

# North Gloucester Men's Hockey League (NGMHL) Waiver Form

The NGMHL utilizes a 'waiver' policy as described herein. Accordingly, all members are requested to review and sign the waiver form below for the current season.

## 1. Rules of Play

1. This is a **recreational** hockey program intended for the safe, friendly enjoyment of all participants. The rules indicated here are effectively those indicated on the on the NGMHL website <http://www.silas.ca/hockey> and they're provided for you here simply as a reminder and to those who may not have ever visited the website. If you read the 'Rules of Engagement' and 'Etiquette' links at the Website and abide by them, you'll find only a little additional information here regarding the 'rules'.
  - No intentional contact.
  - No aggressive physical play.
  - No chippy play, no intentional infractions of the rules of hockey (i.e. that would be called as penalties).
  - No retaliation. If you have a problem with someone's play, tell them politely. If it's a persistent problem, speak to your team captain about it, or alternatively, the NGMHL President.
  - No verbal abuse, chastisement, or unsolicited coaching of other players. Let everyone play their own game at their own level.
  - No puck hogging. Make use of all your teammates regardless of skill level.
  - No ice hogging. Shift when your line shifts, rotate off when it is your turn.
  - Respect the goalie's crease. Do not jab at the puck if it is under the goalie's control.
  - No careless use of sticks. Sticks below shoulders at all times.
  - No slap shots.
2. Full equipment is required at all times by all players on the ice surface. In particular, wearing helmets is **mandatory** on the ice at all times. Use of facial protection (visor, ½ visor, cage, etc) is **also mandatory**.
3. No center red line for purposes of offside.
4. Change 'on the fly'.
5. Play ceases (whistled down by referee) if the goaltender is hit by a shot contacting his mask.
6. No slap shots.
7. Automatic ejection from game at the referee's discretion for inappropriate player conduct, or for assessment of three penalties to a player in a single game. Ejection from a game means an automatic suspension from the next game, including playoff games. Ejection for any fighting, as determined by the referee, means you'll await notification from the NGMHL President as to the date of your return to league play.
8. When any penalty is called, the penalized team incurs a penalty shot. Penalized player remains in the penalty box and teams continue to play 5 on 5 for the duration of the penalty.

## 2. Waiver of Liability and Pledge of Compliance

1. I, the undersigned, recognize that ice hockey is a sport with inherent risks of severe and even fatal injury.
2. I also recognize that I am fully responsible for wearing adequate protective equipment which can reduce, without eliminating completely, the risk of injury.
3. I, the undersigned, do hereby release and agree to indemnify and save harmless the NGMHL Organizers and players from all claims for loss, injury and damage, to persons and property while participating in or travelling to and from the above activity, which I, or any person claiming through me or on my behalf, may at any time have arising out of or connected with the operation of this activity.
4. I understand that part of the risk involved in undertaking this activity is relative to my own state of fitness, health and the skill that I possess and use.
5. I affirm and acknowledge that I alone am responsible for consulting a physician or other health-care practitioner prior to participating in the activity in question to determine if there is any health or medical risk involved in my participation.
6. I also agree to abide by all the Rules of Play described above.

\_\_\_\_\_  
NAME (PLAYER) (signature)

\_\_\_\_\_  
DATE

\_\_\_\_\_  
NAME (PLAYER)

**PRINTED**

\_\_\_\_\_  
PLAYER ADDRESS

\_\_\_\_\_  
NAME (WITNESS)

\_\_\_\_\_  
DATE