Metro Girls High School Hockey League
2019 -2020 Playing Rules & Regulations

I. Playing Rules - Suspensions

The Metro Girls High School Hockey League (League or Metro Girls) will use the USA Hockey Rule Book almost exclusively. Fighting, Misconducts and Game Misconduct suspensions will be the same as the USA Hockey Rule Book with the following exceptions required under AHAI rules:

Any player who is assessed a penalty for fighting under Rule 615 shall be suspended for the balance of that game plus the next three *(3)* regularly scheduled league games of that team.

Any player who receives a second major penalty for checking from behind (CFB) with the same team during the same season shall receive a three game suspension. For a third CFB major with the same team in the same season, the player shall be suspended until a hearing is conducted by the Proper Authorities under Rule 410 Supplementary Discipline.

The Metro Girls Board will have the responsibility of dealing with repeat offenders and are expected to be as severe as USA Hockey and AHAI rules.

All USA Hockey, AHAI and League rules will be strictly enforced without exception. *(All suspensions apply to both regular season and playoff games)*. All suspensions given in a League Game must be served in the next League game. If there is another practice or tournament game before the suspension has been served in the amount of League Games required under the suspension, these additional games would require that player/coach to serve the required USA Hockey/AHAI suspensions.

Permanent suspension of a player or coach from the League will be effected if it is determined that she/he has maliciously and/or intentionally damaged any property or parts thereof of any facility.

Each Club may impose more severe penalties than imposed by the League.

II. Game Rules - Minor Officials

A. There will be no in-game warm-up for goalies for any reason *(including injury)*. Spare goalies are to be warmed up during the pre-game skate.

B. Each club shall have one MATCHING set of numbered jerseys and one MATCHING set of numbered alternate jerseys or practice pullovers, each with appropriate patches and nameplates as determined by the League.

C. All Metro Girls games will consist of a three *(3)* minute warm up followed by three thirteen *(13)* minute stop-time periods. Minor penalties shall be two *(2)* minutes, major penalties shall be five *(5)* minutes and misconducts shall be ten *(10)* minutes in duration. Time-outs shall not exceed one *(1) minute* and shall be limited to one per game for each team.

D. Should a team accumulate a five *(5)* goal lead at the end of the second period, or at any time during the third period, the resumption of play at the center ice face-off spot shall commence running time for the duration of that game regardless of any further goals scored by any team. Penalty times shall be the same as for stop time. Subject to the discretion of the referee, the clock should be stopped in the case of an injury to a player until play is ready to resume. This Rule shall not apply during Playoff Games.

E. Should a team (*a minimum of six players)* fail to show for a game at the scheduled game time, they shall replay the game at their expense as outlined in number 2 below due to the Metro Girls rule stating there are no forfeits - all games must be played.

1. No team shall be permitted to forfeit a game for any reason. A game cancelled because of an "ACT OF GOD" *(i.e. weather)* shall be rescheduled by the teams involved in cooperation with each other and the cost of the referees shall be the responsibility of the league.

2. A make-up game must be played by mutual agreement of the teams involved and the Metro Girls Officers. The forfeiting team is subject to a League fine, and is responsible for providing the ice slot and the cost of the referees from AHAI Officiating Committee, Inc. *(Any team that fails to appear or cancels a scheduled game shall be subject to a fine of $500.00 and all costs incurred to the team which was to host the cancelled game. The team who cancelled will be responsible for all costs incurred even if the cancellation is within the appropriate time frame if the hosting team can not cancel the ice and/or the officials. The League is responsible to collect all fines and costs incurred as a result of a cancelled game.)*

F. In addition to the players, only the head coach, assistant coach*(s)*, or trainer are permitted on the bench in accordance with USA Hockey/AHAI Rules. There are only a total of four *(4)* non-playing individuals permitted on the bench during any Metro Girls League/Playoff game. The head coach is responsible for all personnel on the bench.

G. Generally the team that is most familiar with the operation of the clock should supply the timekeeper and the other team should supply the scorer. Each team should supply someone to act as a penalty door attendant for their team.

H. The first named team on the schedule will be the home team and be responsible for furnishing the score sheet. The home team will wear the white/light colored jerseys.

I. The second named team on the schedule will be the visiting team. The visiting team will wear dark colored jerseys.

J. The score sheet should be made ready at least 15 minutes prior to game time, including coaches names and other required information. Use preprinted roster stickers. The score sheet must be filled out in accordance with the Metro Girls score sheet instructions. Check during the pre-game warm-up to ensure there are no duplicate uniform numbers and that all jerseys have name tags and "STOP" patches.

K. Timekeepers are responsible for being familiar with the clock operation. If necessary, use the time immediately following the preceding game to reacquaint yourself. Do not delay the warm-up period or the start of the game.

L. Penalty door attendants are responsible for insuring correct player departure from the penalty box in accordance with time and sequence. Coordinate with the scorekeeper or referee if unsure as to the rules.

M. Each team will provide to the scorekeeper prior to each game, two *(2)* game ready pro pucks.

N. Only one *(1)* person from each club will be permitted in the scorebox during any Metro Girls League/Playoff game, and it is strongly recommended that each team have a representative in the scorebox during all games.

