

Fresno Junior Hockey Club 2025-2026 Handbook



Table of Contents

Section 1: Introduction	3
Section 2: Mission Statement	4
Section 3: Board of Directors	5
Section 4: Learn to Play	6
Section 5: Try Hockey For Free	7
Section 6: House League	8
Section 7: Travel Program.....	10
A. General Expectations	10
B. Tryouts	14
C. Rostering Policies	15
D. Play Up Guidelines	16
E. Red Shirt Program	17
F. Team Managers	18
G. Volunteer Requirements	19
H. Sponsorships and Fundraisers	20
I. 8U Mite Program	21
Section 8: USA Hockey Code of Conduct and Alcohol, Tobacco, Smoking Product and Drug Abuse Policy.....	22
Section 9: Payment Policy	26
Section 10: Resources / Links / Forms	27

Section 1.

Introduction

FJHC is affiliated with Gateway Ice Center and Fresno Ice, Inc. (dba "Fresno Monsters"). The official team name of all teams playing for FJHC shall be the "Fresno Junior Monsters" in furtherance of that association.

Consistent with corporate purposes, FJHC is also affiliated with, cooperates with, and maintains uniform playing rules in accordance with the bylaws, rules, and regulations of USA Hockey, the Northern California Junior Hockey Association ("NORCAL"), and the California Amateur Hockey Association ("CAHA").

Rink Location/Information: All practices and home games are held at Gateway Ice Center. The Gateway facility contains a full-service pro Shop and four locker rooms with shower and restroom facilities. The rink is located at 2473 North Marks Avenue (near the corner of Marks and Clinton).

Section 2.

Mission Statement

FJHC is a non-profit corporation as defined in the Internal Revenue Code Section 501(c)(3). Its mission is to advance and encourage recreational, amateur sports among children and families in and around the California Central Valley and to develop, promote, encourage, and regulate the sport of ice hockey, with an emphasis on using ice hockey as a tool to promote the development of sportsmanship, character, and leadership among children and young adults.

Section 3.

Board of Directors

Current officers and board members:

- President - Lindsey Vasquez
- Vice President and SafeSport Representative - Joshua Knapp
- Treasurer - Marcel Bourdase
- Secretary - Carrie Valente
- Registrar - Sarah Turner
- Member at Large - Travis Altama
- Member at Large - Katie Baroni
- Member at Large - George Grim
- Member at Large - Kimberly Thompson

Section 4.

Learn to Play

The Learn to Play (LTP) program is designed for boys and girls ages 4-16 interested in playing ice hockey. It is a four-week session for new players or those continuing on from the Try Hockey for Free program. Players must be able to skate without assistance from a training aid. Advance registration is required.

Each participant must purchase a USA Hockey Membership.

The board will establish the price for each Learn to Play session before the session's start.

LTP groups are split into two groups:

- 10 and younger
- 11 and older

At the coach's recommendation, skaters may join the other age group to meet their development needs.

Player provided gear over three months:

Month 1: Helmet, neck guard, gloves, and stick

Month 2: All month one items plus shin pads, elbow pads, and hockey pants

Month 3: All month one and two items plus skates, shoulder pads, and bag

Focus Points:

Focus Point 1: Skating ABC's (Agility, Balance, and Coordination)

Focus Point 2: Skating edges, skill development, stick handling, passing, and puck control

Focus 3: Puck control, skill development, and body position

Each Learn to Play session lasts four weeks. After two sessions, players are encouraged to continue playing in-house hockey. If space is available, players may continue in the Learn to Play program for an additional session.

Section 5.

Try Hockey for Free

The Try Hockey for Free program is a four-week initiative for boys and girls aged 4-16, designed to provide a fun introduction to ice hockey and help participants determine if they enjoy playing the sport..

This program is exclusively for new players. Participants must register in advance and arrive 30 minutes before the start of their ice time for check-in and gear issuance.

Section 6.

House League

In-house hockey is a recreational youth ice hockey program managed by the FJHC. Players practice with and compete against other players in the program.

