



Midwest High School Hockey League JUNIOR VARSITY POLICY

Created September 1989 - Updated October 2020 (changes for 2020-2021 season in red)

- MISSION -

The purpose of the Midwest High School Hockey League (MHSHL) Junior Varsity division is to emphasize hockey skill development that will prepare players for Varsity competition. The League will aspire to the following slogan:
“Competitive high school hockey scoring big on family and academic values.”

Section One: GENERAL POLICIES

101: ENFORCEMENT

- (a) Each Team Representative is responsible for enforcing League policies.
- (b) Team Representatives are responsible for reporting any violations of the League’s off-ice policies to the Commissioner.
- (c) Team Representatives are responsible for reporting any major and/or match penalties incurred by a player during non-League play to the Commissioner.
- (d) Teams are required to comply with the USA Hockey SafeSport Program.

102: LEAGUE PASSES

- (a) The League will provide an all-League season pass for Team Representatives and their guest.
- (b) The League will provide an all-League season pass for Executive Officers and their guest.
- (c) Lifetime members who have served on the Executive Committee for a minimum of 5 years will receive a Life Time season pass.
- (d) All coaches listed on a team’s official roster are granted free admission to games. All other team officials must pay unless waived by the home team.

104: PLAYER ICE TIME

- (a) Although the League does not require equalization of ice time among players, it strongly encourages teams to require the play of each player rostered for a game in a regular rotation, excluding only shorthanded plays. The League similarly encourages teams to assure that each rostered goaltender receives adequate ice time in either game or period rotation.

105: LEAGUE ASSESSMENTS

- (a) Any team not registered with USA Hockey by November 1st will be assessed a \$250 fine.

106: GAME SUSPENSIONS

- (a) All game suspension penalties will be served in the division where the infraction occurred.
- (b) A player who participates in both Varsity and Jr. Varsity will be suspended from all games until the player has served the suspension in the division where the infraction occurred. The number of post-season games served is subject to review by the Commissioner.
- (c) Any unserved regular-season game suspensions carry over to the year-end tournament and the following MHSHL regular season. Players with a carry-over suspension can participate in preseason games.
- (d) Any unserved game suspensions by a non-returning player will be served by the team’s coach. The number of games served is subject to review by the Commissioner.
- (e) All major and/or match penalties incurred by a player during League and non-League play will be applied to USA Hockey Progressive Suspensions.
- (f) Coaches assessed a game suspension for 15 penalties in a game are allowed to coach until the next scheduled game in the division in which the infraction occurred, at which time the suspension must be served.
- (g) Coaches serving a game suspension cannot have any contact with the team 30 minutes before and until the game is complete.
- (h) *When carry-over penalties limit a player’s or coach’s participation in the Varsity and/or Jr. Varsity year-end tournaments, the League Commissioner and Executive Committee will review the circumstances, after which, some participation in the tournaments may, or may not be granted.*

107: APPEALS

- (a) Only Team Representatives may file an appeal regarding decisions by the Commissioner.
- (b) Appeals should be filed using the following procedure:
 - (1) The Commissioner's ruling may be appealed to the Executive Committee by either Team Representative involved in the incident. The appeal must be in writing and submitted to the President within 5 days of the receipt of the Commissioner's ruling. The document should state the basis of the appeal and a copy should be sent to the opposing Team Representative if it is not a joint appeal.
 - (2) The President may appoint a person to make a factual determination if necessary. The Executive Committee must decide the appeal within 10 days. The President will send a written response to the Team Representatives, Executive Committee and any other persons deemed necessary.
- (c) The League Commissioner will be considered the "proper authority" and may assess any additional discipline, which may be appealed to the Executive Committee. The decision of the Executive Committee will be final.

108: JUNIOR & TIER I (18U, 16U & 14U) PLAY

- (a) Players can practice and participate in games with a Junior or Tier I (18U, 16U & 14U) team up to November 15th and after the Varsity year-end tournament without coach approval. With coach approval, a player can practice on an unlimited basis and participate in a maximum of 10 games during the MSHL season. The Team Representative will be responsible for reporting player names and number of Junior or Tier I (18U, 16U & 14U) games to the Commissioner. Failure to report will result in a \$250 fine and possible forfeiture of games for using an ineligible player.

