



North Star Youth Hockey League
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YOUTH LEAGUE
RULES AND REGULATIONS
JUNE 1, 2009 – MAY 31, 2010

1. The Organization will be known as the “North Star Youth Hockey League” and will consist of the following levels: Bantam, Pee Wee, Squirt, and Mite

2. All teams must be registered with USA Hockey, Inc.
USA Hockey registration season has changed to May 1 – April 30th.

3. The current USA Hockey Rule Book and the Massachusetts Hockey Guide Book will guide all playing rules and penalty violations. League rules may be adopted by an amendment to the current “Rules & Regulations”. Program requesting a change, must do so in writing to the commissioner. A special meeting of the League Directors Board may be called to vote on the requested change. Along with the notification of the meeting, the commissioner will send a copy of the proposed change. Only those members present at the meeting will be able to vote. All rule changes must be submitted and voted on prior to the annual league directors meeting in June.

- 4a. The League Director’s Board will consist of one representative from each program in the league, along with a representative of the Referee Chapter. They will be the governing body for the League and will determine policies, rules, and regulations of the league. Each program will deliver to the commissioner of the league the name, address and telephone number of its league representative, program treasurer, and all coaches participating in the league. They will ultimately report to the (through the commissioner’s office) Board of Directors of Northborough Youth Hockey Program, Inc. (N.Y.H.P.). They have sole and final decision making authority in regards to all activities at the North Star Youth Forum.

- 4b. The commissioner’s office will handle day to day issues, schedules, assignments, discipline, etc. This office has ultimate decision making powers up to but not beyond the Board of Directors of N.Y.H.P., Inc.

5. The league and/or management will not be responsible for accidents or injuries to any player participating in any league-sponsored event or to any person attending any such events.

6. All teams will qualify for the playoffs. Playoff tournament games will be double elimination UNTIL the Championship Game. The two teams who enter into the final game will only have that game to be declared Champions. The winning team of that game will be the Playoff Champion. There will be no “if needed” game.

6a. If teams are tied for first place they will be declared regular season Co-Champions. To determine first place for seeding purposes only, USA Hockey tiebreaker rule will be used. If a team needs to play an additional game to receive their points for final standings, another team will be required to play but the results of this game will only count towards the team who needs their 18th game.

7. All regular season champions will be presented individual awards for winning the league. Individual awards will be presented to winners and runner-ups for the playoffs.

8. All teams are required to make all playoff games they are scheduled for. If a team is going to be away for any playoff game they must withdraw their team from league playoffs. This must be done by February 1, of that season. Any team that fails to appear for a playoff game could be penalized with a monetary fine, a coach suspension and/or a program suspension that could carry over to next year.

9. A coach and three assistant coaches are the only persons allowed on the bench in addition to the fully uniformed players. Injured players may be allowed on the bench, he or she must wear team jersey and approved helmet and face mask. Any team that does not dress a minimum of six (6) players for a game will forfeit the game. Any player or coach suspended due to a USA Hockey or League violation is not allowed to be on the bench or in the bench area when serving their suspension.

10. In order to participate as a coach in the North Star Hockey League, the Head coach of all the teams registered in the league must attend one of the scheduled meetings, for the purpose of reviewing the league rules. (It is recommended that assistant coaches also attend these meetings) If a new head coach is appointed after the season has started, a meeting with the commissioner is mandatory. This meeting must be held within 1 week of the new coach taking over.

11. Roster Control:

A. A preliminary roster with the player's name and jersey number must be submitted to the office prior to their first game. (Any team which has not submitted their team roster will result in the suspension of the Head Coach.) Once a coach has been placed on the suspension list, the Coach will serve at least a one game suspension. Any Coach who ignores the suspension and coaches will receive an additional suspension.

B. The final official league roster must be turned into the commissioner's office by the last Tuesday of October, by midnight of each year. League roster form must be used, all information must be completed. (Name, Address, DOB, E-mail, Signature) Note: Mites do not have to sign. Teams not submitting roster by the above day will result in the suspension of the head coach. Once placed on the suspension list, the coach will serve at least a one game suspension. The coach will receive an additional game for every game his team plays until a final roster is submitted. A coach who decides to ignore the suspension will receive additional suspensions. A copy of the USA Team Roster will be accepted; however it must carry complete information and Jersey numbers. Final rosters may not be faxed, with the exception of the Mites where no signature is required.

