

Midwest High School Hockey League
VARSIITY: POLICIES & PROCEDURES

Adopted August 1991 - Revised September 2008

MISSION

The purpose of the Midwest High School Hockey League (MHSHL) is to provide organized hockey for high school students. The League will aspire to the following slogan: "Competitive high school hockey scoring big on family and academic values."

Section One: GENERAL POLICIES

101: ENFORCEMENT

(a) Each Team Representative is responsible for enforcing League policies.

102: LEAGUE PASSES

(a) The League will provide an all-League season pass for Team Representatives and their quest.

(b) The League will provide an all-League season pass for Executive Officers and their guest.

(c) Lifetime Members who have served on the Executive Board for a minimum of five years will receive an all-League season pass.

(d) All coaches listed on a team's official roster are granted free admission to games. All other team officials must pay unless waived by the home team.

103: LEAGUE ASSESSMENTS

(a) New teams must pay a \$1,000 bond by July 1 of their first season. Any team in good standing withdrawing from the League before July 1 receives a full refund; after July 1 the team is refunded \$400 and the League retains \$600.

(b) League dues shall be paid in full by November 1st or will be subject to a \$30.00 per month fine.

(c) Any team not represented at a general meeting will be assessed a \$50 fine. Unpaid fines will be added to the following season's dues.

(d) Any team not registered with USA Hockey by November 1 will be assessed a \$100.00 fine.

104: FISCAL YEAR

(a) Fiscal year is July 1 to June 30.

105: JUNIOR PLAY

(a) Players may practice and participate in games with a Junior team up to November 15 and after the Varsity year-end tournament without coach approval. With coach approval, a player may practice on an unlimited basis and participate in a maximum of 10 games during the MHSHL season. The Team Representative will be responsible for reporting player names and number of Junior games to the Commissioner.

106: GAME MISCONDUCTS

(a) All game misconduct penalties will be served in the division where the infraction occurred.

(b) A player who participates in both Varsity and JV will be suspended from all games until he has served the suspension in the division where the infraction occurred.

(c) Any unserved game suspension(s) carry over to the year-end tournament and, if necessary, the following season.

(d) Any unserved game suspensions by a non-returning player will be served by the team's coach.

(e) Players will receive game suspensions based on the number of game misconducts in one season:

(1) First game misconduct = 1 game suspension

(2) Second game misconduct = 2 game suspension

(3) Third game misconduct = 4 game suspension

(4) Fourth game misconduct = 8 game suspension or more

107: APPEALS

(a) Only Team Representatives may file an appeal regarding decisions by the Commissioner.

(b) Appeals should be filed using the following procedure:

(1) The Commissioner's ruling may be appealed to the Executive Board by either Team Representative involved in the incident. The appeal must be in writing and submitted to the President within five days of the receipt of the Commissioner's ruling. The document should state the basis of the appeal and a copy should be sent to the opposing Team Representative if it is not a joint appeal.

(2) The President may appoint a person to make a factual determination if necessary. The Executive Board must decide the appeal within 10 days. The President will send a written response to the Team Representatives, Executive Board and any other persons he deems necessary.

(c) The League Commissioner shall be considered the “proper authority” and may assess any additional discipline, which may be appealed to the Executive Board. The decision of the Executive Board will be final.

Section Two: REGISTRATION

201: USA HOCKEY

(a) All teams and players must be registered with USA Hockey in accordance with rules established by USA Hockey and the Registrar of the Mid-West Affiliate before engaging in any on-ice activities.

202: ROSTERS

(a) Complete USA Hockey team rosters must be provided to the Commissioner prior to the first regular-season game.

(b) Teams may add eligible players during the regular season.

(c) Maximum roster size is 30 players.

(d) Rosters are frozen December 31.

Section Three: PLAYER ELIGIBILITY

301: LEAGUE STANDARDS

(a) To participate in the League, players must be eligible to participate in their local school’s interscholastic athletic programs.

(b) Team Representatives must provide written documentation of each player’s eligibility to the Commissioner before the first regular-season game.

302: PLAYER TRANSFERS

(a) When a player transfers from one team to another team within the League, the player cannot participate in any Varsity or JV games until they have sat a number of games equivalent to 50% of the regular-season schedule. The period of non-participation begins as soon as the receiving Team Representative notifies the Commissioner of the player transfer. The player can practice with the new team during the non-participation period.