Section Two: REGISTRATION

201: USA HOCKEY

- (a) All teams and players must be registered with USA Hockey in accordance with rules established by USA Hockey and the Registrar of the Mid-West Affiliate before engaging in any on-ice activities.

202: ROSTERS

- (a) Complete USA Hockey team rosters must be provided to the Commissioner prior to the 1st regular-season game.
- (b) Maximum roster size is 30 players.
- (c) Rosters are frozen December 31st.

Section Three: PLAYER ELIGIBILITY

301: LEAGUE STANDARDS

- (a) To participate in the League, players must be eligible to participate in their local school's interscholastic athletic programs.
- (b) Team Representatives must provide written documentation of each player's eligibility to the Commissioner before the 1st regular-season game.
- (c) Teams must comply with state concussion laws regarding high school interscholastic athletics.
- (d) The MSHL does not allow billeted players to participate in the League.
- (e) A maximum of two foreign exchange students per team per year are allowed to participate in the League if sponsored by a certified Foreign Exchange Placement Program.

302: PLAYER TRANSFERS

- (a) When a player transfers from one team to another team within the League, the player cannot participate in any Varsity or Jr. Varsity games until they have sat a number of games equivalent to 50% of the regular-season schedule. The period of non-participation begins as soon as the receiving Team Representative notifies the Commissioner of the player transfer. The player can practice with the new team during the non-participation period.
 - (1) Exception: If a player transfers from a disbanded team, the 50% rule is waived.
 - (2) Exception: If the player's parent(s) or legal guardian(s) move to another city, the 50% rule is waived if the new city is closer to the team they are joining.
- (b) A player can remain on a team roster even though the family has moved to another city within the League.
- (c) If a player moves from one team to another team within the League because the legal custody of the player is transferred from one parent or legal guardian to another parent or legal guardian, the 50% rule does apply.
- (d) Requests for transfer exceptions must be submitted to the Executive Committee.

303: INELIGIBLE PLAYERS

- (a) Players on the Varsity Protected List are ineligible to participate in Jr. Varsity games.
- (b) Any player previously selected to an All-Star team is ineligible to participate in Jr. Varsity games.
- (c) Eighth graders are ineligible to participate in the League per USA Hockey rules.

Section Four: OFF-ICE PENALTIES & DISCIPLINE

401: STANDARD ON TOBACCO USE OR POSSESSION

- (a) The first-offense penalty for possession of tobacco products, including vaping of any kind and nicotine products, is suspension for the next 2 scheduled Varsity games and/or the next 2 scheduled Jr. Varsity games. The second-offense penalty for possession includes suspension for the next 4 scheduled Varsity games and/or the next 4 scheduled Jr. Varsity games, plus one-calendar-year probation beginning at the date of the 1st offense. If a 3rd offense occurs during probation, the player is suspended for one-calendar year from the date of the 3rd offense. If the player has no violation within the probation year, full eligibility is restored. Harsher local policies will apply along with League suspensions.
- (b) Enforcement begins September 1st and is effective through the end to the Midwest High School Hockey League season.

402: STANDARD ON ALCOHOL/DRUG USE OR POSSESSION, AND OTHER CRIMES

- (a) The first-offense penalty for using, or having possession of, alcoholic beverages or illegally controlled substances; or, being legally convicted of a crime (excluding minor traffic violations) or choosing to enter into a diversion agreement in lieu of a conviction, is suspension for the next 4 scheduled Varsity games and/or the next 4 scheduled Jr. Varsity games, plus one-calendar-year probation from the date of the 1st offense. If a 2nd offense occurs during probation, the player is suspended for one-calendar year from the date of the 2nd offense. If the player has no violation within the year after the 1st offense, full eligibility is restored. Harsher local policies will apply along with MSHSL suspensions.
- (b) League policy will be in accord with the Iowa High School Athletic Association, which states that discipline is at the discretion of the local school board. The League expects discipline for hockey to be similar for all other interscholastic athletics.