O. The score sheet must be signed by both of the coaches and the IHOA officials at the conclusion of each game. Home team to send a copy of the White copy (by Fax, email, or text) to the league statistician:

Yellow Copy	-	Home Team
Pink Copy	-	Visiting Team
Goldenrod Copy	-	Referees (if requested)

P. All minor officials should be individuals 20 years of age or older, unless prior written agreement is received from the League. All minor officials at the ice are under the direction and control of the referee in all matters relating to the conduct of the game. Remember, you are the officials of the League during the game. Impartiality and adult conduct is required. Cheering in the scorer's box is not permitted. It leads to too many arguments and conflicts. Once you assume the role of a minor official, you cease to be a fan for your team, but a league official.

III. Team Responsibilities

A. Each club *(coach, manager, team representative, trainers, players and club officials)* shall be cooperative in the administration of the League, shall obey all League Rules and Directives from the Board, or be subject to disciplinary action.

B. Each club shall have one *(1)* vote in all Division matters.

C. Each club must file with the League *(in the hands of the League Registrar before a player may participate in any game):*

a. A completed AHAI Participation Form for each player that includes: Hold Harmless, Doctor's Authorization and Hospital Release.
b. A team roster in a form satisfactory to the League registrar.

D. If any team wishes to add a player to a team roster after November 15th, a majority of the clubs within the league must approve the addition.

E. Once the initial week of double-checking schedules is completed and the games are posted with the scheduler of referees, each team is permitted up to three *(3)* game changes other than for an "ACT OF GOD" (e.g. weather, …). For every game change thereafter, the initiating team will be fined $50, payable to the League.

F. Any club that is not represented *(by an adult from that club)* at a League meeting or is late with a regularly scheduled League payment is subject to disciplinary action or a fine imposed by the league.

G. For 2019-2020, the regular season will consist of series of games where each team in the league will play every other team one (1) time. Thereafter, the teams will be divided into two brackets, the Scholastic Cup and the Founder's Cup, as described in Section IV, D. below. In order for a player who is double rostered on another team as permitted under the AHAI Rules and Regulations to be eligible to play for a team in the League's "Championship Series" of the Scholastic Cup and Founder's Cup playoffs, the player must have played in sixty *(60%)* percent of all the Metro Girls season games for the team which they will be playing for to that point.

H. Players must be full-time students within the first eight *(8)* semesters of the school for which they are playing. Players must fulfill this requirement at the time they are placed on a team's roster.

I. Any club playing and/or dressing an ineligible player will forfeit each game in which the ineligible player played or dressed. The game will be recorded in the League's standings as a loss and the offending team's goals and assists will be deleted from the standings.

J. Any coach knowingly playing a suspended and/or ineligible player will receive an automatic expulsion from the League for the balance of the Regular and Playoff season.

K. Twenty *(20)* players may be suited for a game, no more than eighteen *(18)* of which can be skaters. Rosters will be up to a maximum of thirty *(30)* players and will include the players name, jersey number, position, and year in school.

L. An official from the organization must submit a completed Officiating Evaluation Form to Officiating Services on the on-ice official's performance for all League games. The Officials Evaluation Form must be submitted to Officiating Services within seven (7) days of the day the game was played.

IV. CMHSHL – Girls Division League Responsibilities

A. The Metro Girls League will supply officials for all regular season and playoff games.

B. An Official Game Report Form for all League and Playoff games will be forwarded to the proper Officials Supervisor within 24 hours after conclusion of a game where an incident occurs. Failure of any official to furnish the League with an Official Game Report shall result in termination of that Official's services for the remainder of the regular and playoff season upon review by the League's Board of Directors.

C. The Metro Girls League will furnish the following:

a. One *(1)* trophy for each of the teams finishing the regular season in first place and as runner-up in the League standings.

b. One *(1)* trophy for each team finishing in first place and as runner-up in each of the Scholastic Cup and Founder's Cup championships.

c. One *(1)* individual award for each participant in the Scholastic and Founder's Cup Championship Series.

D. At the end of the regular season, Metro Girls will host a league playoff tournament for all its teams. The format of the playoffs is to be a round-robin tournament following the historical precedence of dividing all the teams in the Division into two brackets based on how the teams finished in regular season play, with the top teams playing in the Scholastic Cup and the lower half playing in the Founder's Cup. If there is an odd number of teams, generally the extra team is to play in the lower half; in any event the decision should be made prior to the commencement of the season. Tie-breaker rules should be established prior to the start of the season by the League, otherwise the tie-breaker rules from the prior season will be followed, unless agreed to by a majority of the clubs. Metro Girls will host a championship day and the Scholastic Cup Championship will consist of the teams that finished in 1st and 2nd place in the Scholastic Cup playoffs (or in a playoff of the teams in the top 4 places in the playoffs) and Founder's Cup Championship will consist of the teams that finished in 1st and 2nd place in the Founder's Cup playoffs (or in a playoff of the teams in the top 4 places in the playoffs), or such other format as may be agreed upon by a majority of the teams in each playoff division. These final games are defined as the "Championship Series" for the Scholastic Cup and Founder's Cup Championships.

E. Each club is responsible to register its team/teams with USA Hockey and AHAI and fulfill all of the required registration procedures according to the By-Laws, Rules and Regulations of USA Hockey and AHAI.

F. No club may enact any rules that contradict or attempt to supersede rules applying League wide.

G The League will adhere as closely as possible to the Illinois High School Association eligibility rules, except the rules referring to coaching *(a hockey coach need not be a faculty member of the school for the team he/she is coaching).*