C. League roster changes (additions/deletions) must be submitted to the commissioner prior to any player being moved permanently to another team. Any player being borrowed from a lower level team needs to only have their name written in on the score sheet for that game, change form not required.

D. Game sheets must be verified prior to every game. Only those players present and playing must be listed. Score sheets are to be left in their dedicated area; Scorekeepers will bring all sheets out for games. (This means DO NOT take score sheets from where they are hanging even for a minute, bring your information to them) At the end of the second period, the referee's will compare game rosters versus number of players present and playing. (Rosters can be corrected at this time, i.e. scratching out missing players.) The coach must then verify his roster with his signature. If a coach suspects an illegal player, he must request the signature and DOB of the player in question thru the referee prior to the start of the third period. If a player refuses to sign, he will be assessed an automatic game misconduct. The coach will be automatically suspended for one year. No player may enter the game after the end of the second period. Any coach found falsifying any game roster could receive a one-year suspension and further disciplinary action by Mass. Hockey. After every game please check your score sheet. Make sure that all information is correct (i.e. players attended, penalties, etc.) Should a question come up at the end of the season, we go by score sheets that we have on file.

E. A player may be moved up from a lower designated team as long as a roster bearing this player's name is on file in the league office. The coach must list this player in the proper section of the game sheet. A player from a lower classification may play up in only four games. If he plays in 5 games, he will no longer be allowed to play for the lower classification team, and a league roster change must be submitted prior to the player's next game. (this form must come from both teams, the one going to and the one the player was previously on) No players are allowed to play down without a written appeal to the commissioner. Authorization may only be granted for a period of time. Any coach violating the player movement system may receive a one year suspension.

12. Locker Room Control:

A. Home team will always use locker room one (1) or two (2) regardless of which rink they are playing on. Visiting team will always use locker room three (3) or four (4) regardless of the rink they are playing on. Coach, Assistant Coach, or a delegated authorized person will be the only ones allowed to request a locker room key. Locker room assignment list will be available in the Key room and lobby area.

B. Spectators should not be allowed in the Locker Room Area.

C. Teams will be held responsible to keep the locker room door locked at all times. **Do not leave key in lock at any time!**

D. Teams will be held responsible for the cleanliness of the locker room area.

E. Any player found vandalizing the rink will be expelled from the league. (Shooting the puck or anything against any wall could be considered vandalism).

F. Any team having players urinating in the shower will be expelled from the league immediately.

G. All teams MUST have a coach or team manager in the locker room at all times when players are present.

13. Player Control:

A. Players must wear the same number all season. If a player is not wearing his rostered number, the coach must put the number the player is wearing for that game in parenthesis next to his name. A coach that violates this rule may be subject to a five game suspension.

B. Teams must be ready to play (5) five minutes prior to the scheduled game time. Any team that is not ready to play at the end of the three minute warm up may forfeit that game. The clocks at the end of each rink are the times that will be used for game time. If your team fails to come out at its appropriate time and the warm up clock has been started you get what's left and no extra time will be added. In the last 30 seconds of your team's warm up, horn will be sounded and your team will pick up pucks.

C. When the home team players from locker room one (1) or two (2) enter onto the ice, they must do so by using the door located on the bench side.

D. When the visiting team from locker rooms three (3) or four (4) enter onto the ice, they must use the opposite door.

E. There will be NO huddles around the net at the end of the warm up, all players will report to the player's bench immediately at the sound of the horn. All players will be ready for the opening face-off 30 seconds from the final buzzer.

F. There will be a 30-second break at the end of each period. No huddles at the bench, just players getting on and off the ice for the start of the next period and Goalie water break only.

G. There will be no whistling from the bench players or coaches during game play. (i.e. whistling for line changes is not allowed)

H. At the conclusion of the game, both teams will go directly to their respective bench (goalie included). Teams will wait at the bench until the referee gives instructions to line up and shake hands. (This rule means no emptying of the bench's at the buzzer.) Those players on the bench must stay there and those on the ice will immediately skate to their bench. Each Coach will teach their players the proper technique on hand shaking. (Remove glove from right hand and grasp hand of opposing player and shake. This means no punching at hands or slapping)

I. All teams must have a designated person off the ice with the locker room key. At the end of the game he or she will be responsible to immediately open locker room door. Both teams will be directed to the proper exit door by the referees and both teams will go directly to their locker rooms. The designated key person will supervise the players until one of the coaches is present. Coach will be held responsible for any off- ice altercation or verbal exchange after, before, or during game.

