

SMHA NECK AND MOUTH GUARD REGULATIONS:

SMHA second vice-president, Kevin Wilhelm, Chairman of the SMHA Discipline Committee and the Board of Directors of the SMHA have asked me to send a reminder to all zones and all coaches that neck guards are **mandatory** for all players (including goalies) and mouth guards for all players (excluding goalies) for **ALL GAMES** and **ALL PRACTICES**. In other words, teams **MUST** practice with full equipment on.

SMHA regulations require that neck guards and mouth guards be worn at all times in all games and practices. This is a very important insurance / liability issue that requires enforcement by all zones, age group coordinators and most importantly, the coaches.

Hopefully, all teams will adhere to this common sense regulation.

DISCIPLINE PROTOCOL:

If discipline is required because coaches and teams are not adhering to this regulation, the team's head coach will be suspended as follows:

1. **First incident** where a coach allows a player (s) on his / her team to practice without full equipment - **one (1) game suspension**.
2. **Second incident** where a coach allows a player (s) on his / her team to practice without full equipment - **five (5) game suspension**
3. **Third incident** would result in **an indefinite suspension** of the head coach.

August, 2008