Players need to have the following equipment that is properly fitted and in safe condition:

- HECC-approved helmet and cage in safe condition with chin AND face cage straps
- Stick
- Shin pads
- Skates
- Hockey pants
- Elbow pads
- Shoulder pads
- Hockey Gloves
- Neck Guard
- Athletic supporter (girls too)
- Mouthpiece

In-House Volunteer Requirements:

Five hours of volunteer service are required on behalf of each in-house player. These volunteer hours can be fulfilled by serving as a locker room monitor, assisting with setup and teardown of boards, sign-ups, clocking, keeping score, and many other opportunities. Failure to volunteer could result in a fine of \$50.

Section 7.

Travel Program

Travel hockey is typically the highest level of play offered by the FJHC. Players try out for teams, practice at least twice a week, and compete against other teams from Northern California (NORCAL). Travel teams may also compete in tournaments, as selected by the coach and team members.

The Hockey Director and coach decide whether to pre-declare to NORCAL the level of play based on the team's skill level. The NORCAL Board makes the final decision about which division your team belongs to and its associated committees.

Please visit the NORCAL website for an up-to-date listing of current age groups and birth dates.
www.NORCALyouthhockey.com

A. General Expectations

8U (Mite)

Expectations:

Focus on Fun & Skill Development: The primary goal is to introduce the sport and make it enjoyable. Practices and games are designed to develop basic skating, puck handling, and shooting skills.

Shorter Games & Cross-Ice Play:

Players often participate in cross-ice games to encourage more touches on the puck and improve development.

Parent Involvement:

Parents are still very involved, helping kids get dressed and assisting them with equipment. Coaches may also be more hands-on in guiding basic concepts.

What Changes:

This level is all about making the game fun and building a love for hockey. Coaches focus more on skating fundamentals than game strategy.

Players begin to learn simple rules (such as offside) and concepts (like positions) without a heavy emphasis on competition.

10U (Squirt)

Expectations:

Development of Core Skills: Players continue to develop their skating, passing, and shooting skills, with a greater emphasis on enhancing game awareness.

Introduction to Full-Ice Games:

Players begin playing full-ice games, with a greater emphasis on understanding basic positions and teamwork.

Beginning Independence:

Players are encouraged to take responsibility for preparing themselves. Parent involvement starts to reduce slightly.

What Changes:

Games start to introduce rules and structure, and practices become more focused on drills that improve specific skills. Players begin to understand basic tactics, such as positioning and passing lanes.

12U (Peewee)

Expectations:

Enhanced Game Understanding: Players should begin to understand basic game strategies, including positioning, breakouts, and defensive responsibilities.

Independence:

Players are expected to dress themselves and manage their gear with minimal assistance from parents.

Physical Play Introduced:

Body contact (not checking) becomes a part of the game, and players learn how to play with physicality while maintaining control.

What Changes:

Coaches emphasize more advanced skills and introduce game strategy. Players learn to read plays and anticipate the puck's movement.

Practices become more structured, and there's an emphasis on understanding the flow of the game.

14U (Bantam)

Expectations:

Advanced Skill and Strategy: Players should possess solid core skills and a clear understanding of team strategy. They start focusing on more complex game tactics and situational play (like power plays and penalty kills).

Introduction to Checking:

This is the level where body checking is introduced. Players learn how to give and receive checks safely and effectively.

Full Independence:

Players should be fully independent with gear and pre-game preparation. Coaches expect players to be responsible for managing their own equipment, hydration, and warm-ups.

What Changes:

Practices and games are faster-paced, with more focus on tactics, team plays, and special teams situations.

Players are expected to take conditioning seriously, and off-ice training might become more regular.

16U (Midget)**Expectations:**

High-Level Strategy and Execution: Players should be able to understand and execute complex game strategies effectively. There's a strong emphasis on game sense, anticipation, and advanced team concepts.

Physical Maturity & Conditioning:

Players become stronger, faster, and more physically active. Conditioning and strength training become essential parts of their routine.

