

IOWA HIGH SCHOOL HOCKEY LEAGUE

VARSITY PROGRAM

NOVEMBER 3, 1990

PURPOSE

The purpose this program is to prepare provide Varsity competition to high school age students. To this end, the IHSHL recognizes that most Varsity players have played competitive hockey at earlier amateur levels of competition and that it is beneficial to maintain and improve upon the level of competitiveness. Nothing, however, in this program should detract from the IHSHL goal of continuing to emphasize individual development with regard to hockey skills, team play, and good sportsmanship.

GENERAL POLICIES

- A. The League will make every attempt to avoid scheduling conflicts with Midwest League tournament play during the second weekend in November and the last weekend in February.
- B. Sunday Games and School Night Games: Only teams within 50 miles of each other may be scheduled for Sunday or school nights after 6:00 p.m. Scheduling of League games during Christmas vacation be shall permitted.
- C. The League will provide League Passes to all League Representatives and Officers to encourage their attendance at as many League games as possible.
- D. The National Anthem shall be played prior to the first period of any regular season game.
- E. League dues shall be paid in installments of half by 1 November and the remaining half by the following 1 January.
- F. The League may set a date for the start of IHSHL practices.
- G. Each team that is not represented at an IHSHL Board Meeting will be fined \$50 and the fine must be paid before the start of the season.

REGULAR LEAGUE GAME FORMAT

On ice Two (2) hours and 15 minutes

Clean Ice

Warm-up 10:00 minutes

1st Period 15:00 minutes

Scrape 15:00 minutes

2nd Period 15:00 minutes

Scrape -- 15:00 minutes

3rd Period 15:00 minutes

Dirty Ice

Warm-up 10:00 minutes

Scrape 15:00 minutes

1st Period 15:00 minutes

Scrape 15:00 minutes

2nd Period 15:00 minutes

Scrape -- 15:00 minutes

3rd Period 15:00 minutes

1. Due to limited time available, the home arena may limit the third period to a "time remaining" running clock, ' which must be communicated to the opposing team prior to the first period.
2. In cases of injuries or other unavoidable delays during the third period, the home arena may switch to running clock during the third period in order to conclude the game within the "On Ice" time allowed, which must be communicated to the opposing team prior to resuming play.
3. Jul teams with fewer than nine players who are not also included on the team's varsity roster, not including goaltenders, may request that Junior Varsity games be played following Varsity games where the schedule does not allow at least one hour rest between the two games. Teams requiring such dispensation must notify affected opposing teams at least two weeks prior to the first regular season game. If no agreement can be reached, the home team may select the order in which JV and Varsity games will be played.
4. An overtime period will be played if after three per the score is tied.
 - (a). The third period will be followed by a three (3) minute rest period before resuming overtime play.
 - (b). The overtime period will be 10 minutes in length and all penalties will carry over from the third period.
 - (c). Due to limited time available, the home arena may limit the overtime period to a "time remaining" running clock, which must be communicated to the opposing team prior to the start of the overtime period.
 - (d). If neither team scores in the overtime period, the game will conclude in a tie; however, by agreement of both teams, one additional overtime period, which will not exceed ten minutes may be played as set forth above.

GAME OFFICIALS

A. On ice officials will include:

Two referees paid at the rate of \$40.00 per game by the home team, which will be reimbursed by the League. Any additional costs associated with obtaining referees must be paid by the home team.

B. Off ice officials will include:

One timekeeper provided by the home team. Two goal judges provided by the home team. Two penalty box officials, one provided by the home team and one by the visiting team.

PLAYER-ELIGIBILITY AND PLAY

A. No team may roster more than twenty players on an individual Varsity game roster.

B. Eligibility for team membership shall be determined by each member team in the League in accordance with League standards. Team members must be academically eligible to participate in the school's interscholastic varsity athletic programs and this should be enforced to the best of the team representative's ability.

C. No player who in the same or any prior season has been named to a Varsity IHSHL All-Star team or has received Varsity All-State recognition shall be eligible to play in JV competition.

