

# Midwest High School Hockey League

# **JUNIOR VARSITY POLICY**

UPDATED APRIL 2015

## **MISSION**

The purpose of the Midwest High School Hockey League (MHSHL) Junior Varsity division is to emphasize hockey skill development that will prepare players for Varsity competition. 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.
- (b) Team Representatives are responsible for reporting any violations of the League's off-ice policies to the Commissioner.
- (c) Team Representatives are responsible for reporting any major and/or match penalties incurred by a player during non-League play to the Commissioner.
- (d) Teams are required to comply with the USA Hockey "SafeSport Program."

### **102: LEAGUE PASSES**

- (a) The League will provide an all-League season pass for Team Representatives and their guest.
- (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 Committee 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: CUTTING PLAYERS**

- (a) Players, who are otherwise eligible to play in the League, cannot be cut from a team whose combined Varsity and JV roster does not exceed 35 players.

### **104: PLAYER ICE TIME**

- (a) Although the League does not require equalization of ice time among players, it strongly encourages teams to require the play of each player rostered for a game in a regular rotation, excluding only shorthanded plays. The League similarly encourages teams to assure that each rostered goaltender receives adequate ice time in either game or period rotation.

### **105: LEAGUE ASSESSMENTS**

- (a) Any team not registered with USA Hockey by November 1 will be assessed a \$250.00 fine.

### **106: GAME SUSPENSIONS**

- (a) All game suspension 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. The number of post-season games served is subject to review by the Commissioner.
- (c) Any unserved regular-season game suspensions carry over to the year-end tournaments and the following season.
- (d) Any unserved game suspensions by a non-returning player will be served by the team's coach. The number of games served is subject to review by the Commissioner.
- (e) All major and/or match penalties incurred by a player during League and non-League play will be applied to USA Hockey progressive suspensions.

- (f) Coaches assessed a game suspension for 15 penalties in a game are allowed to coach until the next scheduled game in the division in which the infraction occurred, at which time the suspension must be served.
- (g) Coaches serving a game suspension cannot have any contact with the team 30 minutes before and until the game is complete.
- (h) Players given a penalty for leaving the bench to join an altercation (USA Hockey Rule 629a) will be assessed two game misconducts. (This is above and beyond the USA Hockey penalty of a major plus a game misconduct.)

## **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 Committee 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 Committee must decide the appeal within 10 days. The President will send a written response to the Team Representatives, Executive Committee 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 Committee. The decision of the Executive Committee 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 25 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.
- (c) Teams must comply with state concussion laws regarding high school interscholastic athletics.
- (d) The MSHSL does not allow billeted players to participate in the League.

### **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 if the new city is closer to the team they are joining.
- (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 Committee.

### **303: INELIGIBLE PLAYERS**

- (a) Players on the Varsity Protected List are ineligible to participate in JV games.
- (b) Any player previously selected to an All-Star team is ineligible to participate in JV games.
- (c) Eighth graders are ineligible to participate in the League per USA Hockey rules.

## **Section Four: OFF-ICE PENALTIES & DISCIPLINE**

### **401: STANDARD ON TOBACCO USE OR POSSESSION**

- (a) The first-offense penalty for possession of tobacco products, including electronic-cigarettes, 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 a minimum of four-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 Committee 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 12 League teams will be divided into three divisions. Teams will play each team in their respective divisions 4 times and will play each team in opposing divisions 2 times for a season total of 28 games.
  - (1) East Division: Cedar Rapids Jr. Roughriders, Dubuque Devils, Quad Cities Blues and Waterloo Warriors.
  - (2) Central Division: Ames Little Cyclones, Mason City Mohawk, Des Moines Oak Leafs, Des Moines Capitals
  - (3) West Division: Kansas City Jets, Lincoln, Omaha Jr. Lancers, and Sioux City Metros.

### **602: GAMES**

- (a) 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.
- (b) 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. Teams may choose to travel further on Sunday's and school nights if both teams agree.
- (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.

### **703: ON-ICE OFFICIALS**

- (a) The home team must hire at least one Level Three to be on the ice. The referee shall be paid at the minimum rate of \$60 per game, and two linesmen paid at the minimum rate of \$40 each.
- (b) Failure to provide required on-ice officials will result in a \$250.00 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 and one scorekeeper.
- (b) No goal judges will be used during the regular season or year-end tournament play.
- (c) 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.
- (d) The home team should designate an individual to escort ejected players or coaches from the rink to the locker room.
- (e) 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) On ice time: one hour and thirty minutes
- (b) Warm-up: 5:00 minutes
  - 1st Period - 14:00 minutes
  - 2nd Period: 14:00 minutes
  - 3rd Period: 14:00 minutes

- (c) One resurface between 2nd and 3rd periods is allowed if time permits.

#### **706: GAME ROSTERS**

- (a) Gamesheet rosters are limited to a maximum of 20 players.
- (b) Rosters cannot be changed after the game begins.
- (c) A team cannot exclude players from JV games unless the team's total roster has more than 20 different players each on the Varsity and JV teams.
- (d) A team's 20-player roster may include up to three goaltenders.

#### **707: PRE-GAME CEREMONIES**

- (a) There are no requirements for JV pre-game ceremonies. Games can start immediately after warm-up. Any player introductions are optional.

#### **708: GAMESHEETS**

- (a) The host team is responsible for entering game information into Pointstreak.
- (b) Each team representative is responsible for providing a game-day roster to the official scorerkeeper.
- (c) The official scorekeeper should ensure that the gamesheet is complete and accurate. Print three copies of the Pointstreak gamesheet. The referee, scorekeeper and either the Team Representative or Coach must sign all three copies.
- (d) Changes cannot be made after the score sheet is signed.
- (e) Each team is given a copy of the gamesheet and the third is sent to the League Commissioner as soon as possible.