(1) Exception: If a player transfers from a disbanded team, the 50% rule is waived.

(2) Exception: If the player’s parent(s) or legal guardian(s) move to another city, the 50% rule is waived.

(b) A player can remain on a team roster even though the family has moved to another city within the League.

(c) If a player moves from one team to another team within the League because the legal custody of the player is transferred from one parent or legal guardian to another parent or legal guardian, the 50% rule does apply.

(d) Requests for transfer exceptions must be submitted to the Executive Board.

303: PROTECTED LIST

(a) Teams must submit a list of their top 10 Varsity players to the Commissioner prior to the first regular-season game.

(b) Protected players are ineligible for JV competition. (See JV Policy for exceptions.)

(c) The protected list is frozen after teams complete 40% of the regular-season games.

(d) Changes can be made to the protected list at any time between the first regular-season game and the 40% mark.

Section Four: OFF-ICE PENALTIES & DISCIPLINE

401: STANDARD ON TOBACCO USE OR POSSESSION

(a) The first-offense penalty for possession of tobacco products is suspension for the next two scheduled games. The second-offense penalty for possession includes suspension for the next four scheduled games and a one-calendar-year probation beginning at the date of the first offense. If a third offense occurs during probation, the player is suspended for one-calendar year from the date of the third offense. If the player has no violation within the probation year, full eligibility is restored. Harsher local policies will apply along with League suspensions.

402: STANDARD ON ALCOHOL/DRUG USE OR POSSESSION, AND OTHER CRIMES

(a) The first offense penalty for using, or having possession of, alcoholic beverages or illegally controlled substances; or, being legally convicted of a crime (excluding minor traffic violations) or choosing to enter into a diversion agreement in lieu of a conviction, is suspended for the next four scheduled games and a one-calendar-year probation from the date of the first offense. If a second offense

occurs during probation, the player is suspended for one-calendar year from the date of the second offense. If the player has no violation within the year after the first offense, full eligibility is restored. Harsher local policies will apply along with MSHSL suspensions.

(b) League policy shall be in accord with the Iowa High School Athletic Association, which states that discipline is at the discretion of the local school board. The League expects discipline for hockey to be similar for all other interscholastic athletics.

Section Five: EQUIPMENT & UNIFORMS

501: SAFETY EQUIPMENT

(a) Rules regarding the proper use of safety equipment shall follow the rules established by USA Hockey.

502: GOALTENDER MASKS

(a) Cat Eye masks of any kind are not allowed.

503: GAME JERSEYS

(a) Game jerseys shall include a light home jersey and a dark away jersey. All jerseys shall have ten-inch tall numbers on the back and six-inch tall numbers on each sleeve between the elbow and shoulder. It is optional for teams to place a stop sign on the backs of their jerseys above the numbers.

(b) Corporate/advertising patches are only allowed on the lower four inches of the back of the jersey, not to exceed four inches tall and no more than two ads or logos on a jersey. Jersey uniformity must remain consistent.

(c) All commemorative patch requests must be submitted to the Executive Board in writing for approval prior to installation. The purpose of the patch must be to commemorate a major team milestone, the loss of an individual team member, or an outstanding individual who contributed to the sport of hockey. This patch must not exceed four inches in diameter. Placement of the patch on the game jersey is to be on the right pectoral area, directly across and proportional to the captains/assistants letter. If needed, a second commemorative patch may be placed directly below the first one.

Section Six: LEAGUE SCHEDULE

601: DIVISIONS

(a) The 14 League teams will be divided into two divisions.

(1) East Division: Ames, Cedar Rapids, Des Moines Capitals, Dubuque, Mason City, Quad Cities and Waterloo.

(2) West Division: Des Moines Oak Leafs, Kansas City Jr. Outlaws, Kansas City Stars, Lincoln, Omaha Gladiators, Sioux City and Tri-City.

602: SUBMITTING OPEN DATES

(a) The Scheduler will notify all Team Representatives when the USHL Junior schedule is released. Teams must submit their required number of available weekend dates to the Scheduler no later than 15 days after notification. Team Representatives may request an extension from the Executive Board.