D. Each member team will designate six players per game (at least two wings, one center, two defensemen, and one goaltender - with the exception noted below), prior to the first regular season game. Such players should be designated on the first Varsity scoresheet for the season and will not be eligible to play in any JV competition. The intent of this rule is to exclude the six best Varsity players from competing at the JV level of competition. But for Varsity goaltenders who have received prior Varsity recognition, as indicated above, a goaltender need not be named if the member team has fewer than three (3) total Varsity and JV goaltenders. If no goaltender is designated, the team must name another player to arrive at a total of six excluded players.

E. Any high school (Grades 9 thru 12) student who has participated (name listed on the score sheet) in an official game of hockey sanctioned by the IHSHL, on either a Varsity or Junior Varsity squad of one of the recognized (past, present, or future) member teams of the IHSHL, who transfers to another recognized member team, shall not be eligible to participate in any IHSHL scheduled Varsity or sanctioned Junior Varsity game, for a period of 18 school attended weeks (normal high school or junior high school year - late August thru early June), starting the first school day attended after proclamation of transfer. The exception being - if the prior team has disbanded and the player is otherwise eligible, the 18-week exclusion will be waived, or by specific approval of the Board. July 2, 1979. The Board may approve the eligibility of a player to continue to play for an IHSHL team he previously played for, even though the player has moved or transferred to another school or would otherwise be eligible to play for a different IHSHL team.

F. The Board, at the last Board meeting prior to the start of the regular season, may accept and approve any request to grant a fifth year of eligibility to any player to participate in Varsity competition.

G. Any player who is eligible to play in the IHSHL may play and practice with a Jr. A team up to November 15 (date specific) and after the IHSHL Varsity State Tournament. During the IHSHL season, a player, with his coach's approval, may practice with a Jr. A team on an unlimited basis. A violation of this rule by playing on a Jr. A team during the regular-IHSHL season will result in that player being ineligible for the remainder of the IHSHL season. August 5, 1989.

H. Requests for exceptions to eligibility rules must be submitted to the Board at any regular Board meeting or the Executive Committee in the interim for a determination, which shall be final and binding.

GAME PENALTIES

A. Games will be played in accordance with the rules established by the USA Hockey, Amateur Hockey Association of the United States, Inc.

B. All penalties assessed by Varsity game referees will be served during Varsity League games. No penalties will be carried over to or from JV games or from any other amateur league play.

C. A question arose concerning IHSHL policy on suspending players apprehended by the law for the illegal possession of alcohol or narcotics or apprehension for other illegal acts. The IHSHL policy is the same as the Iowa High School Athletic Association which is - discipline for this is at the discretion of the local school board. The IHSHL expects that discipline for hockey would be the same policy followed for all other interscholastic athletics.

D. Protests may be filed with regard to any matter that is ruled on by a game official, including Match Penalties, according to the procedure set forth in Article IX of the BY-LAWS OF THE IOWA HIGH SCHOOL HOCKEY LEAGUE. The Commissioner of the League may assess any supplementary discipline, which may be appealed to the Executive Committee, or the Commissioner may defer any such decision to the Executive Committee, which may constitute the Disciplinary Committee, with or without a recommendation. In all such matters, the decision of the Executive Committee will be final and binding on all players, representatives, and officials participating in IHSHL games.

1. The Commissioner shall have the authority to discipline players, team officials, team coaches, and game officials for conduct occurring prior to, during, and following League games and functions, which may be in lieu of or in addition to discipline imposed under the Rules of USA Hockey.

2. Discipline administered to players may include suspensions and disqualification from further play in the League.

3. Discipline administered to team officials and coaches may include suspensions, disqualifications from further participation in the League, and fines imposed on teams, not to exceed \$100 or the cost of any ice rental time that may be appropriately reimbursed.

4. Discipline imposed on any game official, including minor officials, linesmen and referees, shall include denying payment for an/ game affected by such misconduct, suspensions, or disqualifications from participating in future League games or functions.

