memories with teammates who become family. By wearing a Lucky Puck or GNO Jersey you are a representative of our organization.

### LUCKY PUCK/GIRLS' NIGHT OUT - TEAM CORE VALUES

- Wear your lucky pucks logo with pride. It's not just a hockey team. This is a family.
- Friendship & sportsmanship is more important than winning or competing.
- Respect each other always.
- Winning isn't everything – Sisterhood & Brotherhood is above all else.
- If any conflicts arise, solve directly and together with your teammate; Don't let it linger.
- Stay positive – negativity is not welcome.
- Check your ego at the door – stay humble.
- We are supportive of each other on and off the ice.

### LUCKY PUCK/GIRLS' NIGHT OUT - CODE OF CONDUCT

- Player safety is a top priority. All players must make every effort to never injure any other player, regardless of the team for which they play.
- Lucky Pucks leave all facilities used in good standing and clean once vacated. We are responsible for cleaning up after ourselves.
- Lucky Pucks are inclusive and respectful of everyone, regardless of race, gender, background, religion, hockey talent/experience, etc.
- Lucky Pucks/GNO players, coaches, parents, officials, and spectators are expected to treat everyone on/off the ice with respect. Anything less than that will not be tolerated.



**SUMMER LEAGUE RULES:**

The mission of the Lucky Pucks Co-ed House League is for families to skate together in an organized, fun, competitive but social, hockey league. The ultimate goal is to play the game and then go enjoy camaraderie as a group, afterwards.

**The basics:**

- USA Hockey Registration is needed, signed waivers of Lucky Pucks and Ice Den required for all participants
- Four teams/ Maximum of Fifteen skaters and 1 goalie per roster/Nine women, six men skaters per team
- Goalies can be male or female
- ALL Players/ Goalies not able to make the weeks game is responsible for replacing their spot, utilizing list of pre-qualified substitute players
- Mandatory Draft Night for teams' selections
- 10 Game Season: Ten regular season games, Two playoff games (consolation game for first round losers)
- One referee per game (penalties called) & One Scorekeeper
- Statistics and standings recorded
- End of Season Party

**Game play:**

- ONLY reversible Lucky Pucks or GNO jerseys are to be worn during game play.
- Teams can only have two male skaters on the ice at any time: 5 on 5, 6 on 5, 4 on 4 and
- Only one male skater when down to three skaters (penalty or overtime).
- Games will consist of a 3 minute warm up, three 13 minute stop time periods with 1 minute between periods. The clock will run if any team has a lead of 4 or more goals.
- Optional: three person shoot out after a tie... with the game staying a tie if nobody wins the shootout (regular season)
- Playoffs: if game ends in a tie, 3 round shootout. Each captain identifies their initial 3 shooters. If still tied after first three shooters, captains declare shooters immediately before the attempt
- Wait until Zamboni is done and the operator has closed the Zamboni gates, before stepping on ice
- Any issues with Ice Arena/ or employees -Participant is to direct concerns immediately with team captain only, for them to resolve.
- Give respect for the officials



## AGREEMENT

**By signing this form, I understand and agree to the following:**

1. By being a Lucky Puck, family of a Lucky Puck or GNO participant or GNO family, I understand that I represent our organization as a whole. I will make sure to adhere to the above core values and code of conduct.
2. I understand the zero-tolerance policy for inappropriate behavior. Any inappropriate behavior will need to be reviewed by our board of directors, who have full discretion to enforce the above core values and code of conduct.
3. Anyone who violates the code of conduct, will be subject to the board of directors taking disciplinary action, which could include keeping individuals from participating for any tournaments/events or even not being asked back to play with the Lucky Pucks or with the GNO program.
4. I agree to be photographed or to have video be taken for marketing purposes via social media or other means.
5. As a member of the Lucky Pucks or participant of GNO, I understand I am required to volunteer as needed. I agree to offer my time to volunteer, as well as volunteering when asked for the betterment of the organization.

Player Name	
Date of Birth	
Women/ Girls	
Team	
Player Signature	
Date Signed	

<b>PLAYERS UNDER 18 YEARS OLD MUST HAVE CONSENT FROM PARENTS/GUARDIANS</b>	
Parent/Guardian Name 1	
Signature	
Date	

Parent/Guardian Name 2	
Signature	
Date	

<b>PLAYER EMERGENCY CONTACT 1</b>	
Name	
Relationship	
Cell Phone Number	
E-mail	

<b>PLAYER EMERGENCY CONTACT 2</b>	
Name	
Relationship	
Cell Phone Number	
E-mail	