Any player(s) or coach receiving a penalty after the game is over will be suspended from league play for three (3) league games. Suspension may be appealed by the Head Coach only to league commissioner.

J. Any player or coach caught by a referee using racial slurs, or vulgarity towards an opposing player, coach, or referee, will be suspended from all further league games until a hearing is conducted to deal with the incident. Severe penalties can and will result from these actions.

K. The following standards will be used on player penalties.

Mite & Squirts

Any player who receives 4 minutes in penalty time will be given a Game Misconduct. Misconduct time does not count in this 4 minutes or penalty time. This rule is stricter than the USA rule of 5 total penalties. (Our rule is based on minutes not number of penalties).

Penalty times: 1:00 Min. Minor

3:00 Min. Major

6:00 Min. Misconduct

Pee Wee & Bantam

Any player who receives 6 minutes in penalty time will be given a Game Misconduct. Misconduct time does not count in these 6 minutes of penalty time. (Our rule is based on minutes not number of penalties).

Penalty times: 1:30 Min. Minor

4:00 Min. Major

7:30 Min. Misconduct (USA is 6:00 Min.)

The following will be used to control penalty minutes in games. This standard will be used for every level. For every penalty any team player receives starting with the 9th Minor/Major penalty per team, will result in a misconduct to be added to that player's penalty time. (It does not matter if this player has or has not received any prior penalties) This will continue for each and every penalty after that. League imposed misconduct penalties will not count in the total penalties against Rule: 13L (Coach Suspension)

L. Coach Suspensions:

A 12 penalty standard will be used. On the twelfth (12th) penalty the Head Coach will receive a game suspension. He does not have to leave the game at this time but the coach will then be suspended for his next league game. (This is a league imposed suspension)

14. All games will be three (12) minute stop time periods. Running time will be used in the third period when the losing team has a five (5) goal deficit, or the penalties exceed fourteen (excluding misconduct's). Note: In the Mites and Squirt division, if running time is needed in the third period, the length of the period will be determined by the referee using the remaining time left in the hour clock, less 5 minutes. Once the third period goes to running time, it will stay running time regardless of goal differentials. In all other divisions, the regular 12 minute period will be used. If the goal deficit becomes less than (5) the clock will return to stop time period. In a running time situation, all penalties will be regular stop time penalty. Note: the league office

reserves the right to limit any game to one (1) hour. (Especially lower level Mites & Squirts at the beginning of the season) No timeouts will be allowed in a running time game.

15. Game Misconduct's: A game misconduct penalty, the players will be suspended from:

1st Game Misconduct - that game plus one (1) league game.

2nd Game Misconduct - that game plus two (2) league games.

3rd Game Misconduct - league suspension pending hearing by League Commissioner. If the Game misconduct occurs with less than six (6) minutes remaining in the game, the penalty will double.

The league reserves the right to suspend any player or coach from league play, pending a hearing for any penalties deemed inappropriate.

In addition, any team official (coach) receiving a game misconduct will be suspended for five (5) league games. This suspension may be appealed by the Head Coach only, to the league commissioner. For each subsequent game misconduct penalty, the suspension will double.

The USA/Mass Hockey Guide Book will govern match Game Misconduct's. Anyone receiving a Match penalty will be suspended from all team and league activities pending a hearing of the state district registrar and state disciplinary committee. This is a serious offence and anyone who does not adhere to the rule places themselves and program in jeopardy. Please note anytime you see the wording with intent written on a score sheet that is an automatic Match penalty. Please contact the proper people immediately in regards to this type of penalty.

16. No game will be cancelled due to inclement weather. (Hockey is a winter sport, snow is expected). A team that decides not to travel must notify the league office. Teams requesting postponement will be assessed a loss, until game is made up. Teams requesting postponement will make up the game at their expense. Note: Postponement may only be granted due to extreme bad weather.

