

get the point!

injury prevention & respect program

2009-2010

Program Summary

Get the Point program is an initiative of the Federation Council of EMHA aimed at reducing injuries in minor hockey. *Get the Point* program awards teams with an 'Injury Prevention & Respect Point' (IPRP) for staying within a preset penalty minute threshold for each league game. Sufficient IPRP points determine whether or not a travel/event permit will be awarded to a team.

Get the Point arose from meetings held with hockey members (coaches, trainers, referees, parents and administrators) during the 2006/07 season with the aim of reducing injuries in the sport. Credible research was presented which clearly correlated injury rates and penalty minutes.

Aims

1. **Prevent** head and neck injuries in minor hockey;
2. **Reward** play within the rules;
3. **Promote** sportsmanship based on respect of self, other players, officials, and of the rules of the game.

Program Details

IPRP Award Threshold

An IPRP is awarded to a team when the league game sheet indicates their total penalty minutes have not exceeded the following pre-set thresholds.

Category/Division	PIM Threshold
Novice	5 PIM
Atom	11 PIM (Tiers 1-3) 7 PIM (remainder)
Peewee	17 PIM (Tiers 1-7); 15 PIM (Tiers 8-14)
Bantam	19 PIM
Midget	25 PIM



IPRP Reward & Criteria

Travel/event Permits will be issued to those teams who meet the following reward criteria:

- A team will need to have at least 50% of the possible IPRPs when they apply for their travel permit (Note: Points will be reset after each tiering round.)
- Teams who fall below the 50% IPRP level between the time the permit is issued and the date of the event may lose their travel permit. This will be at the discretion of the Category Director.