5. The Commissioner shall have the authority to require appropriate security for all League games, including the presence of police or uniformed guards, at the expense of the home team, where gross misconduct by such team's players, parents, or fans has shown such precautions to be warranted.

6. Decisions of the Commissioner may be appealed according to the League By-laws.

ROSTERS AND STATISTICS

A. In addition to USA Hockey Rules governing game play, complete team rosters must be provided to the League Commissioner prior to the start of regular season play. This will not prevent teams from adding individual players to their rosters during the regular season, who are otherwise eligible to play in the IHSHL.

B. Each team must provide a current roster of players suited-up to play in the instant game to the scorekeeper prior to each Varsity Game, which will be recorded on the official score sheet for that game. Players not suited-up to play should not be rostered for that game. A team may suit three (3) goalies on a 20-man roster and the 20-man roster may change from game to game.

C. The host team is responsible for forwarding the official score sheet to the League Statistician immediately following the game. The official scorekeeper should assure that the score sheet is complete, accurate, and signed by both referees and himself. Coaches should also assure that the score sheet is accurate by checking it immediately after the game at the score table. Team Representatives must get the results of their games in to the League Statistician no later than the day after the game or on Monday on those occasions where teams play more than one game on a weekend. Results must be received by Thursday. Team Representatives must double check their statistics before sending score sheets to assure that they contain the names of the Goal Tenders and

the names of opponent score makers. The time should be noted when a goaltender is pulled so the statistician can determine if an open net goal was scored. If more than one goalie is used, time and shots for each goalie should be noted. The white copy goes to the statistician, the green copy to the commissioner, and the referee's comments should be written on the green copy of the score sheets.

D. The League Statistician shall prepare and provide a copy of a report containing the following statistics to each Varsity team representative.

1. Varsity Team Standings including Wins-Losses-Ties and total Team Points (Win = 2, Tie = 1, Loss = 0).
2. Total Individual player (excluding Goaltenders) Games Played, Goals Scored, Assists, Total Points, Power Play and Short-Handed Points, Number of Penalties, Major Penalties, and Penalty Minutes.
3. Goaltender statistics shall include Games Played, Games Won-Lost-Tied (determined by the game result and result at the time of substitution), Shots on Goal, Saves, Goals Against, Number of Penalties, Major Penalties and Penalty Minutes. The scorekeeper shall only record Shots on Goal and Saves where the puck has or would have entered the net but for the goaltender's intervention.

EQUIPMENT AND UNIFORMS

A. Rules regarding the proper use of safety equipment shall be as required by the current Official Playing Rules established by USA Hockey, Amateur Hockey Association Of The United States.

B. Game jerseys shall normally include a light home jersey and a dark away jersey. Any exception to this rule must be announced to the opposing team one week prior to the scheduled game.

C. Game pucks will be provided by the home team. Additionally, the home team will provide 25 practice pucks to the visiting team for use during any warm-up period at the same time pucks are provided to home team players.

RECOGNITION AND AWARDS

A. All-Star Selection

The IHSHL All-Star game will feature the West Division All-Star team against the East Division All-Star team.

The West All-Star team will be coached by the coach whose team finished highest of the West Division teams in the prior State Tournament and the East All-Star team will be coached by the coach, whose team finished highest of the East Division teams in the prior State Tournament.

It is a particular honor for a player to be selected to play in this event. The All-Star game is a showcase of talent for our league. Coaches should consider hockey talent, sportsmanship, leadership, and the desire to use those attributes in making selections to the All-Star teams.

The president or the designated vice president to conduct the selection process in each division will forward a nominating ballot to each coach, which must be returned to the designated vice president for his receipt by January 55 1990. The following is the process of selection adopted by the League Board.

