



Mattawa Minor Hockey Association

MMHA Policy - 24 Hour Rule

Hockey can be an emotional sport. From time to time, MMHA understands that an issue may arise. Whether it is a coaching disagreement, a situation that occurred during a game or practice, parent conflict, a teammate issue, or any other possible situation. When an issue occurs, emotions can get the best of an individual in the heat of the moment.

For this reason, MMHA has adopted the “24-Hour Rule” which simply states that coaches, players, parents, guardians, family members, or fans must allow 24 hours to pass before they confront a coach, another parent, player, league official or any other member of the organization if they have a disagreement or want to question, make remarks or a complaint.

The idea behind this rule is to not approach the team staff, player or other parent/spectator in the heat of the moment but taking time to process one’s initial thoughts. Waiting 24 hours can give the parties involved a cooling/calming down period which can remove or decrease the emotional element so that the issue can be resolved in a calmer, more professional manner.

If you have an issue with any member of MMHA, do not approach them with concerns before a game or practice. Ask that member the schedule a separate time you can call or meet to discuss the situation.

Mattawa Minor Hockey Association strives itself on creating a fun and welcoming environment to play, watch and enjoy the sport of ice hockey. To continue to provide a safe and fun environment MMHA is asking that all players, parents, spectators, coaches and other members of MMHA follow the 24-hour rule when addressing their concerns.

The only time the 24-hour rule does not apply, is if there is a need to intervene in a situation where a member of MMHA is in immediate danger, risk of injury, etc.

Should your concerns not be resolved at the team staff level, please follow the complaints process on the www.mattawarockets.com website to file a formal complaint with MMHA. Any Member in contravention of this policy is subject to discipline (including but not limited to a warning, suspension, or removal from team activities) by the MMHA Board

President MMHA - Mathew Gardiner

November 20th, 2025