



**LITTLETON HOCKEY ASSOCIATION
Littleton Hawks and Colorado 14ers**

**Player Substance Abuse Policy
2025-2026 Season**

The following provisions apply to participation in hockey programming with Littleton Hockey Association (“LHA”).

LHA has determined that consumption, use and abuse of mood-altering substances is detrimental to a healthy state of mind, body and spirit in an athletic participant. This is especially true for those participants aspiring to develop their talents in the furtherance of playing the sport of hockey.

Zero Tolerance

LHA has adopted a “Zero Tolerance” policy with respect to player substance abuse.

Players shall be prohibited from engaging in the unauthorized or unlawful use, possession, manufacture, distribution, dispensation and/or possession of alcohol, marijuana, tobacco, smoking products, and/or illicit drugs of any type during any LHA sanctioned or sponsored event, or on any property being used for any LHA sanctioned or sponsored event.

Players shall be prohibited from participating in any LHA sanctioned or sponsored event while under the influence of or having consumed alcohol, marijuana, tobacco, smoking products, and/or illicit drugs of any type.

For purposes of this policy, “alcohol” shall include intoxicating beverages of any type.

For purposes of this policy, “illicit drugs” shall include (i) any controlled substances, (ii) prescription or prescribed controlled substances when used to an excess in violation of doctors’ orders, or to produce the state of intoxication in the participation; and (iii) any mood-altering or psychoactive substance that produces a state of intoxication in the participant.

For purposes of this policy, “tobacco” shall include (i) cigarettes, cigars, pipes, hookahs, water pipes or other similar tobacco smoking products; and (ii) smokeless tobacco products that are chewed or snuffed rather than smoked by the user, including dipping tobacco, chewing tobacco, snuff, snus or similar tobacco products not used for smoking.

For purposes of this policy, “smoking products” shall include (i) electronic smoking devices such as e-cigarettes, e-cigars, e-pipes, vape pens or other similar devices; and (ii) other products used or intended to deliver nicotine, such as nicotine patches.

Such prohibition shall apply to (i) LHA sanctioned or sponsored events occurring at or around hockey rinks and arenas, including but not limited to ice surfaces, parking lots, lobbies, locker rooms, restrooms, and other rink facilities, as well as (ii) LHA sanctioned or sponsored events occurring outside or away from hockey rinks or arenas, including but not limited to team trips, team meals, team hotels, team flights, team parties, dryland and other off-ice workout facilities, and all other off-ice team activities of any kind.

Discipline Progression

In the event a player is determined to be in violation of such prohibition, the player's parent or legal guardian will immediately be contacted by the LHA Executive Director, and the player shall be subject to the following Progression of Discipline:

- **First Offense:** Suspension from all LHA events and activities for a period of one (1) week (the "Week of Suspension"), with no limitation on the number of practices otherwise missed during the Week of Suspension. In addition, the player will be Suspended from the next two (2) LHA games, regardless of whether either or both such games are played during the Week of Suspension.
- **Second Offense:** Suspension from all LHA events and activities for a period of one (1) month (the "Month of Suspension"), with no limitation on the number of practices, games, or other team functions otherwise missed during the Month of Suspension. In addition, the player will be Suspended from the next eight (8) LHA games, regardless of whether such games are played during the Month of Suspension.
- **Third Offense:** Indefinite Suspension from all future LHA events and activities, and expulsion from the LHA with no refund.

The Progression of Discipline is cumulative over the entire duration that a player is a participant in LHA programming, and is not reset at the end of a particular season. The Progression of Discipline shall apply regardless of whether subsequent violations occur within one season or across more than one season.

Prohibited Conduct and Reporting

LHA has a **zero tolerance** position when it comes to player safety and preventing abuse and misconduct.

Any breach of the Player Substance Abuse Policy may result in disciplinary action, up to and including suspension or expulsion from LHA with no refund.

Any misconduct, abuse or violation should be immediately reported to the appropriate LHA segment leader, the LHA Hockey Director, the Colorado 14ers Director and/or the LHA Disciplinary Committee.

Acknowledgment

By registering online and by signing below, I certify that I have read and understand this Player Substance Abuse Policy, and that I agree to abide by all procedures and policies set forth by LHA.

Player Signature: _____
Date

Parent 1 Signature: _____
Date

Parent 2 Signature: _____
Date