

MINNESOTA HOCKEY
MAROON DIVISION

METRO HOCKEY LEAGUE
HANDBOOK

Junior Gold A, B, and 16 & Under



2010—2011 SEASON

Metro Hockey League Scores

Scores and Fairplay Points must be e-mailed to the League Scheduler within 48 hours of game play to:

scores@metrohockeyleague.org

If you fail to turn your scores in on time your team will be fined \$25 for each score that is turned in late. Fines must be paid prior to the beginning of the playoffs, if not your team will be disqualified from participating in the playoffs.

When emailing in your scores, please use the following format:

Subject Line must be as follows:

Name of team submitting score and league

Ex. Roseville—A

Body of e-mail must be as follows:

<league> <date of game> <visiting team & score (fair play point)> <home team & score (fair play point)>

The Fair Play point is scored as follows: yes = 1, no = 0.

Example Email:

A 12/2/04 White Bear Lake 4 (1) vs. Roseville 2 (0)

(Junior Gold A White Bear Lake beat Roseville on 12/2/04 and White Bear Lake received their fair play point but Roseville did not.)

Please send one email for each game.
Do not include more than one game per email!!
(3 game scores = 3 emails)

GAME RESCHEDULE PROCESS

- Each team is allowed to reschedule two (2) league games **by December 19th.**
- Any additional rescheduling thereafter will cost the petitioning team **\$100.00** per game.
- All requests to reschedule games must be made on the proper form, signed by both coaches, accompanied by a \$100 required check and submitted to the **Metro Hockey League District representative of the requesting team.**
- The District representative shall verify that the rescheduled game is within scheduling parameters and that referees are available.
- If these criteria are met, the District representative shall approve the change and notify the League Scheduler and the appropriate referee scheduler. There will be no forfeits.
- ***Note: The reschedule form is available on the Web site.***

2010 COACHES' CLINIC For Certification-Recertification

**JUNIOR GOLD COACHES ONLY!
MANDATORY CLINIC FOR NEW JR. GOLD COACHES**

When:

Saturday, December 4, 2010

Time:

8:00am - 4:00pm

Where:

Schwan's Conference Center
(next to the Super Rink at the National Sports Center in Blaine)

Fees:

\$60.00

Registration Due:

Please arrive at 7:15 a.m. to register
Questions: John Lawson (612) 751-3743

Directions From 35W:

35W to exit 32 (95th Avenue)
Go west to stoplight, turn left onto 105th Avenue
Schwan's Conference Center will be on your left hand side

Directions From 694:

694 to Hwy. 65
Go north on Hwy. 65 to 105th Avenue
Turn right on 105th Avenue
Schwan's Conference Center will be on your right hand side

NOTE:

Level 3 Certification offered
Continental Breakfast and Lunch will be provided.

CHECK OUT THE...

Metro Hockey League Website!

www.metrohockeyleague.org



League and team information, standings,
schedules, forms, apparel,
contact information and much more!

Metro Hockey League Schedule 2010—2011 SEASON

2010-2011 MHL Board Meetings — Start Time 6:30 p.m.

August 29	Plymouth Ice Arena
October 11	Roseville Ice Arena
November 8	New Hope Ice Arena
December 13	New Hope Ice Arena
January 10	Roseville Ice Arena
February 7	Roseville Ice Arena
March 14	New Hope Ice Arena
April 11	Roseville Ice Arena

November 29 — Scheduling Meeting

All teams must have one scheduler per team at the meeting
7:00 p.m.

Located at Schwan's Convention Center, Blaine (next to the
Super Rink)

December 4 — Coaches' Certification/Recertification Clinic

8:00 a.m. — 4:00 p.m.

Located at Schwan's Convention Center, Blaine (next to the
Super Rink)

December 5 — MHL League Play Begins

December 19 — Game Reschedule Forms are due without charge. Any game reschedule forms after this date will be charged the \$100 game reschedule fee.