Full Commitment:

Players are expected to be fully committed, including participating in off-ice training, maintaining their equipment, and taking care of their physical well-being. This level often requires significant time, effort, and discipline.

What Changes:

Competition is more intense, and players are focusing on refining their skills and preparing for higher-level hockey (such as junior leagues, high school, or college).

Coaches expect players to understand advanced systems and play styles. Players need to be coachable, disciplined, and able to adapt to different game situations.

General Progression Across Levels

1. Skill Development: Focus shifts from basic skills (8U) to more advanced techniques and game awareness (16U).

2. Game Knowledge: Players learn the rules and positioning early, with more advanced strategies being introduced as they progress through the game.

3. Physicality: Body contact starts at 12U, with checking introduced at 14U, requiring more focus on safety and proper technique.

4. Independence: Younger players need more help from parents, but by 12U, they are expected to be largely independent.

5. Commitment: Commitment levels increase as players advance, with more time dedicated to practices, games, and off-ice conditioning.

Each level builds on the previous one, gradually introducing more complex elements of the game while encouraging growth, independence, and discipline.

B. Tryouts

- 1) FJHC holds open tryouts; however, all skaters must try out at their age level. Tryouts are held by NORCAL regulations.
- 2) Under limited circumstances, players may play up an age division (see Play Up Guidelines).
- 3) All skaters are required to attend both days of tryouts. If players cannot attend one or both days, those players are required to contact the Director of Hockey and the coach of the specified division.
- 4) A parent or legal guardian must sign all forms before a player is allowed on the ice. If a player is offered a position on a team, they must commit and sign the financial agreement after tryouts. Any offer is null and void should the player not sign before leaving the rink.
- 5) A player must have a -0- balance with the FJHC from the previous season and not appear on the CAHA defaulters list.

C. Rostering Policies

Dual Rostering

Players registered with FJHC must play at the lowest age level for which they qualify under USA Hockey rules (rule 4.16a NORCAL). FJHC players may be permitted to dual-roster by NORCAL/SHSHL dual-roster rules. Before any direct communication with a player and parents regarding participation on a secondary team, it must first be discussed with the FJHC Director of Hockey and agreed upon by both coaches. The FJHC Registrar must be notified of any dual-rostered players with sufficient time to add the player to the appropriate rosters. Every dual-rostered player must be assigned to a primary team, which must be acknowledged in writing by the coaches of both teams and the Director of Hockey.

In the event of a conflict between practices, games, or events of a dual-rostered player's teams, the player must attend the practice, game, or event of their primary team, unless otherwise approved by both coaches and the Director of Hockey.

The Board of Directors determines the financial responsibilities of dual-rostered players.

All decisions regarding dual-rostered players are subject to the current rules and policies of CAHA, NORCAL, and the Sharks High School Hockey League.

Sharks High School Hockey League Dual Roster Policy

Clubs or schools with multiple teams must approve dual-rostered players with the Sharks Ice Hockey Department. Dual-rostered players may not "play down," i.e., JV A player substituting for JV B team. (Reviewable by Sharks Ice Hockey Department)

<https://www.sharkshighschoolhockey.com/page/show/2864995-league-rules>

D. Play Up Guidelines

The FJHC allows a player to play up in certain situations. Considerations are given only when there is no age-appropriate team for the player to roster or upon review during tryouts. A player can not “play up” from a non-checking age group to a checking age group or from Mites to Squirts.

- A. A player must be a registered member of the club to be allowed to play up.
- B. The player must be in good financial standing.
- C. Applications are considered on a case-by-case basis upon written request to the Hockey Director. The coaches involved will then review the request and require approval by the board of directors.
- D. A goalie may sometimes move up under the Goalie Hardship Rule.

E. Red Shirt Program

The Red Shirt Program allows a select number of players who did not make the full regular season roster to be selected for the travel team. The Board of Directors determines the fees associated with the program, which include at least one weekly travel practice and participation in two In-House sessions.

