

# High School Stars Rules 1/25/2017

The purpose of the HS Stars league is to provide all High School age players a place to maintain and improve their skills during the summer months. Emphasis is not placed on winning or the number of hits in the game. Rather, our focus is improving the player's skills set, and implementing it into a clean, fast paced hockey environment. It is expected that all HS Stars coaches and players work towards this goal.

Please note that any player receiving a fighting major, or 3 game misconducts during the season will be expelled from the league. All league fees will be forfeited without exception.

## Game Format

- 3 (14) minute periods
- No timeouts or overtime (regular season)
- Penalties – 2 minute minor – 5 minute major – 10 minute misconduct
- Mercy Rule – At any point in the game, running time will start when a team is down by 5 goals or more. If the goal differential is less than 3, stop time will resume.
- If both teams have the same color jerseys, the visiting team will wear pullovers.
- Playoff game Format – Games ending in a tie in regulation will continue with a Sudden Death 5-minute 5 on 5 overtime session. If the game is still tied after the first OT, a second 5 minute OT session will be played 4 on 4. 5 minute overtime sessions will be continue to be played 4 on 4 until the game is decided. There will be a 1 minute break in between OTs.
- Regular Season Tie-Breaker – If two teams are tied for points at the end of the regular season, the following tie-breaker will determine the final standings. 1. Number of Wins. 2. Number of wins in head to head games. 3. Least Penalty Minutes (Entire Season). 4. Best Goals Differential (Entire Season). Each tie breaker situation will be reviewed by the League Commissioner and the result will be final.

## Discipline

- All players must be paid in full before playing in their first game. Jerseys will be distributed at 1<sup>st</sup> game to paid-in-full players only. All players must also have proof of current AAU Insurance at this time.
- Any player receiving a fighting major is immediately expelled from the league.
- Any player receiving 5 penalties in a game will result in a GAME MISCONDUCT.
- Any combination of 3 game misconducts will result in League expulsion.
- Match penalties result in expulsion from league and a hearing at the discretion of the discipline committee.
- Expulsion from league results in loss of all entry fees paid.
- The league commissioner has the sole authority to resolve all HS Stars disputes and to interpret all HS Stars rules. The commissioner's interpretation of these rules is to be deemed final, regardless of written rules when it is deemed any rule may be unfairly applied.

## Coaches

- Head coaches will receive a coaching credit at the start of the season depending on their coaching level. Please let us know if you would like your credit applied to your son or daughter's league fees. Each team *must* have an

assistant coach as well. The Assistant coach will receive a \$50 credit. It's the assistant's job to help the head coach on the bench during all games and practices.

- Each team will have 1 practice (more can be purchased at a discounted rate), and 12 regular season games. It is your responsibility to make sure that you or your Assistant attends all scheduled events. The Initial League schedule will include 5 games to set divisional skill levels. ***The next schedule, in an attempt to balance the league, it will break the teams into conferences.*** The goal of these conference breakdowns is increased competition. It will be done to make sure the stronger teams play each other, while the weaker teams play teams of equal talent.
- Coaches are responsible for reviewing their score sheets on Pointstreak after each game. Please take note of any suspensions. Game protests must be emailed to the League Commissioner within 24 hours of the end of the game. Protests lodged after this 24 hour period will not be considered.
- Coaches are required to inform the commissioner of any changes in their roster at least 2 days prior to their next game. **In the event that a team does not have a goalie, it is the coach's responsibility to contact the Commissioner at least 2 days before the game. The Commissioner will assign a league approved goalie for that team's game. All games must be played. Games will not be re-scheduled due to lack of players or goalie.**
- **To be considered eligible for the play-offs, players must be on the score sheet for a minimum of 6 games. Coaches must hand in attendance sheet to scorekeeper at the start of each game.**
- It is the coach's role to make sure all players are considered legal to play. Illegal players include: Players not on roster, Players not paid in full, Suspended players, and Players using someone else's jersey. Coaches who knowingly use an illegal player will result in further discipline from the league and will be reported to the AAU.
- **Rosters will be frozen after the team's 7<sup>th</sup> game of the season.**
- **On Friday April 7<sup>th</sup>, 2017, 6.45pm at Leisure Rinks, we will have an evaluation for all players who are not on teams with rosters. Coaches are free to attend this event if they need players. The league will assign players from this pool to teams who need them.**
- Each player will be given an official Bauer 800 Pro Style jersey, along with matching team socks.
- Coaches are responsible for the following **before April 10:**
  - Hand into League Commissioner a roster of players. Please note that teams can have no more than 20 players on their roster.
  - Please note that if a player is on your roster, they must have their application in before April 10<sup>th</sup>. We cannot guarantee them a spot on your team if they sign up after that date. Please remind them to sign up early!
  - Email any requested dates off (Exams, Proms, Graduations etc) to Mark Grundtisch @ [markg@holidayrinks.com](mailto:markg@holidayrinks.com) no later than April 7. Once the schedule is posted online, no changes can be made

## **High School Stars League Contact Information**

- **Rink Website:** [www.holidayrinks.com](http://www.holidayrinks.com) for Standings, Statistics and Schedules
- **Holiday:** 685-3660 Fax: 685-9684 **Leisure:** 675-8992 Fax: 675-8993
- **Coaches Credits** questions and concerns: Chris Roswell [chrisr@holidayrinks.com](mailto:chrisr@holidayrinks.com)
- **Schedule Coordinator:** Spencer O'Neill [spencer@holidayrinks.com](mailto:spencer@holidayrinks.com)
- **Payment questions :** Mark Grundtisch [markg@holidayrinks.com](mailto:markg@holidayrinks.com) 685-3660
- **Rosters** should be emailed by April 10 to [spencer@holidayrinks.com](mailto:spencer@holidayrinks.com)
- **Any League Issues:** HS Stars Commissioner Spencer O'Neill [Spencer@holidayrinks.com](mailto:Spencer@holidayrinks.com) 675-8992