403: ABUSE AND MISCONDUCT OF SOCIAL MEDIA

- (a) Social media and other electronic communication used to commit abuse and misconduct by any participant of a USA Hockey Program are considered violations of USA Hockey's SafeSport Program and are subject to disciplinary action.

Section Five: EQUIPMENT & UNIFORMS

501: SAFETY EQUIPMENT

- (a) Rules regarding the proper use of safety equipment will follow the rules established by USA Hockey.

502: GOALTENDER MASKS

- (a) Cat-eye masks of any kind are not allowed.

503: GAME JERSEYS

- (a) Game jerseys will include a light home jersey and a dark away jersey. All jerseys will have 10-inch tall numbers on the back and a minimum of 4-inch tall numbers on each sleeve between the elbow and shoulder. It is optional for teams to place a stop sign on the backs of their jerseys above the numbers.
- (b) Corporate advertising patches are only allowed on the lower 4 inches of the back of the jersey, not to exceed 4 inches tall and no more than 2 ads or logos on a jersey. Jersey uniformity must remain consistent.
- (c) All commemorative patch requests must be submitted to the Executive Committee in writing for approval prior to installation. The purpose of the patch must be to commemorate a major team milestone, the loss of an individual team member, or an outstanding individual who contributed to the sport of hockey. This patch must not exceed 4 inches in diameter. Placement of the patch on the game jersey is to be on the right pectoral area, directly across and proportional to the captains/assistants letter. If needed, a 2nd commemorative patch may be placed directly below the 1st patch.

Section Six: LEAGUE SCHEDULE

601: DIVISIONS

- (a) The 12-team League will be divided into 3 divisions and play a 32-game schedule. Teams in opposite divisions play each other two times. Teams in the same division play each other four times plus, based on the previous season's divisional standings, teams finishing in the same place, play each other an additional two times each.
 - (1) East Division: Cedar Rapids, Dubuque, Quad City and Waterloo.
 - (2) Central Division: Ames, Des Moines Capitals, Des Moines Oak Leafs and Mason City.
 - (3) West Division: Kansas City, Lincoln, Omaha and Sioux City.

602: GAMES

- (a) The home team must decide whether the Varsity or Jr. Varsity games are played 1st, prior to finalization of the schedule. Changes can be made only if agreed upon by both Team Representatives.
- (b) Schedule will reflect on-ice time, not game time.

603: SPECIAL DATES

- (a) Teams within 120 miles of each other may be scheduled for Sunday night or school nights after 6:00 p.m. Teams may choose to travel further on Sunday and school nights if both teams agree.
- (b) Scheduling League games during Christmas vacation is discouraged.

Section Seven: GAME FORMAT

701: GOVERNING BODY

- (a) Games will be played in accordance with the rules established by USA Hockey.

702: SPECIAL PROCEDURES

- (a) The home team will provide game pucks and 25 practice pucks for the visiting team during any warm-up period at the same time pucks are provided to the home team.
- (b) The visiting team always enters or exits the rink before the home team.

703: ON-ICE OFFICIALS

- (a) On-ice officials will be assigned by the League Referee-in-Chief or a designated appointee by the League Referee-in-Chief.
- (b) Junior Varsity games will be assigned 1 referee and 2 linesmen. Referees are paid by the home team at the minimum rate of \$60.00 per game and linesmen at a minimum rate of \$40.00 per game. The home team may be required to pay travel expenses.
- (c) Discipline imposed on any on-ice official for misconduct may include withholding payment, suspension, or disqualification from participation in future League games or functions.

704: OFF-ICE OFFICIALS

- (a) The home team must provide 1 timekeeper and 1 scorekeeper.
- (b) No goal judges will be used during the regular season or year-end tournament play.
- (c) The visiting team and the home team must each supply 1 penalty box official. The League recommends that the penalty box official be the Team Representative whenever possible.
- (d) The home team should designate an individual to escort ejected players or coaches from the rink to the locker room.
- (e) The home team must provide medical personnel with EMT-B skills or above. Medical personnel should be ready to enter the rink immediately when needed. The home team will identify the medical caregiver for the opposing team.