The head coach will determine if and when a red-shirt player dresses for a scheduled game (Pre-Season, Exhibition, Regular Season, or Tournament) and will ensure that the player and their parents understand that dressing for a game does not guarantee any playing time.

A redshirt player whose name appears on an official score sheet that is not correctly annotated as absent will be considered to have participated in said game. The manager of a team with a rostered redshirt player will be required to keep records of the player's game participation and report game activity to the Board of Directors upon request.

A Red Shirt player must submit a written request to the head coach and team manager to be removed from the Red Shirt Program. The written request must be forwarded to the Director of Hockey for evaluation, and their recommendation will be sent to the Board of Directors for approval. Upon approval of the request, the Red Shirt player will be removed from the Travel Team roster. The player's dues may be prorated based on the amount of scheduled game participation and the number of games remaining in the season.

Head coaches who wish to remove a player from the Red Shirt program must notify the Board of Directors after reaching an agreement with the parents. Any disagreement with the head coach's decision will be brought before the Board of Directors for final resolution.

F. Team Manager

Upon team formation, coaches shall select a team manager to report to the Director of Hockey by the third practice. There will be a team meeting with a board member present at the first practice session. Team managers are responsible for completing all necessary paperwork, ensuring team members remain eligible to play throughout the season, and assisting parents and coaches as needed. The team manager is encouraged to attend all board meetings. Additionally, the manager will be responsible for the team binder. The team binder shall contain the following:

Team Information:

- a) Certified Team Roster (1-T)
- b) Sanctioned game score sheets, arranged chronologically from the most recent in individual plastic sleeves with your team facing up

The NORCAL President, NORCAL General Manager, or Roster Manager may inspect team binders at any time during a game. Any deficiency shall be reported to the NORCAL General Manager, who, in turn, shall notify the affected club president. Deficiencies must be corrected, or the appropriate General Manager must approve a written plan of correction within seven days of notification. Failure to make the team binder available at the game or failure to comply with this rule by correcting deficiencies within the seven-day correction period will result in forfeiture of games played with an incomplete or non-compliant team binder.

Team managers will be responsible for, but not limited to, the following:

- Team Fundraising
- Finance tracking
- Volunteer scheduling and hour tracking
- Locker Room monitors (Home and Away)
- Time to Score operator
- Clock operator
- Team communication

For team-related costs, the team manager shall submit a "Reimbursement Form" with signatures from the head coach and team manager to the treasurer.

G. Volunteer Requirements

Due to the program's requirements, the only contracted or stipend positions are the Director of Hockey, coaches, registrar, treasurer, and house league coordinator. Board members, team managers, and others receive no compensation. For the program to be successful, we rely entirely on and require the participation of parents and family volunteers. Additionally, to continue developing good character in our athletes, players must complete a specified number of volunteer hours.

Players can volunteer, and their hours will go toward total family hours.

Fifteen hours of volunteer service are required on behalf of each travel player. These volunteer hours can be completed by serving as a locker room monitor, penalty box attendant, clock operator, Time to Score coordinator, or participating in other opportunities. Failure to volunteer could result in a fine of \$40 per missed hour. The purpose of the imposed fine is to encourage volunteerism from the parents or, with the funds received from the fine, to compensate someone to fill the mandatory positions.

Players can volunteer, and their hours will go toward total family hours.

Player Volunteer Opportunity Ideas:

- Referring In-House Games
- Assist with Try Hockey for Free/Learn to Play
- Assist with In-House practices
- Coach In-House (With the proper requirements)
- Attend events on behalf of the club
- Assisting in the younger divisions

H. Sponsorships and Fundraisers

Any monies a player raises through sponsorship specific to that player will be credited directly to that player's dues. Any excess amount earned in player fundraisers over the required dues would then be allocated to the club's general fund, with no carryover to the following year.

For the attached sample sponsorship program, all teams will be responsible for providing the items specified in the program, such as banners and plaques.

All fundraisers must have pre-approval from the Board of Directors.

