



ST. LOUIS ROCKETS

PARENT CODE OF CONDUCT

Being a Rockets parent is a privilege and a responsibility. Parents and guardians are an important part of the team experience and are expected to model the behavior we ask of our players. When you attend or participate in a Rockets activity, you represent the Rockets. These expectations apply at **games, practices, tournaments, travel, hotels, restaurants, locker rooms, team events, social media, group chats, and other Rockets activities.**

1. SUPPORT THE TEAM

- **Support the team** and celebrate effort, improvement, and good sportsmanship.
- **Put the team first.** Support your child's development without comparing players or focusing only on individual results.
- **Let coaches coach.** Do not coach your child or other players from the stands, bench area, locker room, or during practices.
- **Respect coaching decisions** about positions, lines, playing time, and other team matters.
- **Encourage** your child to listen to coaches, work hard, and be a good teammate.
- **Let your child own their hockey experience.** Encourage age-appropriate communication, problem-solving, and learning from mistakes.

2. RESPECT EVERYONE

- **Treat** players, coaches, opponents, officials, rink staff, and other families with respect.
- **Model good sportsmanship.** Your child is watching how you respond to wins, losses, mistakes, and disagreements.
- **Do not yell at, insult, threaten, embarrass, or harass** players, coaches, officials, or other families.
- **Do not bully, discriminate against, or retaliate** against another person.
- **Remember:** criticism of a child, player, or coach can hurt more than you may realize.

3. HANDLE CONCERNS THE RIGHT WAY

- **Use the 24-hour rule.** If you are upset about something that happened during a game, practice, or team event, wait 24 hours before contacting a coach about the concern.
- **Start with the coach.** If a concern is not resolved after that conversation, contact the appropriate Rockets leader.
- **Do not confront** coaches, officials, players, or other parents in the heat of the moment.
- **Keep adult concerns between adults.** Do not involve players in disputes between parents and coaches.

4. BE RESPONSIBLE ONLINE

- The Rockets Code applies to **social media, texts, group chats, email, apps, photos, videos, and other online communication.**
- **Do not** use online platforms to attack, embarrass, threaten, harass, or spread rumors about players, coaches, officials, or families.
- **Do not post or share** private information, photos, videos, or messages about another player or family without permission.
- **ZERO TOLERANCE:** Online behavior that targets or harms a member of our hockey community will be taken seriously, even when it happens outside the rink.
- **Pause before posting.** If you would not say it respectfully in person, do not post it.

5. RESPECT EVERY RINK

- **Follow** the rules of every rink and facility we visit.
- **Respect** rink employees, officials, other teams, and guests.
- **Take care** of the building, equipment, and locker room.
- **Clean up** after yourself and your family.
- **Accept directions** from rink staff, officials, and Rockets leadership.
- If you are asked to leave a facility, **leave immediately** and report the situation to Rockets leadership.

6. TAKE RESPONSIBILITY

- **You are responsible** for your own behavior and for the behavior of guests you bring to Rockets activities.
- **Follow** Rockets rules and applicable rink, USA Hockey, Missouri Hockey, and SafeSport requirements.
- **No illegal drugs** at Rockets activities or during team travel.
- **Support your child's commitment** to the team and communicate conflicts with team leadership when needed.
- **Remember:** your behavior can affect your child, their teammates, and the entire Rockets organization.

ZERO TOLERANCE

Bullying, threats, harassment, humiliation, discrimination, retaliation, or targeted behavior are not acceptable — **whether they happen in person or online.**

MY ROCKETS PARENT PROMISE

I will support the team. I will respect coaches and officials. I will model good sportsmanship. I will let coaches coach.
I will handle concerns respectfully. I will make good choices online. I will represent the Rockets with pride.