705: LENGTH OF PERIODS

- (a) On ice time: 1 hour and 30 minutes
- (b) Length of periods:

Warm-up: 5:00 minutes	1st Period: 15:00 minutes	Rest Period: 2:00 minutes	2nd Period: 15:00 minutes	Resurface	3rd Period: 15:00 minutes
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- (c) One resurface between 2nd and 3rd periods is allowed if time permits.

706: PRE-GAME CEREMONIES

- (a) There are no requirements for Jr. Varsity pre-game ceremonies. Games can start immediately after warm-up. Player introductions are optional.

707: GAMESHEETS

- (a) The home team is responsible for entering game information into Pointstreak.
- (b) Team Representatives are responsible for providing the Scorekeeper with a lineup of players suiting for the game. Lineups should indicate temporary jersey changes and note any suspended players. Indicate starting lineup on Varsity roster.
- (c) If a team feels additional assists should be awarded on a goal, a team official must appeal to the referee before the game is complete. Only the referee can authorize adding assists. Assists cannot be added after the game is complete.
- (d) If a scoring error is found after the game is complete, contact the League Administrator with details and request that the correction(s) be made. Only the Team Representative or Pointstreak Team Administrator can request changes.
- (e) Signing off on gamesheets by the referee and a team official is no longer required.

708: OVERTIME

- (a) Overtime – Regular season
 - (1) If a game is tied at the end of regulation time, each team will be awarded 1 point in the League standings. The overtime, shootout-winning team will be awarded 1 additional point in the League standings.
 - (2) The teams will proceed to a 3-player shootout following a 1-minute rest period. The rules governing the shootout will be the same as those for a penalty shot.
 - (3) The teams will not change ends for the shootout. The visiting team will shoot 1st and the home team will shoot 2nd. The teams will alternate shots.
 - (4) Three players from each team will participate in the shootout and they will proceed in such order as the coach selects.
 - (5) Once the shootout begins, the goaltender cannot be replaced unless injured. No warm up will be permitted for a substitute goaltender.
 - (6) Each team will be given 3 shots, unless the outcome is determined earlier in the shootout. After each team has taken 3 shots, if the score remains tied, the shootout will proceed to a sudden-death format. No player may shoot twice until everyone who is eligible has shot. If, however, because of injury or penalty, one team has fewer players eligible for the shootout than its opponent, both teams may select from among the players who have already shot. This procedure would continue until the team with fewer players has again used all eligible shooters.
 - (7) Regardless of the number of goals scored during the shootout, the final score recorded for the game will give the winning team 1 more goal than its opponent, based on the score at the end of regulation.
 - (8) The losing goaltender will not be charged with the extra goal against. The player scoring a goal in the shootout will not be credited with a goal scored in his personal statistics.
 - (9) If a team declines to participate in the shootout procedure, the game will be declared as a shootout loss for that team.
 - (10) A penalized player whose penalty minutes do not expire before the end of regulation time is ineligible to participate in the shootout until all other players have shot once.

709: RUNNING CLOCK

- (a) In case of unavoidable delays, the home arena may switch to a running clock to conclude the game within the available time. The running clock decision must be communicated to the opposing team prior to resuming play.
- (b) A running clock will be in effect when a team reaches a 6-point lead. The clock reverts to stop-time if the lead is less than 6 points.
- (c) A running clock will be stopped when an injured player is being attended to on the ice, and restarted when play resumes.
- (d) A running clock will be stopped to enter a goal or penalty on the clock, and restarted as soon as the goal or penalty has been entered.
- (e) A running clock will be stopped during a stoppage of play to repair player or rink equipment failures.