All funds obtained must be spent in accordance with our 501(c)(3) regulations.

I. 8U Mite Program

The 8U Mite program is designed to introduce competitive hockey to the younger ages. Mite players will be reviewed during hockey tryouts and placed on a team based on their abilities. Mite teams will comprise a maximum of 13 players. If additional players are successful in the try-out process, additional teams may be formed based on coaching availability. Any players not selected for the Mite Travel program will be encouraged to continue with house programs. Players not selected for a team may be offered a position as a RedShirt player, subject to approval by the coach and Hockey Director.

Additional Teams:

For a second team to be fielded, there must be a total of 18 players.

For a third team to be fielded, there must be 27 players.

Section 8.

The following are excerpts taken from the USA Hockey Code of Conduct and Alcohol, Tobacco, Smoking Products, and Drug Use Policy;

USA Hockey Code of Conduct¹

All Affiliated Individuals must:

- Adhere to the anti-doping rules and policies of the International Olympic Committee, International Paralympic Committee, USOPC, World Anti-Doping Agency, U.S. Anti-Doping Agency, and International Ice Hockey Federation.
 - Adhere to the rules and policies of the U.S. Center for SafeSport, including, but not limited to, the SafeSport Code and the USA Hockey Safe Sport Handbook.
 - Comply with the Olympic Movement Code on the Prevention of the Manipulation of Competitions and/or the IPC Code of Ethics, as applicable, and commit to promote sport free from manipulation, corrupt conduct, or using or disclosing inside information for any purpose.
 - In competition, compete to the best of his or her ability while being safe and sportsmanlike.
 - Respect and comply with the laws of the state and/or country in which I am training, traveling, or competing, including, but not limited to, laws governing the possession and use of drugs and alcohol, and providing of drugs to any person and of alcohol to minors.
 - Be responsible for his or her own behavior and for reading, understanding, and abiding by all applicable policies, including those of USA Hockey, as well as the competitions and events in which he or she participates.
 - Respect and abide by all other rules, policies, and procedures of USA Hockey, and of the facilities and accommodations in which he or she trains and lives at and/or uses.
 - Never engage in discrimination of any kind on whatever grounds, be it race, color, gender, gender identification, sexual orientation, language, religion, national origin, or other status.
- Programs & Philosophies
- Demonstrate good sportsmanship by showing respect toward teammates, coaches, competitors, officials, and audience members at all events and competitions.
 - Refrain from foul language, violence, and behavior that could reasonably be deemed dishonest, offensive, intentionally malicious, or illegal.
 - Respect the property of others and not vandalize, damage, or steal any such property.
 - Agree to refrain from authorizing the use of photographs, films, or videos of a member in USA Hockey apparel or equipment or the use of the USA Hockey logo for the purpose of trade, without the prior written consent of USA Hockey.
 - Understand that any act, conduct, or personal appearance, even if not expressly enumerated above, that violates the spirit and intent of this Code of Conduct, or brings disrespect or dishonor to myself, my fellow athletes, USA Hockey, or the United States, is a Code violation.
 - Understand that, if under the age of 18, his or her parents or legal guardians may be notified of

¹ Taken from the 2024-2025 USA Hockey Annual Guide

all written reports of counseling or misconduct.

- Understand that any dispute or action arising from this Code of Conduct will be resolved through USA Hockey's Bylaws and applicable policies.

Specifically, all Board, Congress, Council, Committee and Section members and USA Hockey staff must:

- Function primarily on behalf of USA Hockey and not on behalf of any one constituency or group.
- Respect confidentiality appropriate to issues of a sensitive nature.
- Maintain a thorough knowledge of USA Hockey governance documents, policies and procedures.
- Be independent and impartial and not influenced by self-interest, outside pressure, expectation of reward or fear of criticism.