There are two All-Star teams. One will be drawn from the West Division and one from the East Division. Each team will be composed of twenty players, including twelve forwards, six defensemen, and two goalies. The varsity coaches of each team will, with a vice president, select the players to play in the All-Star game within their respective division as follows:

1. Each coach will submit, to the designated vice president, a nominating list of his eight (B) best players, regardless of position played, with the names of the players ordered according to the best player, No. 1, the second-best player, No. 2, and so forth. With the name, the coach should also indicate the position (forward, defense or goalie) and the academic level (senior, junior, and so forth) of each player.
2. The Vice President shall then take a vote whereby each coach will vote for the two best players on each team. The two players from each team receiving the most votes will be rostered in their appropriate positions on the All-Star team. Thus, each team will be assured of having at least two players on an All-Star team; although, it will be the collective decision of the coaches as to which two players are selected. The "nominations" are not automatic.
3. The remaining ten will be filled from the nominating lists according to positions left to be filled. The Vice President shall conduct a vote by position to fill the remaining slots. For instance, in the first step, the ten players selected may / include five forwards, four defensemen and one goalie. Each coach would then vote for seven forwards, two defensemen and one goalie from those names remaining on the above nominating lists, without regard to team quotas. The seven forwards, two defensemen and one goalie receiving the most votes would fill the remaining positions on the All-Star team.

All-Star players selected shall receive League certificates at the State Tournament dinner.

B. All-State and All-State Honorable Mention

The All-State selections shall be conducted as follows:

- I. Voting for the All-State Teams shall be done by the coaches only, with each team having only one voting representative. Assistant coaches may be in attendance and enter into the discussion. No team representatives, parents, media representatives, or other parties may attend with the exception of members of the IHSHL Executive Committee who do not have children involved in the IHSHL activities. The meeting should be chaired by an IHSHL vice president who meets the criteria of having no children involved in IHSHL activities.

The All-State team will consist of 9 forwards, 6 defensemen, and three goaltenders. Honorable Mention selections will be limited to 20 additional players of any combination of positions that the coaches choose. If ties exist in the selection process for the last available position, then the limits for either All-State or Honorable Mention will be waived to include all players with tie votes. If there is a question of which position a player should be considered (example of playing both defense and forward during the season), the player's coach will designate which of the positions the voters should consider for the player.

3. Two weeks before the end of the regular season, the vice president who oversees the selection process will mail each coach a nomination ballot that will have a first team, second team, and third team set of blanks, each comprised of 3 forwards, 2 defensemen, and one goaltender. The coach may nominate by this voting process any player in the league including his own players. He must sign

his name to the bottom of the ballot. It must be received by the vice president by the Wednesday preceding the state tournament.

4. At an appropriate time on Saturday of the state tournament, the vice president will convene the coaches (only) for the All-State Selection. The vice president will provide a list of those nominated. Discussion among the coaches prior to voting is encouraged. Secret ballots will be used and the coaches again will vote for the first team, second team and third team. A coach cannot vote for his own players and again he must sign the ballot.

5. The vice president will compile the ballot results based on the system of 3 points for a first team vote, 2 points for second team, and 1 point for third team. Those players receiving the greatest number of votes will be All-State with the guidelines of the allowable number as stated in Item No. 2.

6. Any player receiving one ballot nomination (Item No. 3) will be automatically accorded Honorable Mention unless the limit of 20 is exceeded. If this process does not exceed the limit of 20, the coaches may choose to add additional players if they by a majority vote agree to do so. If the number of players nominated in total (those nominated by Item No. 3 plus those nominated by addition by the coaches) exceed the limit of 20, then the limit must be enforced by choosing the additional number by popular ballot (example: additional number is 5, each coach must vote for 5 only and again not his own players, the top 5 would be selected). If the ballot nomination (Item No. 3) number for Honorable Mention exceeds 20 (very unlikely), then the coaches must choose the top twenty by secret ballot of voting for 20 and again a coach cannot vote for his own players.

7. The vice president will be responsible for the •preparation of the award certificates, the awards ceremony which will be held after the conclusion of the championship game, and disposal of the ballots.