17. No show will be an automatic forfeit, and carry an automatic fine of \$200.00. No teams will be allowed to participate in playoffs, unless all league games have been played, and league financial obligations have been fulfilled.

18. Playoffs

A. In order to participate in the playoffs, a player must have played twelve (12) league games, or 66% of the eligible games. Bantams must have played in ten (10) games providing that they do not play from December 1st through February 20th. If they do, they must play twelve (12) league games. No player (s) added to roster after December 31st of that season, from outside the home organization, will be eligible for the playoffs without the commissioner's approval. Appeals on this rule may be made in writing for playoff participation. Exceptions: injury, illness, and extenuating circumstances. It is also your responsibility to make sure your players have played in the required games. If a player is challenged and we discover that player has not met the requirement, a Forfeit will be issued to your team. This rule is strictly enforced.

B. No player movement will be allowed unless requested. The commissioner may use their own discretion, on allowing player movement. If a player is allowed to move up, he/she will not be allowed to return to his/her league rostered team without the commissioner's permission. There will be no player movement from a team who has completed their playoff series.

C. Players are not allowed to play on two separate teams except per request to the League Commissioner in writing. Exception - girls who play on an all girls team and a home town mixed team.

D. Running time will be used throughout the playoffs. The Pee Wee/Bantam method will be used for all Divisions.

E. No write ins will be allowed on game sheet during playoffs, without prior approval of the League Office. Violators may forfeit the game and you will take full responsibility in regards to this issue. Make sure your paperwork is up to date and correct.

F. Overtime Format: At the end of regulation time for each game that is tied, during the playoffs, the following standard will be used. Eight (8) minutes will be put on the time clock, each team will skate five on five (5 on 5 & goalies) with the exception of any team who has penalty time remaining on the clock. Those players will continue to serve their penalty during all overtime periods. If game is still tied at the end of the 8-minute over time, a sixteen (16) minute period will be put on the time clock. Each team will play four on four & goalies (4 on 4 & goalies) with exception to teams with penalties that still need to be served from prior period. Ice will be made at the end of this over time period and play will resume with the 4 on 4 format until we have a winning team.

G. Be advised that during the playoffs every game must have a winner, so we do have the tendency to run behind. Please explain this to your players and parents that understanding and patience may be required. A sudden victory format for all playoff games will be run, which means you win or lose as a team!

19. Schedules

A. Once the schedules are issued, NO changes will be allowed without completing a Team Conflict Form 30 days prior to the conflict. Change requests will be reviewed by the commissioner, the Executive Director, and the Program Scheduler. Changes to the schedule are NOT guaranteed and will be reviewed on a case by case basis. It is STRONGLY recommended to complete your Team Conflict Form PRIOR to the schedule being issued. Program director must provide the commissioner the dates that a team will not be available prior to the schedules being issued. Northstar Hockey league MUST be considered as the primary league. All games must be played at Northstar unless approved by the commissioner. If a team decides not to play a scheduled game, they must notify the league office two (2) weeks prior to the date game was to be played. The commissioner will have sole right to ask another team to take their place. (To play a scrimmage game). The team requesting postponement will forfeit the game, and will not make it up. If a team requests to cancel a game with less than two (2) weeks to game time, it will be fined \$200.00. Exception: Game will be rescheduled to accommodate a team going to the state or national finals. The league will not schedule around any local or in state tournament games, district play downs, or other district activities.

B. However the following standard will be used for all teams attending the State Tournament. Teams know at least by the end of January that they will be participating in States. The playoff schedules are released at the beginning of February to league directors. Once released, no changes will be made to accommodate any team who did not notify the North Star

Scheduling Coordinator in writing of the fact that they will be participating in the State Tournament.

C. The league will play all day (Saturday & Sunday schedules) on State and National holidays, excluding Thanksgiving, Christmas and Easter Sunday. There will also be games on the day after Thanksgiving, Halloween, Super Bowl Sunday and we will begin at 3:00 PM on Good Friday. Regular season games will be scheduled during ALL School vacation weeks.

20. There will be two league meetings to deal with team movement, for the purpose of balancing the league. The tentative dates for the league meetings are October 19, 2009 and December 7, 2009. New schedules will be effective November 2, 2009 and January 4, 2010. Program must provide representative. *If* no representative is present, the board will take final action on all movements. Team movement as of January 1st is final.