Specifically, all Administrators of USA Hockey Programs must:

- Follow the rules and regulations of USA Hockey and your association to ensure that the association's philosophy and objectives are enhanced.
- Support programs that train and educate players, coaches, parents, officials and volunteers.
- Promote and publicize your programs; seek out financial support when possible.
- Communicate with parents by holding parent/player orientation meetings as well as by being available to answer questions and address problems throughout the season.
- Work to provide programs that encompass fairness to the participants and promote fair play and sportsmanship.
- Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youth in our sport.
- Encourage coaches and officials to attend USA Hockey clinics and advise your board members of the necessity for their training sessions.
- Make reasonable and appropriate attempts to provide everyone, at all skill levels, with a place to play.
- Read and be familiar with the contents of the USA Hockey Annual Guide and USA Hockey's official playing rules.
- Develop other administrators to advance to positions in your association, perhaps even your own.

Specifically, Coaches, and those functioning as Coaches, must:

- Treat all athletes with respect at all times.
- Be aware of the health and safety of all athletes at all times in regard to our sport. If the conditions are unsafe, follow best practices and not allow the health and safety of the athletes to be compromised.
- Recognize the signs of injury, physical and psychological stress in themselves and in athletes, take these indicators seriously, and refer or seek out appropriate and qualified support.
- Be prepared with an executable emergency plan for their primary use facilities that has been shared and practiced.
- Assist the athlete in forming goals and expectations that are realistic and practical with

consideration of the age, resources and experience of the athlete.

- Give athletes the opportunity to develop their sport and non-sport skills translating into other facets of their lives (e.g. time management, goal setting).
- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players. Display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- Adjust to personal needs and problems of players; be a good listener; never verbally or physically abuse others, particularly a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.

Specifically, Parents must:

- Do not force your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.

Specifically, Players must:

- Play for fun.
- Work hard to improve your skills.
- Be a team player – get along with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Be on time.
- Learn the rules and play by them. Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision.

Specifically, Fans and Spectators must:

- Encourage athletes to compete within the rules and to resolve conflicts positively.
- Never ridicule a participant for making a mistake during a competition, practice or training session.
- Respect the decisions of officials and encourage participants' continued effort.
- Display good sportsmanship. Always respect and show appreciation to all players, coaches,

officials and volunteers.

- Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.

ALCOHOL, TOBACCO, SMOKING PRODUCTS AND DRUG ABUSE

It is the considered judgment of the Board of Directors of USA Hockey that consumption/use/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 their playing, or coaching, or officiating careers in the sport of ice hockey. Therefore, with the best interests of its participants in mind, USA Hockey prohibits use by any participant of alcohol, tobacco, smoking products or drugs, as these terms are defined below, during participation in its programs as follows:

1. Zero tolerance for possession or use of drugs by any participant unless participant is currently under a doctor's care and the medication is required for treatment of an illness or injury;
2. Zero tolerance for providing or condoning the use of alcohol, tobacco, smoking products or drugs to or by a minor athlete by a coach, assistant coach, manager, official or any other person who is in a position of authority over that athlete;
3. Zero tolerance for being under the influence of alcohol, tobacco, smoking products, or drugs while supervising minor athletes or while participating in a USA Hockey practice, game, or event; and Abuse of alcohol, tobacco, smoking products, or drugs by a participant while participating at a USA Hockey event other than that prohibited by #3 above.

Violation of this policy shall subject the participant to disciplinary action up to and including suspension or disqualification from membership. Further, USA Hockey hereby recommends that each and all of its teams, associations, programs, and affiliates develop and enforce alcohol, tobacco, smoking products, and drug abuse policies and practices that are consistent with this policy.

For purposes of this policy, the word “alcohol” shall include the following:

1. Intoxicating beverages.

For purposes of this policy, the words “drug” shall include the following:

1. Any controlled substances.
2. Prescription or prescribed controlled substances when used to an excess in violation of doctors' orders or to produce a state of intoxication in the participant.
3. Any mood-altering or psychoactive substance that produces a state of intoxication in the participant.