8. All coaches and league officials who have any knowledge of the results of the All-State balloting are responsible that this remains secret until the awards ceremony. Additionally, for whom any of the coaches voted is strictly secret forever.

C. Sportsmanship Award

The League team with the least amount of penalty minutes in regular season play will receive the Sportsmanship Award, which will be presented to the team at the State Tournament banquet. Any tie will be resolved in favor of the team with the least number of major penalties.

D. Coach of The Year Award

A 'Coach of the Year" shall be selected by his peers at the time of the All-State selections.

E. Most Valuable Player Award

A trophy shall be awarded to the most valuable player in the state tournament and the award shall be named The Al Murdoch Appreciation Trophy. The Most Valuable Player shall be selected by the Executive Committee during the Championship game.

F. The Executive Committee may withhold certificates of players who quit their respective teams before the season ends and of players whose conduct is not in keeping with the spirit of the League.

STATE TOURNAMENT

A. The Varsity tournament has always been the first weekend in March and that the J.V. tournament follows the Varsity tournament by one week. But for the following exceptions, the rules and procedures for regular season games shall govern tournament play, except that the Board of the League may alter the tournament and game formats for any particular tournament based upon the number of participating teams and available time. The tournament host will provide a copy of the tournament format and rules to each team prior to the first game of the tournament in which each team is participating.

B. The Chief-Of-Referees shall schedule referees for each State Tournament game. Referees from each participating League community shall be invited to referee State Tournament games. Every effort should be made to avoid scheduling referees to officiate games in which a team or teams from their home communities are playing. Prior to the State Tournament, the Commissioner and the Chief-Of-Referees shall poll all League officials to select the League's two OUTSTANDING REFEREES, who shall be invited to officiate the Championship game. As above, if participating teams in the Championship game are from the same community as one or both of the OUTSTANDING REFEREES, the Chief-of-Referees shall designate two alternates from those available at the tournament with priority determined by the above poll.

C. All Varsity teams which have participated in the regular season Varsity program shall be invited to participate in the Varsity State Tournament at the conclusion of the regular season. Any League team that has not participated in the regular season Varsity program may make a request, accompanied with a roster, to the Board at the Varsity All-Star Game meeting to participate in the Varsity State Tournament. If approved, the team will be bracketed based upon a no-win league record.

D. Generally, participating teams in the tournament shall be bracketed according to the results of regular season play with the team finishing first playing the last place team, and so forth, in the first bracket of the Championship competition. The winning team in each game shall advance to the next higher bracket. The losing team in each game shall advance to a runner-up or consolation bracket. The Board may approve a preliminary bracket to determine which teams with the least winning regular season games may advance to the Championship competition. The tournament format must provide that each participating team will play at least three (3) games and none of those games should be played back-to-back. No team in the Championship bracket shall play more than one game per day.

E. Tie games shall be determined by successive ten minute, sudden-death overtime periods, with three (3) minute rest periods following the third period and between each overtime period. Player substitutions may be made during overtime period as provided for in regular game time.

F. Any game disqualification during State Tournament play will result in that player being suspended for the balance of the tournament. Any underclassmen who are covered by this rule, will have carry-overs to next season.

G. Hosting the State Tournament. Any new team coming into the league shall follow the team hosting the tournament that year in the subsequent rotation. Thus, the rotation in the future will begin with Waterloo in 1989-1990 followed by Ames, Sioux City, Mason City, Dubuque, Waterloo, Oes Moines, Omaha, Ames, and St. Joe.

H. It is the League's responsibility to contribute \$5.00 toward the purchase of banquet tickets for 20 players, two coaches, and one team representative. Tournament passes should be available for all team coaches, players, and cheerleaders.

I. The host team or teams of the State Tournament will pay a \$1000 fee to the League.

J. Trophies will be provided by the League to the First, Second, Third and Consolation places and they will be graduated in size. Individual trophies will be provided to each player on each Tournament team and they will include First, Second, Third, Consolation, and Participation trophies, which will also be graduated in size. A trophy will also be provided by the League for the Sportsmanship award.