Metro Hockey League Schedule 2010—2011 SEASON

**February 7 — Coaches' Player Selections Due for Select 17
& MHL Select Games**

February 25 — MHL League play ends — All levels

March 1—6 — Playdowns: District 2 Hosting

“A” Regions

“B” Playdowns

“16U” Playdowns

Note: A's seed directly into regions

Location: Schwan's Super Rink

March 9 – 12 — MN State High School Tournaments

March 15 — MHL Coaches' Appreciation Business Meeting

Location: Green Mill — Shoreview

March 18—20 — Junior Gold State Tournaments

“A” - District GOLD (Mar's Lakeview Arena, Duluth)

“B” - District 3 (St. Louis Park)

“16U” - District 6 (Braemar West)

March 22 — MHL Select Game Practices

Location: Braemar West

7:00—8:00pm & 8:15-9:15pm

March 23 — MHL Select Game

Location: Braemar West

7:00—9:00 pm

Metro Hockey League

Board of Directors 2010—2011 SEASON

Chairman

Tom Slaird 3800 Washburn Avenue S. 612-929-0133 (W & H)
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Past Chairman

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DISTRICT REPRESENTATIVES

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Metro Hockey League

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Metro Hockey League

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Supervisors of Officials 2010—2011 SEASON

District 2

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District 6

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District 8

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District 10

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651-450-9109 (W)

Metro Hockey League Teams 2010—2011 SEASON

Junior Gold A

Blaine (D10)
Burnsville (D6)
Centennial (D10)
Champlin Park (D10)
Eagan (D8)
Eden Prairie (D6)
Edina (D6)
Jefferson (D6)

Lakeville (D8)
Minnetonka (D6)
Stillwater (D2)
St. Louis Park (D3)
Wayzata (D3)
Wessy's Boys (TC)
White Bear Lake (D2)

Junior Gold B—Blue

Andover (D10)
Blaine (D10)
Buffalo (D5)
Champlin Park (D10)
Crow River (D3)

Elk River – Black (D10)
Elk River – Red (D10)
Mounds View (D2)
North Metro (D3)
Osseo/Maple Grove (D3)

Junior Gold B—Red

Centennial (D10)
Forest Lake (D2)
Hudson (D2)
Mahtomedi (D2)
North St. Paul (D2)

Roseville (D2)
Tartan (D2)
Wessy's Boys (TC)
White Bear Lake—Black (D2)
White Bear Lake—White (D2)

Junior Gold B—White

Burnsville (D6)
Eden Prairie - Black (D6)
Eden Prairie - Red (D6)
Edina – Green (D6)
Edina - White (D6)

Minnetonka (D6)
New Prague (D6)
Prior Lake/Savage (D6)
Wayzata— Blue (D3)
Wayzata— Gold (D3)

Metro Hockey League Teams 2010—2011 SEASON

Junior Gold 16U

Eagan (D8)

Edina – Black (D6)

Edina—Green (D6)

Edina—White (D6)

Farmington (D8)

Hastings (D8)

Hudson (D2)

Jefferson (D6)

Lakeville (D8)

Minnetonka (D6)

North Saint Paul (D2)

Osseo/Maple Grove – Black (D3)

Osseo/Maple Grove – White (D3)

Roseville (D2)

Stillwater (D2)

Tartan (D2)

Wayzata (D3)

White Bear Lake (D2)

Woodbury—(D8)

METRO HOCKEY LEAGUE JUNIOR GOLD A CONTACT INFORMATION

Stillwater (D2)

Mike Wasko 3284 Kraft Circle N. 651-777-2615 (H)
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White Bear Lake (D2)

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St. Louis Park (D3)

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Wayzata (D3)

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Burnsville (D6)

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Eden Prairie (D6)

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Edina (D6)

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Jefferson (D6)

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METRO HOCKEY LEAGUE JUNIOR GOLD A CONTACT INFORMATION

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Eagan (D8)

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Blaine (D10)

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Centennial (D10)

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Champlin Park (D10)

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Wessy's Boys (TC)

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METRO HOCKEY LEAGUE

JUNIOR GOLD B BLUE CONTACT INFORMATION

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Crow River (D3)

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North Metro (D3)

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Osseo/Maple Grove (D3)

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Buffalo (D5)

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Andover (D10)

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Champlin Park (D10)

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METRO HOCKEY LEAGUE JUNIOR GOLD B BLUE CONTACT INFORMATION

Elk River - Black (D10)

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Elk River (D10)

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METRO HOCKEY LEAGUE

JUNIOR GOLD B RED CONTACT INFORMATION

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Hudson (D2)

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Mahtomedi (D2)

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White Bear Lake—White (D2)

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METRO HOCKEY LEAGUE

JUNIOR GOLD B RED CONTACT INFORMATION

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METRO HOCKEY LEAGUE

JUNIOR GOLD B WHITE CONTACT INFORMATION

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Wayzata—Gold (D3)

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Burnsville (D6)

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New Prague (D6)

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Prior Lake (D6)

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METRO HOCKEY LEAGUE

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METRO HOCKEY LEAGUE

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Order your MHL apparel today!

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- ***Sweatshirts***
- ***T-shirts***
- ***Long-sleeve t-shirts***
- ***Spiritwear***
- ***Hats***

www.metrohockeyleague.org



**We'd like to invite all coaches, parents, players,
and interested parties to join the fun!**

**Metro Hockey League
Junior Gold "A" Select Game**

**BENEFIT SPONSORED BY
METRO HOCKEY LEAGUE &
OFFICIALS ASSOCIATION**

HOSTED BY DISTRICT 6



**Date:
WEDNESDAY, MARCH 23, 2010**

**Time:
7:00 P.M.**

**Place:
Braemar West Arena**

\$2.00 ADMISSION CHARGE FOR AGES 12 & OVER

SUPPORT OUR GUYS!

Wes Barrette Award Winners

Established in 1997 by the Metro Hockey League to be presented to those who best emulate dedication, integrity, and understanding to the mission of youth hockey.

Knowing that total involvement goes beyond the rink, this award recognizes those characteristics that raise the standards for us all and are the foundation of the wonderful game of hockey.

1996-1997	Wes Barrette—TC Bill Smith—Edina
1997-1998	Woody Teal—Roseville
1998-1999	Mallard Teal—White Bear Lake
1999-2000	John Lawson—Anoka Steve Pearson—Edina
2000-2001	Tom Johnson—White Bear Lake Steve Spock—TC
2001-2002	Ralph Hayne—White Bear Lake Ken Langehaug—Eden Prairie
2002-2003	Steve Cheney—District 3 Doug Andreen—BAA
2003-2004	Mark Dorenfeld—White Bear Lake Tom Wright—Minnetonka
2004-2005	Brian Backes—Burnsville Ted Olson—Wayzata
2005-2006	Terry Greene—White Bear Lake Randy Nielsen—Wessy's Boys
2006-2007	Al Carstensen —Hastings
2007-2008	Butch Orrey—Duluth
2008-2009	Rick Barnes – Edina Randy Schmidt – Wessy's Boys
2009-2010	Jeff Stenbeck – Jefferson Craig Swanson – Mounds View

Made It Happen Award Winners

In 2006 the Metro Hockey League began recognizing the enormous contributions of persons who are not coaches, such as association Jr. Gold Directors and tournament directors.

These are the local folks who work tirelessly behind the scenes to organize, recruit, expand, register and even "nurse" the teams in their associations. It is they who have "Made It Happen."

2006-2007	Devie Koval—Edina Pat Jackson—White Bear Lake John Dando—Wayzata
2007-2008	Virginia Orrey—Duluth
2008-2009	Diane Backes – Burnsville Woody Teal – MHL Board Ken Malmberg – MHL Board
2009-2010	Elizabeth Wright - Minnetonka

DID YOU TURN IN YOUR GAME SCORES ON TIME??



Scores and Fairplay Points must be e-mailed to the League Scheduler within **48** hours of game play to:

scores@metrohockeyleague.org

If you fail to turn your scores in on time your team will be fined **\$25 for each score** that is turned in late. Fines must be paid prior to the beginning of the playoffs, if not your team will be disqualified from participating in the playdowns.

Ten-Year District Host Schedule MHL Select Game

2006-2007 — D10

2007-2008 — D8

2008-2009 — D3

2009-2010 — D2

2010-2011 — D6

2011-2012 — TC

2012-2013 — D10

2013-2014 — D2

2014-2015 — D3

2015-2016 — D6

Coaches' Annual Appreciation & Business Meeting

Tuesday, March 15, 2011 @ 6:00 p.m.



**Green Mill Restaurant
1000 Gramsie Road
Shoreview, MN 55126
(651) 482-1680**

**From Hwy. 694,
Go North on Lexington Avenue
Turn right at stoplight**



METRO HOCKEY LEAGUE RULES & REGULATIONS

I. METRO HOCKEY LEAGUE

Purpose

The Metro Hockey League (MHL) is established within the Maroon Section of Minnesota Hockey to organize a multi-District league for Junior Gold/16U teams.

Membership

The MHL is comprised of many hockey communities, as established by MN Hockey, from the following MN Hockey Districts:

- District 1, 2, 3, 6, 8, and 10

All deviations from this list must be approved by the board. If teams from other Districts are added by the Board, such Districts shall select two representatives to the Board. Such representatives shall be full voting members of the Board and fully participate in administering the MHL.

Governing Board

The board consists of The League Chair, Treasurer, Scheduler, Secretary and two representatives from each member District. District Directors should be involved on a regular basis, but are not entitled to vote unless they are serving as one of their District's two representatives.

Voting

The League Chair, Treasurer, Scheduler, Secretary and each of the two District representatives are voting members. No individual person can cast more than one vote.

Board Member Eligibility

A person or spouse of a person that is coaching a team playing in the MHL is NOT eligible to represent their District on this board.

Board Meetings

The Board meetings shall be held as often as necessary to perform all administrative tasks that are required to operate the League.

The meetings shall be conducted in a centrally located facility to minimize the driving for all members.

The Chair is responsible for scheduling all meetings and establishing their respective agenda.

QUORUM

A minimum of four (4) voting members representing at least three (3) of the member Districts are needed to establish league rules or make financial decisions (e.g. team fees).

No set quorum is required for decisions regarding implementation of existing rules or operating procedures, setting up meetings, etc.

METRO HOCKEY LEAGUE RULES & REGULATIONS

II. DUTIES AND RESPONSIBILITIES OF THE METRO HOCKEY LEAGUE BOARD

A. General

To organize and supervise all hockey in the Metro Hockey League, including year-end playdowns and perform such other duties as shall be assigned them by the MN Hockey Maroon District Directors. Individual MN Hockey Districts shall remain the "proper authority" or "proper disciplinary authority" within the league for all purposes contemplated by the official rules of USA Hockey.

B. Specific Tasks

- Schedule team enrollment cutoff, scheduling meetings, and coaches meeting dates.
- Ensure that the host and visiting teams understand their responsibilities at games regarding officials, scorekeepers and timekeepers (and trainers for tournaments).
- Ensure that the coaches submit score sheets. Respond to comments made on the score sheets to both coaches and Supervisor of Officials.
- Serve as tournament officials for the playdowns. Perform trophy presentations at the end of the playdowns.
- Handle and be accountable for all monies collected by MHL for the purposes of MHL activities.

C. Board Position Responsibilities

Chair

- The Chair presides over MHL board meetings.
- The Chair is Tournament Director for playdown games and playdown tournaments.
- The Chair is responsible for communicating with the District Directors regarding all MHL business and program activities.
- The Chair schedules board meetings at intervals required to establish and maintain all required items of business in the best interest of the League.
- The Chair appoints an accountant at the end of the season to review the financial records and reports provided by the Treasurer. The review must be completed within 90 days of the end of the fiscal year.
- The Chair may delegate any of these responsibilities to another board member in his absence.
- The Chair may appoint someone to procure trophies for the playoffs.

Treasurer

- The Treasurer takes the lead in developing a budget for the League for the season. This is done following rules and guidelines of expenses for which the MHL is responsible. The season budget must be

approved by the Board by November 1 to ensure final District/Team assessments can be defined by December 31.

- The Treasurer assesses and collects all monies from the Districts and/or teams per budget requirements and established processes.
- The Treasurer is accountable for these monies and provide financial reports at times as specified by the Board.

League Secretary

- The League Secretary takes minutes at Board meetings and protest hearings and provides a copy to all Board members.

League Scheduler

- The League Scheduler coordinates scheduling meetings and publishes league schedules and forwards schedules to the referee schedulers throughout the Metro League.
- The League Scheduler is the recipient of the approved reschedule requests and makes changes on the web site.
- The League Scheduler publishes regular standings.

District Representatives

- District Representatives shall be the contact person for the coaches and team managers in their District. They shall keep an accurate record of all major penalties, game misconducts and match penalties and shall be included in all disciplinary hearings held in their District. The District Representative shall be responsible for all rescheduled games in their District.

III. DISCIPLINE HEARINGS

A. Each MN Hockey District is responsible to conduct grievance or discipline hearings as needed to resolve gross misconduct or match penalties assessed to their coaches or players in MHL play.

B. The Metro Hockey League cooperates with the respective Districts by providing game score sheets, referee reports or other information as needed to facilitate the hearing process.

METRO HOCKEY LEAGUE RULES & REGULATIONS

IV. GAME PROTESTS

A. Basis of a Protest

A protest must be written by the coach of the protesting team.

Game protests will be considered in regard to procedural rules, such as:

- Improper timekeeping – See rule VI—B
- Improper scorekeeping
- Improper players/coaches

Protests based on the official's call of the game and interpretation and application of the playing rules per current USA Hockey Rulebook will not be allowed.

B. Procedures for Filing Protest

The filing of a protest must be in writing and postmarked within 48 hours of the end of the game. A fee of \$25.00 shall be included which will be forfeited if the protest is disallowed and returned if allowed. The fee and written protest shall be directed to the MHL Chair. Copies should also be delivered to the opposing coach and the officials' organization that officiated the game. The protest will be heard by the MHL Board.

V. GAME ADMINISTRATION

A. E-mailing scores and Fairplay Points

The winning team shall be responsible for e-mailing SCORES and Fairplay Points to the League Scheduler. In the event of a TIE, the visiting team shall report to the League Scheduler. If not time-stamped within 48 hours, the team responsible will be fined \$25.00. If these fines are not paid prior to the beginning of the playdowns, that team will be disqualified from participating in the playdowns.

B. Score sheets

Each team manager will be furnished with MN Hockey standard score sheets. The visiting team shall be responsible for the official scoring and see that the officials sign the score sheet. Coaches are encouraged to write objective comments on these forms for each game.

The score sheet shall contain room for comments about the game by the coaches and officials. The officials may sign the score sheet in the Officials' Room. When any major, match or gross penalty is called, and/or any incident requiring intervention by the Supervisor of Officials occurs, the game officials shall immediately notify the Supervisor of Officials of the home District.

NOTE: All coaches are encouraged to comment on each game's score sheet regarding playing conditions, officials, minor officials, coaches or other items of interest. Objective comments will help improve the game and procedures for everyone.

Both teams are responsible to mail a LEGIBLE copy of the score sheet to their designated League representative for the purpose of reviewing Fair Play Points. It is recommended this mailing be done once a week.

METRO HOCKEY LEAGUE RULES & REGULATIONS

- C.** The goal nets shall be affixed with the breakaway anchors for all games.
- D.** Each team shall furnish a team roster by number and position to the official scorekeeper at least ten minutes prior to the start of the game.
- E.** Each team is responsible for assigning minor officials for every League game, and these minor officials are the only officials allowed in the scorekeepers' box during the play of the game. They are:
- Visiting team: Scorekeeper and their Penalty Box
 - Home Team: Timekeeper and their Penalty Box
- F.** The minor officials are responsible to identify themselves to the game officials and the game officials to the coaches prior to the start of the game.
- G.** All minor officials must be adults (18 or older).

VI. GAME FORMAT

A. Each league game is allocated ninety (90) minutes. For associations buying 2 or 3-hour blocks of ice to use for ninety (90) minute games, ninety (90) minutes of actual ice time (excluding resurface) can be used as the game time. (Applies primarily to Districts 2 and 10.)

B. Starting the Game

The timekeeper, scorekeeper and the referees must agree to the start time and finish time of a game prior to the start of game. Start time and finish time of the game must be posted on the score sheet. If not posted, protest will not be allowed.

C. Hour Breakdown & The Wes Barrette Handshake Rule

- There will be a five (5) minute warm-up that coincides with game start time. The ice may be available early and this time may be used for additional warm-up.
- Immediately following the warm-up, the teams shall shake hands. However, game start time shall not begin prior to the allocated game time.
- There will be one (1) minute for team organization following warm-up period.
- There will be three (3) fifteen (15) minute stop time periods.
- Whenever a team has a six (6) goal margin in the third period, the game will be played in running time format.
- There will be a one (1) minute rest time between periods.
- The ice will be resurfaced between the second and third periods or every two periods for back to back games.

METRO HOCKEY LEAGUE RULES & REGULATIONS

D. Game Termination

- A game is ended at the completion of the third period or the end of the agreed upon 90 minutes.
- A game may be ended with time remaining on the game clock. At rinks that have a 90-minute clock, this clock will be used in lieu of the rink clock.
- No game shall go beyond the allotted ice time. The timekeeper is responsible for notifying the referee at the end of the 90 minute allotted ice time.
- If a game is terminated due to spectator misconduct neither team will be awarded any points and the game will not be replayed.

E. Penalties

The MN Hockey penalty durations shall be used for all League games. Refer to the MN Hockey Handbook.

F. Fair Play Point

Fair Play rules are in effect for all League games. Refer to MN Hockey Handbook.

VII. PLAY OF THE GAME

League play is governed by the playing rules of MN Hockey and USA Hockey, with the following exceptions and/or clarification:

- No time-outs are allowed during scheduled league games.
- Home team furnishes game pucks.

VIII. PARTICIPATION CONDUCT

A. Fighting and Fisticuffs

The penalty for fighting for the first offense will be suspension for the remainder of the game plus the following three (3) League games, invitational tournaments, playdown games. Scrimmages do NOT count for these games. For a second violation the player will be removed from the program.

Minnesota Hockey Handbook, Youth Rules and Regulations VIII, E

B. Game Ejection

At the Junior Gold and 16U classifications, the referees may call a Game Ejection on any player/team official at any time during the play of the game. The player/team official will be removed only from the game being played when receiving this penalty.

METRO HOCKEY LEAGUE RULES & REGULATIONS

Minnesota Hockey Handbook, Youth Rules and Regulations VIII, E

C. Automatic Game Ejection Assessment

At the Junior Gold classification and the 16U classification, a Game Ejection shall be automatically assessed when a player received a third penalty during a single game. Enforcing this penalty is the joint responsibility of the referees, the scorekeeper, the coach and the player. Any team which allows a player to continue to participate after their third penalty will forfeit that game.

Minnesota Hockey Handbook, Youth Rules and Regulations VIII, G

D. Notification of Penalties

The Head Coach must notify the Metro League District Representative within 24 hours after the game, when any Game or Match Penalties have been issued to anyone associated with his team. The team manager may make this call, but it is the Head Coach's responsibility to ensure it is done. It is also the Head Coach's responsibility to understand the additional suspension penalties that are associated with these penalties as outlined in USA Hockey Playing Rules 404 and 405.

Note: Scrimmage games do not count as a game that a player or coach must sit out due to a suspension because of a Game Misconduct.

E. Match Penalties

Match penalties shall require a hearing by the respective MN Hockey District. Offending players or coaches are not allowed to participate in any sanctioned League games, scrimmages, tournaments and ALL TEAM ACTIVITIES until the respective MN Hockey District has reviewed the incident. In the event of subsequent incidents with the same player or coach, the Districts are encouraged to issue a suspension from participating in any MN Hockey/USA Hockey sanctioned games for the remainder of the year.

IX. PROCEDURES FOR RESCHEDULING GAMES

A. Planned Rescheduling Procedures

Following the standard scheduling process, each team is allowed to reschedule two (2) league games by December 19th. Any additional rescheduling will cost the petitioning team \$100.00 per game. All requests to reschedule games must be made on the proper form, signed by both coaches, accompanied by a \$100 required check and submitted to the Metro Hockey League District representative of the requesting team. The District Representative shall verify that the rescheduled game is within scheduling parameters and that referees are available. If these criteria are met, the District Representative shall approve the change and notify the League Scheduler and the appropriate referee scheduler. There are no forfeits.

Note: form found on Web site.

METRO HOCKEY LEAGUE RULES & REGULATIONS

B. Game Cancellations Due to Unavoidable Circumstances

(Examples include inclement weather and arena problems)

These games must be rescheduled within 48 hours of the cancellation; otherwise a rescheduling fee of \$100.00 will be assessed against each team. If the coaches concerned cannot agree to a rescheduled date, the MN Hockey District (s) involved will resolve the dispute.

C. Games Not Played for Other Reasons

If a team does not appear for a scheduled League game and lacks a valid reason (unavoidable circumstances) for not appearing, the non-appearing team (a) shall pay the entire cost of the ice and of the on-ice officials, (b) shall pay a fine of \$200 to the Metro Hockey League, and (c) shall be disqualified from league post-season playdowns. The team that appeared for the game shall be awarded a 3-0 win in league standings.

X. JERSEY STANDARDS

The home team will wear the light jerseys and the visiting team the dark jerseys.

XI. PLAYER, COACH AND TEAM REGISTRATION

A. Each team must be able to provide, upon request a copy of the team membership application, a signed copy of the players roster form, a copy of the IMR form for each player and a birth certificate (or proof of age) for each player. Proof of high school enrollment for each member on the team also must be available. Any skater not enrolled in a conventional high school (public or private) but in an alternative education program such as night school must, in addition to proof of enrollment, notify their respective District Representative of such, who will monitor their enrollment throughout the season with that schooling program. The skater and/or parent must consent to this. This is to ensure that a skater did not just enroll to meet the initial requirement, but does, in fact, remain involved with the school program for the duration of the hockey season.

B. Teams unable to provide this documentation may be subject to game forfeiture. The team has 24 hours to produce this documentation at the arena where the game took place. If this is not achieved, then the MHL Chair must be notified.

C. All Junior Gold coaches (A, B and 16U head coach and assistants), are required to have as a minimum an "INTERMEDIATE" level III certification through USA Hockey's Coaching Education program.

XII. PLAYOFF TOURNAMENTS

A. Team Participation

The purpose of the playdown is to determine which teams will advance to the MN Hockey State Tournament. Teams are seeded in the playdowns according to their final league standings.

METRO HOCKEY LEAGUE RULES & REGULATIONS

B. Teams Tied For Position

League standings shall be determined based on the MN Hockey standings policy. Refer to MN Hockey Youth Playing Rules.

In the event that the tied teams played an unequal number of games, the formula results from the MN Hockey Rules must be normalized for a common number of games.

Where the goal differential is used in breaking ties, the maximum differential allowed per game is six goals. In calculating goals scored, the figure shall be reduced for the winning team if necessary to obtain the six-goal maximum differential per game.

XIII. PLAYOFF TOURNAMENT FORMAT

A. The playdown format (number of games, single or double elimination, and consolation bracket) must be determined by the MHL Board as soon as possible after the number of teams participating has been determined. The format does not necessarily have to determine a final standing of the teams; it may be used in some cases to determine teams, which will participate in the MN Hockey State Tournament.

B. If ice is available and by agreement of the League Board, the final rounds of the playdowns can be conducted using three (3) fifteen-minute stop time periods. Whenever a team has a six (6) goal margin in the third period, the game will be played in running time format.

C. Breaking of ties

In case of a tie at the end of the regulation playing time in playoff games, the teams shall not change goals and sudden victory overtime play shall ensue using: Minnesota Hockey Handbook, Youth Rules and Regulations

D. The highest seeded team is the home team and wears light jerseys.

METRO HOCKEY LEAGUE RULES & REGULATIONS

XIV. PLAYOFF ADMINISTRATION

The MHL Board Chair is the director of MHL playoff tournaments and he may delegate other Board members to supervise the tournament to ensure that they are in accordance with MHL format and staffing requirements.

Problems should be handled through the normal chain to the respective District Director.

A. Tournament Director Duties are as follows:

- Be present or have a designee at all playoff games.
- Ensure that scorekeepers, timekeepers and trainers have been scheduled.
- Ensure that officials and District Directors are informed of schedules.
- Arrange for award presentation (regular season and playoff) at the end of each playdown.

B. Host organization duties:

- Provide minor officials.
- Provide standings and standings board for playdowns.
- Notify coaches of any time restrictions on games.

C. General Playdowns

All playdown expenses are paid by the League (ice, officials and EMTs), therefore, there will be no admission charged.

METRO HOCKEY LEAGUE RULES & REGULATIONS

Jr. Gold A, B and 16U Team Selection Policy

The local hockey association is in the best position to determine the levels of fielding their Jr. Gold A, Jr. Gold B and 16U teams based on the number of players, age and skill of the players in this group. The goal of all must be to encourage the continued participation in hockey for those who are not participating in the high school program. The following is a criteria for making those decisions.

- A.** Every Association should strive to have a Jr. Gold A team.
- Some Associations will need to play at the “B” level because of numbers, increasing/decreasing, but their goal should be to field an “A” team.
 - Associations are encouraged to field a Jr. Gold “A” and Jr. Gold “B” vs. two Jr. Gold “B” teams and no “A” team.
 - Fielding two Jr. Gold A teams is not recommended—Jr. Gold A should be the association's most competitive team.
- B.** Teams should be selected in the following order, with the objective of placing all eligible players on a team.
- Jr. Gold A
 - Jr. Gold B
 - 16 and Under
- C.** Associations with multiple Jr. Gold “B” teams should have these teams selected equally.
- D.** Associations with multiple “16U” teams should have these teams selected equally.