(b) Fines for late submissions: one day late = \$100; 2-7 days late = \$125 additional; 8-14 days late = \$225 additional. If dates are not received by the 15th day, the team will be dropped from the League.

(c) The home team must decide whether the Varsity or JV games are played first, prior to finalization of the schedule. Changes can be made only if agreed upon by both Team Representatives.

(d) Schedule will reflect on-ice time, not game time.

603: SPECIAL DATES

(a) Teams within 120 miles of each other may be scheduled for Sunday night or school nights after 6:00 p.m.

(b) Scheduling League games during Christmas vacation is discouraged.

Section Seven: GAME FORMAT

701: GOVERNING BODY

(a) Games will be played in accordance with the rules established by USA Hockey.

702: SPECIAL PROCEDURES

(a) The home team will provide game pucks and 25 practice pucks for the visiting team during any warm-up period at the same time pucks are provided to the home team.

(b) The visiting team always enters or exits the rink before the home team.

- (c) Teams must be at the door before each period and ready to enter the rink as soon as the Zamboni doors close.
- (d) Before the second and third periods, only the starting players warm up, remaining players go directly to the bench.

703: ON-ICE OFFICIALS

- (a) The home team must hire one Level Three referee, paid at the minimum rate of \$65 per game, and two linesmen, with a minimum Level Two rating, paid at the minimum rate of \$35 each.
- (b) Failure to provide required on-ice officials will result in a \$100.00 fine against the home team.
- (c) Discipline imposed on any on-ice official for misconduct may include withholding payment, suspension, or disqualification from participation in future League games or functions.

704: OFF-ICE OFFICIALS

- (a) The home team must provide one timekeeper, one scorekeeper and two goal judges.
- (b) The visiting team and the home team must each supply one penalty box official. The League recommends that the penalty box official be the Team Representative whenever possible.
- (c) The home team should designate an individual to escort ejected players or coaches from the rink to the locker room.
- (d) The home team must provide medical personnel with EMT-B skills or above. Medical personnel should be ready to enter the rink immediately when needed. The home team will identify the medical caregiver for the opposing team.

705: LENGTH OF PERIODS

(a) Clean Ice Starts

Warm-up: 10:00 minutes
1st Period - 15:00 minutes
Resurface
2nd Period: 15:00 minutes
Resurface
3rd Period: 15:00 minutes

(b) Dirty Ice Starts

Warm-up: 10:00 minutes
Resurface
1st Period: 15:00 minutes
Resurface
2nd Period: 15:00 minutes
Resurface
3rd Period: 15:00 minutes

706: GAME ROSTERS

- (a) Score sheet rosters are limited to a maximum of 20 players.
- (b) Rosters cannot be changed after the game begins.
- (c) A team's 20-player roster may include up to three goaltenders.

707: PRE-GAME CEREMONIES

- (a) Teams assemble on their respective goal lines.
- (b) The public address announcer introduces the visiting team's starting lineup first. As each name is called, that player skates to the blue line, facing center ice. After the starting lineup is announced, the remainder of the team advances to the blue line, facing center ice. Repeat this procedure for the home team.
- (c) The National Anthem must be played prior to the start of all regular-season Varsity games. All players remove helmets and face the flag.

708: SCORE SHEETS

- (a) The official scorekeeper should ensure that the score sheet is complete and accurate.
- (b) The referee, scorekeeper and both team managers must sign the score sheet at the end of the game.
- (c) Changes cannot be made after the score sheet is signed.
- (d) The host team is responsible for faxing score sheets, along with any Referee's Game Reports, to the League Statistician as soon as possible. If immediate faxing is not available, email game scores for posting on the website.
- (e) The host team is responsible for mailing the white copy of the score sheet, along with any Referee's Game Reports, to the League Commissioner as soon as possible.

709: REFEREE'S GAME REPORTS

- (a) Host Team Representatives should have blank Referee Game Report forms on hand at all games.
- (b) All match, game misconduct and gross misconduct penalties must be documented in the Referee's Game Report form immediately following the game and submitted to the Commissioner within 24 hours.
- (c) Any Referee who fails to complete a Referee's Game Report for the above penalties may be subject to suspension.

710: OVERTIME

- (a) If teams are tied at the end of regulation, there will be a 3-minute rest, followed by one 10-minute sudden death overtime. If neither team scores, the game is declared a tie.

711: RUNNING CLOCK

- (a) In case of unavoidable delays, the home arena may switch to a running clock to conclude the game within the available time. The running clock decision must be communicated to the opposing team prior to resuming play.
- (b) A running clock will be in effect when a team reaches a 6-point lead. The clock reverts to stop-time if the lead is less than 6 points.

712: GAME CANCELLATIONS

- (a) If weather conditions or other acts of God which would endanger the life or safety of League players, or if the bus company refuses to transport the team, Team Representatives may mutually agree to cancel the regularly scheduled game. Every attempt should be made to reschedule the game.
- (b) If a visiting team fails to appear for a regularly scheduled game, the visiting team must compensate the home team for loss of expenses, including ice fees and gate receipts, and must agree to reschedule the game. If the Commissioner determines that the game cannot be rescheduled, the game shall be forfeited in favor of the home team and the Commissioner may assess an additional fine, not to exceed \$100.
- (c) In case of unavoidable delays, a game is declared complete after 1½ periods. If the game is shorter than 1½ periods, the referee may award the visiting team a win by forfeit.

713: DISCIPLINARY ACTIONS

- (a) The Commissioner shall have the authority to discipline players, team officials, team coaches, and game officials for conduct occurring prior to, during, and following League games and functions, which may be in addition to discipline imposed under the Rules of USA Hockey.
- (b) Discipline administered to players may include suspension and disqualification from further play in the League.
- (c) Discipline administered to team officials and coaches may include suspension, disqualification from further participation in the League, and fines imposed on teams, not to exceed \$100.

714: SECURITY

- (a) The Commissioner shall have the authority to require a home team to provide security at its arena during games, including the presence of police or uniformed security, at the expense of the home team.

Section Eight: STANDINGS & STATISTICS

801: STANDINGS

- (a) The League Statistician shall determine the League standings based on the following team statistics: wins, losses, ties, overtime losses, goals for, goals against, and total penalty minutes.

Win - 2 Points

Tie - 1 Point

Loss - 0 Points

Loss in OT - 1 Point (no point awarded if losing team pulls goaltender)

- (b) The following tiebreakers are applied to determine the final year-end standings:

(1) Most wins during the regular season.

(2) Best "goals for" minus "goals against" differential in all games played during the regular season.

(3) Team with the fewest penalty minutes during the regular season.

(4) Flip a coin.

803: PLAYER STATISTICS

- (a) The League Statistician shall maintain the following player statistics:

(1) Skaters: games played, goals, assists, total points, power-play goals, short-handed goals, total penalty minutes and number of major penalties.

(2) Goaltenders: games played, minutes played, total penalty minutes, number of major penalties, wins, losses, ties, shut-outs, goals against, goals against average, saves, and save percentage (saves divided by shots on goal).

Section Nine: REGULAR-SEASON AWARDS

901: ALL-STARS

- (a) The All-Star game will be played Saturday night during the JV year-end tournament.
- (b) Coaches from the teams that finished highest in their respective divisions during the previous year-end tournament will coach the East and West All-Star teams.
- (c) The All-Star game will feature players from the East Division (Ames, Cedar Rapids, Des Moines Capitals, Dubuque, Mason City, Quad Cities and Waterloo) versus players from the West Division (Des Moines Oak Leafs, Kansas City Jr. Outlaws, Kansas City Stars, Lincoln, Omaha Gladiators, Sioux City and Tri-City).
- (d) Final team selection should be completed three weeks before the All-Star game.
- (e) All coaches will select both the East and West teams. Coaches should consider hockey talent, sportsmanship and leadership when making selections.
- (f) Each team will be composed of twenty players: 12 forwards, 6 defensemen, and 2 goaltenders.
- (g) The Vice President in charge of All-Star Selection will conduct secret balloting using the following procedure:
 - (1) Each coach will submit a list of his 8 best players, regardless of position played. The names should be in order by ability: number 1 being the best; number 2 the next best, and so forth. The coach should also indicate the player's jersey number, position and year in school. Each player's name must appear on the team's protected list, with the only exception being goaltenders. A goaltender not on the protected list can be added to the team's ballot, not to exceed 8 players. The order players are listed on the protected list can be changed for the All-Star ballot.
 - (2) The first-round vote will determine the East and West First-Team All-Stars. Coaches will vote for 3 forwards, 2 defensemen, and 1 goaltender from both the East and West ballot. Coaches cannot vote for players on their own team. First-Team All-Stars will be the starting lineup. In the event of a tie vote, all tied players will be declared First Team All-Stars.
 - (3) The final round of voting will fill the 20-player roster from the remaining names on the ballot. Coaches can vote for their own players.
 - (4) All teams shall have at least one player selected to the All-Star team.
- (h) The Vice President shall maintain a list of alternate players as determined by the final round results.
- (i) The All-Star game will use the following format:
 - (1) Regular-season game format applies except for length of periods and overtime.
 - (2) Three, 20-minute periods.
 - (3) In the event of a tie at the end of regulation, there will be a five-player shootout, followed by a one-player, sudden-death shootout if needed. Players cannot repeat until the entire roster has shot once.
 - (4) All-Star game ticket prices: \$5.00 Adults, \$3.00 Students/Seniors (seniors = 60 years and older), children 12 and under free.
 - (5) All League players will be admitted free to the All-Star game.
- (j) All-Star players will receive certificates during ceremonies at the year-end tournament.

902: ALL-LEAGUE

- (a) All-League players are the League's best—1 goaltender, 2 defensemen, and 3 forwards—as voted by the head coach of each team.
- (b) The Vice President in charge of All-Star Selection will conduct secret balloting using the following procedure.
 - (1) The ballot will contain the names of players selected as First-Team East All-Stars and First-Team West All-Stars.
 - (2) Coaches vote for the best six players; 1 goaltender, 2 defensemen and 3 forwards.
 - (3) Coaches cannot vote for players on their own team.
 - (4) In the event of a tie vote, all tied players will receive All-League honors.
- (c) All-League players will be presented awards during ceremonies at the year-end tournament. Members of the All-League team will not be made public until ceremonies at the year-end tournament.

903: LEAGUE CHAMPION

- (a) Team with the most points earned during the regular season shall be declared League Champion.
- (b) The League Champion will have its name inscribed on a traveling trophy, which will be presented during ceremonies at the year-end tournament.
- (c) Each member of the League Championship team will be presented an award during ceremonies at the year-end tournament.

904: SCORING LEADERS

- (a) The League will recognize the top-ten scoring leaders determined by combined total goals and assists during the regular-season.
- (b) The following tiebreakers will be applied:
 - (1) Fewest major penalties.
 - (2) Fewest total penalty minutes.
 - (3) Awards shall be the same for all ten scorers.
 - (4) Scoring leaders will be presented an award during ceremonies at the year-end tournament.

905: GOALTENDING LEADERS

- (a) The League will recognize the top-three goaltending leaders with A Silver Glove award determined by best save percentage (total saves divided by total shots on goal) during the regular season.
- (b) To be eligible for a Silver Glove award, goaltenders must have been in net for a minimum of 500 Varsity game minutes.
- (c) The following tiebreakers will be applied:
 - (1) Fewest major penalties.
 - (2) Fewest total penalty minutes.
 - (3) Save percentage is carried out to only three decimal places.
- (d) Awards shall be the same for all three goaltenders.
- (e) Goaltending leaders will be presented an award during ceremonies at the year-end tournament.

906: SPORTSMANSHIP AWARD

- (a) The Sportsmanship Award will be awarded to the team with the fewest penalty minutes during the regular season.
- (b) The following tiebreaker will be applied:
 - (1) Team with the fewest major penalties.
- (c) The team will be presented an award during ceremonies at the year-end tournament.

907: COACH-OF-THE-YEAR

- (a) The Coach-of-the-Year award is presented to the League's top head coach as voted on by other head coaches.
- (b) The Vice President in charge of All-Star Selection will conduct secret balloting using the following procedure.
 - (1) First round: each head coach votes for one head coach.
 - (2) The two coaches receiving the most votes advance to the second round.
 - (3) In the event of any ties, all tied coaches advance to the second round.
 - (4) Second round: each head coach votes for one of two finalists.
 - (5) In the event of any ties, all tied coaches will be declared co-coaches of the year.
- (c) Coach-of-the-Year is presented an award during ceremonies at the year-end tournament. Coach-of-the-Year recipient will not be made public until ceremonies at the year-end tournament.