#### **709: REFEREE GAME REPORTS**

- (a) USA Hockey requires on-ice officials to submit an online report for all Game Misconducts and Match penalties.

#### **710: OVERTIME**

- (a) If teams are tied at the end of regulation, the game is declared a tie – no overtime.

#### **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 reasons other than weather, 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 \$250.00. The home team will be credited with a win and awarded two points in the standings. The visiting team will be credited with a loss and no points in the standings.
- (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 \$250.00.

## **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.
- (b) If alcohol is served at the arena during League games a uniformed police officer or uniformed security officer must be present.

## **Section Eight: STANDINGS & STATISTICS**

### **801: STANDINGS**

- (a) The League Statistician shall determine the League standings based on the following team statistics: wins, losses, ties, goals for, goals against, and total penalty minutes.
- (b) Win - 2 Points  
Tie - 1 Point  
Loss - 0 Points
- (c) The following tiebreakers are applied to determine the final year-end standings:
  - (1) Most wins during the regular season.
  - (2) Head-to-head between tied teams.
  - (3) Best goals-for minus goals-against between tied teams.
  - (4) Best goals-for minus goals-against for entire season.
  - (5) Flip a coin.

### **802: PLAYER STATISTICS**

- (a) The League will contract to maintain player statistics.

## **Section Nine: REGULAR-SEASON AWARDS**

### **901: 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 All-Star game.
- (c) Each member of the League Championship team will be presented an award during ceremonies at the All-Star game.

### **902: SCORING LEADERS**

- (a) The League will recognize the top-ten scoring leaders determined by combined total goals and assists during the regular-season.
- (b) Tied players will share the ranking.
- (c) Awards shall be the same for all ten scorers.
- (d) Scoring leaders will be presented an award during the Jr. Varsity year-end tournament.
- (e) Players ineligible for the JV tournament cannot receive a top-ten award.

### **903: 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. Save percentage will be carried out to no more than three decimal places.
- (b) To be eligible for a Silver Glove award, goaltenders must have been in net for a minimum of 500 JV game minutes.
- (c) A goaltender qualifying for a Silver Glove in both Varsity and JV will only be eligible in the division in which the most minutes were played. If the total minutes are equal in both Varsity and JV, the goaltender will only be eligible in the Varsity division.
- (d) Tied players will share the ranking.
- (e) Awards shall be the same for all three goaltenders.

- (f) Goaltending leaders will be presented an award during the Jr. Varsity year-end tournament.
- (g) Goaltenders ineligible for the JV tournament cannot receive a Silver Glove award.

#### **904: 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 the Jr. Varsity year-end tournament.

#### **905: PLAYER ACADEMIC AWARD**

- (a) All players with cumulative 3.0 GPA and above will receive an academic award certificate.
- (b) The Executive Committee 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.

#### **906: 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 Committee 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 the Jr. Varsity 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: TEAM 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: PLAYER ELIGIBILITY**

- (a) Players must have played in 60% of their team's regular-season JV games to be eligible to participate in the JV year-end tournament.
  - (1) Exception: If a player cannot participate in the required number of games due to injury, the Team Representative can submit medical records and a written request to the Commissioner for a waiver.
  - (2) Exception: Players who transferred from another team and missed 50% of the games are eligible if they played in all remaining JV games after returning to active status.
- (b) Goaltenders that were in net for more Varsity game minutes than JV game minutes are ineligible to participate in the JV year-end tournament.
- (c) Any player who finishes the regular season in the top-25 Varsity scoring list is ineligible to participate in the JV year-end tournament.
- (d) Any player selected to the All Star roster is ineligible to participate in the JV year-end tournament.

#### **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.

#### **1004: BRACKETING**

- (a) The top-eight teams will participate in the year-end tournament. Each division champion will be seeded 1st through 3rd based on points earned during the regular season. The next five teams, regardless of division alignment, will be seeded 4th through 8th based on points earned during the regular season.
- (b) There will be no Sunday morning seventh-place game. Teams losing game 5 and 6 will be done.
- (c) Pairings for first round games are based on final regular-season standings: 1 vs 8, 2 vs 7, 3 vs 6, and 4 vs 5.

#### **1005: GAME FORMAT**

- (a) Regular-season game format applies except for overtime and one ice scrape per game is mandatory.
- (b) If teams are tied at the end of regulation in a championship bracket 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 bracket 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) First game of the day teams will skate on clean ice for a 5-minute warm up and begin the game without a break. Remaining games of the day teams will have a 5-minute warm up on dirty ice, leave the ice and begin the first period on clean ice. Ice will be scraped after the first and second periods. Any scrapes during successive overtimes will be at the discretion of on-ice and tournament officials.
- (e) If tournament is ahead of schedule, teams will be asked to start early, but no sooner than 15 minutes before the scheduled start time.
- (f) The highest seeded team is the home team and will wear light-colored jerseys.

#### **1006: TOURNAMENT ADMISSION**

- (a) Free admission.

#### **1007: EXPENSE REIMBURSEMENT**

- (a) Executive Officers and on-ice officials are reimbursed for year-end tournament expenses as follows:
  - (1) \$40 per day for meals
  - (2) Current IRS rate per mile for travel
  - (3) Lodging

#### **1008: TOURNAMENT AWARDS**

- (a) Third-Place trophy will be presented on the ice at the conclusion of the third-place game.
- (b) Second-Place trophy will be presented on the ice at the conclusion of the championship game.
- (c) Championship trophy will be presented on the ice at the conclusion of the championship game.