For purposes of this policy, the words “tobacco and smoking products” shall include the following:

1. Electronic Smoking Devices are devices that heat a chemical solution into a vapor that is inhaled into the lungs (e-cigarettes, e-cigars, e-pipes, vape pens or other similar devices).
2. Smokeless Tobacco consists of tobacco products chewed or snuffed rather than smoked by the user, including dipping tobacco, chewing tobacco, snuff, snus, or similar tobacco products not used for smoking.
3. Tobacco smoking is the use of regular tobacco in cigarettes, cigars, pipes, hookahs, water pipes, or other similar tobacco smoking products.

Further, the word “participant” shall include players, coaches, referees, and all persons involved in the conduct of an ice hockey contest.

Section 9.

Payment Options

Applies to our Travel and House Leagues.

1. **Travel Hockey:** Runs from August to March
2. **House League:** Offered multiple times per year for roughly 3 months.

Payment Methods

To ensure smooth and timely payment of dues, we offer the following payment methods:

Pay in Full

1. Credit Card (Please note that Crossbar charges fees for using the credit card.)
2. Check / Cashier's Check / Money Order

Monthly Payments

1. **Credit Card:**
 - o A current credit card must be held on file in Crossbar.
 - o Monthly payments will be automatically charged to the credit card on file.
 - o Please note that Crossbar charges a fee for using a credit card.
2. **Post-Dated Checks:**
 - o Members can provide post-dated checks to the Treasurer at the beginning of the season.
 - o Checks must be dated for the 1st of each month to cover the dues.

Fees and Penalties

1. **Administrative Fee for Checks:**
 - o House: A one-time administrative fee of \$35 will be charged for members opting to pay via post-dated checks.
 - o Travel Dues: A one-time administrative fee of \$100 will be applied for processing post-dated checks.
2. **Return Check Fee:**
 - o A \$35 fee will be charged for any checks that are returned due to insufficient funds.

3. Declined Credit Card Fee:

- o A \$35 fee will be charged for declined credit card payments that are not paid by the 15th of the month.

Late Payments

- Payments not received by the 15th of the month will incur a \$35 late fee.
- Members are responsible for ensuring that their payment method is up-to-date and that sufficient funds are available.

Tournament Fees

1. Once players have committed to a tournament and the team manager has set the fees, members are responsible for their portion of the tournament fee, regardless of whether they participate in the tournament or not.
2. Players are required to pay their tournament fees to the club at least three weeks before the start of the tournament.
3. Players who commit to a tournament but fail to pay will be placed on the delinquent list at the end of the season.

Section 10.

Resources / Links / Forms

USA Hockey Rules and Resources: <https://www.usahockey.com/rulesandresources>

U.S. Center for Safesport: <https://uscenterforsafesport.org/>

California Amateur Hockey Association: <https://caha.com/>

Northern California Hockey Association: <https://norcalyouthhockey.org/>

By signing below, I acknowledge that I have read and understand the information outlined in the FJHC 25-26 Handbook and agree to adhere to USA Hockey's Code of Conduct:

Participant Name (Print): _____

Participant Signature: _____

Date: _____

If participant is under 18, a parent/legal guardian must complete below:

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____

Date: _____



FJHC Reimbursement Request Form

Name: _____ Request Date: _____

Coach / Team Manager / Other Phone #: _____

Travel Game Reimbursement

Gas (Allowance \$120 per trip):

Meal Allowance: Max \$40 per day

Meal Total: _____

Other Reimbursements, please list items and reason:

Total "Other Reimbursements": _____

Total of gas, meals, and other section: _____

Please attach receipts, invoices, or other documents.

Coach's Signature: _____

Team Manager Signature: _____

Treasurer Approval Signature:_____ Date:_____

Approved Allowances for Coach Travel Reimbursements (non-parent coaches only):

One \$120 Gas Allowance per Trip (Coaches encouraged to travel together)

\$40 Meal Allowance per Day of Travel (for up to 2 Non-Parent Coaches)

Hotel Reimbursement for ONE Hotel Room per Night (Coaches encouraged to share a room)

**** This must be handed in within 30 days of your travel ****