



Nova Elite Hockey Development Association		Team Policies & Procedures	
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24 Hour Cool Down			

Purpose:

Hockey is an emotional sport; this intense emotional aspect of hockey is one of the reasons it makes exciting entertainment.

Policy:

Parents

For parents, it is important to separate game emotions from the best interests of their child's sports development. For this reason, the Nova Major Hockey Team has adopted the "24 Hour Rule". The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players and to allow all parties to "cool off", compose themselves and put the provoking incident or situation that occurred in the game in perspective before meeting to discuss it.

Players & Coaches

Coaches should not discuss any try-out related situations, game, a game incident, or a situation that occurred during the game that has provoked an adverse emotional response or created a hostile situation until at least 24 hours after the fact. A player is not to approach a coach to discuss a try-out related situation, a game, a game incident, or a situation that occurred during the game that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact.