

METRO NORTH HOCKEY

LEAGUE RULES

2011 - 2012

I. TEAM REQUIREMENTS

(The following requirements supplement the Chicago Metropolitan High School Hockey League Rules and apply exclusively to Metro North teams for league and playoff games.)

- A. All Metro North member organizations are required to field at least one Varsity and one Junior Varsity team, unless otherwise approved by a vote of the board of directors.
- B. Each team is allowed to request one (1) bye in addition to the Wednesday night of finals week and the Saturday night following finals.
- C. The Head coach for each team must obtain USA Hockey Level 4 (Advanced) coaching certification by their fourth season in the league. Each club is encouraged to have their Assistant Coaches also obtain Level 4 certification.
- D. A player may not appear in a Varsity or Junior Varsity game until he/she is officially listed on that specific team's roster submitted to the Metro North Registrar and the roster submitted to AHAI/USA Hockey.
- E. Players rostered on a Metro North team may not be rostered on any other team except for all freshman year high school players. In addition, depending on hardship and subject to Metro North Board approval, additional 2nd - 4th year high school players can be double rostered. No player rostered on a boys Tier 1 team can be rostered on a Metro North team.
- F. List each player on each team roster you expect them to play on. Up to thirty (30) players may be placed on a team roster. However, you are only allowed to dress twenty (20) players for each game, no more than 18 of which can be skaters. One goalie and 50% of the skaters listed on the roster of **VARSIITY** teams must be designated as frozen. The final team roster must designate all unfrozen players as either Varsity or Junior Varsity. The final roster for each team must be submitted to the AHAI Registrar by October 15th each season.
- G. A player may only be double rostered on a Varsity and a Junior Varsity Team. No player is permitted to be rostered on two (2) Varsity teams or on

two (2) Junior Varsity teams. For organizations with two (2) or more Varsity teams or two (2) or more Junior Varsity teams, special rules apply and the organization's registrar should consult with the AHAI and/or the Metro North registrar for clarification before filing the roster.

- H. Unfrozen players who are double rostered on varsity and junior varsity teams will be considered frozen on the player's undesignated roster once he/she appear on the score sheet for seven (7) League games, including Metro Playoff Games. Goalie eligibility will be determined solely by on-ice participation in League games.
- I. With regard to division playoff games only, a JV team may use Varsity players on its roster in accordance with the Seven Up/Seven Down rule if the average number of players (skaters and goalies) playing in league games on that team throughout the regular season is fifteen (15) or less, provided that the number of players rostered for the playoff games does not exceed 15. In no case may a JV team be allowed to bring down more than four (4) varsity players for a playoff game. Hardship exceptions may be allowed upon approval of the Metro North Executive Committee.

II. PENALTIES

- A. Any player, assistant coach or head coach receiving any of the penalties listed below, must attend the next meeting of the Metro North Board of Directors. If the player is the one that has received the penalty, his/her coach must attend with the player. If a coach received the penalty, the Club President must attend with the coach. Failure to appear, unless excused in advance by the league President or Vice President, will result in a suspension until the board meeting the following month. Exceptions may be granted by action of the Executive Committee.

The following penalties require appearance before the Metro North Board of Directors:

- Any Five (5) Minute Major Penalty
- Any Match Penalty
- Any Game Misconduct Penalty
- Five (5) Penalties in a Game on Same Player
- Fifteen (15) Penalties in a Game on Same Team
- Fighting Penalty
- Any Penalty that includes Game Suspensions

Note: A misconduct penalty assessed against a player for not having an internal mouthpiece (304) is not considered a suspension offense.

- B. Any player or coach receiving a match penalty may not practice or play with the team for thirty (30) days following said penalty or until a hearing

is held before the AHAI Suspension Review Committee, whichever occurs first, and subject to a ruling by the AHAI Suspension Review Committee.

- C. Metro North has voted to impose a cumulative suspension rule on players who receive either a fighting penalty or a major penalty for checking from behind in League play. The rule imposes a doubling of the suspension for each successive infraction.

The rule works as follows:

1. **Fighting** - A three (3) game suspension will apply in the event a player receives a fighting penalty. A second fighting penalty during the season will result in a six (6) game suspension, a third fighting penalty will result in a twelve (12) game suspension, and so on.
2. **Major Checking From Behind** - Under Metro North rules, an automatic two (2) game suspension will apply in the event a player receives a major checking from behind penalty. A second major checking from behind penalty during the season will result in a four (4) game suspension, a third major checking from behind penalty will result in an eight (8) game suspension, and so on.

NOTE: The Metro North Board has the discretion to impose additional suspensions, penalties and sanctions as may be warranted by the circumstances and in the best interest of hockey, including suspension of a player for the remainder of the season or for the remainder of the player's eligibility.

As always, all of the penalties/suspensions must be satisfied in League play, notwithstanding that the skater may also be required by sit in non-League games to satisfy AHAI and USA Hockey requirements.

- D. Any player who is the first to leave his/her players bench or penalty bench during an altercation shall be assessed a game misconduct and shall be suspended for the next three (3) games. A player who is penalized a second time for this infraction during the course of the season shall be suspended for the season, including playoffs. If in the opinion of the officials a coach deliberately empties his/her bench during an altercation, the coach shall be assessed a match misconduct under **this rule** and the coach shall be suspended for the balance of the season, including playoffs, pending Metro Board action.

This rule does not apply in playoffs or in AHAI State Tournament games.

- E. A player receiving five (5) penalties in one game will be suspended for the remainder of the game, and receive a game suspension. If the fifth penalty called is a game misconduct, the player will be suspended for two games (one for the 5 penalties and one for the game misconduct).

- F. If a team receives fifteen (15) penalties in a game, the Head Coach of that team shall be suspended for one (1) game. If the infraction occurs a second time during the same season (including playoffs), the Head Coach shall be suspended for the next two (2) League games. If the same infraction occurs a third time during the same season, the Head Coach shall be suspended until a hearing before the Metro North Board. This penalty is to be served by the Head Coach irrespective of whether he/she was on the bench during the game when the 15 penalties were received.

- G. When a player who is double rostered receives a suspension penalty, the penalty must be served in the next succeeding previously scheduled game(s) involving the player's primary team, even if the penalty was received while playing on his/her secondary team. In addition, until the player has completed serving the penalty in a game (or games) involving the primary team, said player will be ineligible to play in any game involving the secondary team. Likewise, a coach receiving a suspension in a game involving a Metro North team can not participate on the bench as a coach, assistant coach or otherwise for any other Metro North team until the suspension has been properly served.

III. ATHLETIC CODE OF CONDUCT

- A. Each club shall adopt an Athletic Code of Conduct regulating non-playing behavior of its players. A club may adopt its high school's athletic Code or its own, provided it is no less stringent than its high school's code. The Code must cover minimum grade standards, unsportsmanlike conduct and substance abuse. The Code must also include an authorization to release grade point information to the club. Each player shall subscribe to the Athletic Code. Failure to do so shall render said player ineligible.
- B. The club's registrar shall submit a certification to the Metro North Registrar when team rosters are due indicating all rostered players have signed the Athletic Code. A copy of the Code adopted by each club shall be submitted with the certification.
- C. Each club shall have the duty of promptly investigating any conduct deemed to be in violation of the club's Athletic Code. Any investigation shall be conducted only after notice and an opportunity for the player(s) to be heard. The club shall provide a player disciplined under the Code with a reasonable and prompt means of appeal. The club, through its Metro North representative, shall advise the Metro North Board of the results of such investigation or inquiry. A suspension imposed by the club shall be noted on the official scoresheet(s) as an "AC Violation". A club may designate a third party, including but not limited to, a school's athletic director, to conduct Athletic Code hearings. No player shall have a right to appeal an Athletic Code violation to the Metro North Board based on a determination made by his/her club regarding said violation.

- D. The Metro North Board reserves the right to investigate a club's enforcement of the Athletic Code. Sanctions may be imposed against any club that does not carry out Athletic Code enforcement compliance in good faith.
- E. Nothing herein shall limit the right of the Metro North Board to take such actions as it deems necessary and proper to determine what is in the best interests of hockey.

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