909: PLAYER ACADEMIC AWARD

- (a) All players with cumulative 3.0 GPA and above will receive an academic award certificate.
- (b) The Executive Board may withhold certificates of players who quit their respective teams before the season ends and of players whose conduct is not in keeping with the spirit of the League.
- (c) Certificates will be given to Team Representatives for presentation to players at individual team banquets.

910: PRESIDENT'S SENIOR ACADEMIC AWARD

- (a) All seniors with cumulative 3.5 GPA and above will receive the President's Senior Academic Award.
- (b) Proof of GPA must be submitted to the League President.
- (c) The Executive Board may withhold certificates of players who quit their respective teams before the season ends and of players whose conduct is not in keeping with the spirit of the League.
- (d) Awards will be presented during ceremonies at the year-end tournament.

Section Ten: YEAR-END TOURNAMENT

1001: DATES & TIMES

- (a) The year-end tournament shall be held the first weekend in March.
- (b) The year-end tournament shall not extend beyond 3 days.

- (c) Teams cannot play more than one game per day.
- (d) The first game of the tournament can start no earlier than 12:00 pm on Friday.
- (e) The championship game can start no later than 2:00 pm on Sunday.

1002: ELIGIBILITY

- (a) Teams with less than 13 players are ineligible for the year-end tournament and must forfeit their position in the standings. All teams next in the standings move up one position.

1003: REFEREES

- (a) The Referee-in-Chief shall recommend a list of available and qualified on-ice officials to the President and Commissioner who will make the final selection based on location and budget.
- (b) The Referee-in-Chief will schedule all on-ice officials for each year-end tournament game.
- (c) Every effort should be made to avoid scheduling on-ice officials in games with a team or teams from their home communities.
- (d) The League will pay expenses for on-ice officials.
- (e) Referee-in-Chief will appoint two non-scheduled on-ice officials as goal judges for the championship game.

1004: BRACKETING

- (a) The top eight teams in the final regular-season standings (regardless of how they finished in the division) will participate in the year-end tournament.
- (b) Pairings for first round games are based on final regular-season standings.
 - (1) 1 versus 8; 2 versus 7; 3 versus 6; 4 versus 5

1005: GAME FORMAT

- (a) Regular-season game format applies except for overtime.
- (b) If teams are tied at the end of regulation in a championship game, the game continues with successive 10-minute, sudden-death overtime periods, with a 3-minute rest following the third period and between each overtime period.
- (c) If teams are tied at the end of regulation in a consolation game, the overtime format reverts to a five-player shootout, followed by a one-player, sudden-death shootout if needed. Players cannot repeat until the entire roster has shot once.
- (d) All teams will play three games.
- (e) The highest seeded team is the home team and will wear light-colored jerseys.

1006: PASSES

- (a) Free passes are provided for the following personnel:
 - (1) Each participating Team Representative and a guest.
 - (2) Participating teams will receive passes for 30 player passes and three coaches.
 - (3) Executive Officers and one guest each.
 - (4) On-Ice Officials.
- (b) The cost of tournament passes cannot exceed the following:
 - (1) \$20.00 for adult 3-day pass
 - (2) \$8.00 for adult single-day pass
 - (3) \$15.00 for student/senior 3-day pass (senior = 60 years and older)
 - (4) \$6.00 for student/senior single-day pass
 - (5) Free admission for children 12 and under
- (c) Non-participating League players will be given a free pass at the door after showing identification.

1007: EXPENSE REIMBURSEMENT

- (a) Executive Officers and on-ice officials are reimbursed for year-end tournament expenses as follows:
 - (1) \$30 per day for meals
 - (2) Current IRS rate per mile for travel
 - (3) Lodging

1008: TOURNAMENT AWARDS

- (a) Third-Place trophy and individual awards are presented on the ice at the conclusion of the third-place game.
- (b) Second-Place trophy and individual awards are presented on the ice at the conclusion of the championship game.
- (c) The Al Murdoch Appreciation Trophy is presented to the year-end tournament Most Valuable Player.

(1) The Executive Board and Commissioner will select the Most Valuable Player from all participating tournament players based on performance in all tournament games.

(2) The MVP will be announced on the ice at the conclusion of the championship game.

(d) Championship trophy and individual awards are presented on the ice at the conclusion of the championship game.