710: GAME CANCELLATIONS

- (a) If weather conditions endanger the safety of League players, or if the bus company refuses to transport the team, Team Representatives can mutually agree to cancel a regularly scheduled game. Every attempt should be made to reschedule the game.
 - (1) If teams are unable to reschedule cancelled games, the League Commissioner will intervene and suggest additional options to reschedule the games.
 - (2) If the games cannot be rescheduled, the Commissioner will take into consideration the length of travel, date of the cancelled games, and the effort made to reschedule the games, to rule on the number of points awarded, if any, in the standings.
- (b) If a visiting team fails to appear for a regularly scheduled game (for reasons other than weather) the visiting team must compensate the home team for loss of expenses, including ice fees and gate receipts, and must agree to reschedule the game. If the Commissioner determines that the game cannot be rescheduled, the game will be forfeited in favor of the home team and the Commissioner may assess an additional fine, not to exceed \$250. The home team will be credited with a win and awarded 2 points in the standings. The visiting team will be credited with a loss and no points in the standings.
- (c) In case of unavoidable delays, a game is declared complete after 1½ periods. If the game is shorter than 1½ periods, the referee may award the visiting team a win by forfeit.

711: DISCIPLINARY ACTIONS

- (a) The Commissioner will 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 addition to discipline imposed under the Rules of USA Hockey.
- (b) Discipline administered to players may include suspension and disqualification from further play in the League.
- (c) Discipline administered to team officials and coaches may include suspension, disqualification from further participation in the League, and fines imposed on teams, not to exceed \$250.00.

712: SECURITY

- (a) The Commissioner will have the authority to require a home team to provide security at its arena during games, including the presence of police or uniformed security, at the expense of the home team.
- (b) If alcohol is served at the arena during League games a uniformed police officer or uniformed security officer must be present.

713: GAME VIDEO

- (a) The home team is responsible to ensure that regular-season and year-end tournament games are video recorded.
- (b) Video recordings of each game should be retained for at least 30 days.
- (c) Failure to provide a video recording of a game at the request of the League Commissioner will result in a \$250 fine.

Section Eight: STANDINGS & STATISTICS

801: STANDINGS

- (a) League standings are based on the following team statistics: wins, losses, shootout losses, goals for, goals against, and total penalty minutes.
- (b) Win - 2 points
Loss in shootout - 1 point
Loss - 0 points
- (c) The following tiebreakers are applied to determine the final year-end standings:
 - (1) Most wins during the regular season.
 - (2) Head-to-head (most points earned in regular-season standings between tied teams)
 - (3) Best goals-for minus goals-against between tied teams.
 - (4) Best goals-for minus goals-against for entire season.
 - (5) Flip a coin.

- (b) For 3 or more tied teams that have played each other an unequal number of times, the following tiebreakers will be used. Once the number of tied teams has been reduced to 2, revert to tiebreakers 801 (c).
 - (1) Most wins during the regular season.
 - (2) Best goals-for minus goals-against for entire season.
 - (3) Fewest penalty minutes.
 - (4) Flip a coin.

802: PLAYER STATISTICS

- (a) The League will contract to maintain player statistics.

Section Nine: REGULAR-SEASON AWARDS

901: LEAGUE CHAMPION

- (a) Team with the most points earned during the regular season will be declared League Champion.
- (b) The League Champion will have its name inscribed on a traveling trophy, which will be presented during ceremonies at the Jr. Varsity year-end tournament.
- (c) Each member of the League championship team will be presented an award.

902: SCORING LEADERS

- (a) The League will recognize the top-10 scoring leaders determined by combined total goals and assists during the regular-season.
- (b) Tied players will share the ranking.
- (c) Scoring leaders will be presented an award.
- (d) Awards will be the same for all 10 scorers.

903: GOALTENDING LEADERS

- (a) The League will recognize the top-3 goaltending leaders with a Silver Glove award determined by best save percentage (total saves divided by total shots on goal) during the regular season. Save percentage will be carried out no more than 3 decimal places.
- (b) To be eligible for a Silver Glove award, goaltenders must have appeared in net for a minimum of 500 Jr. Varsity game minutes.
- (c) A goaltender qualifying for a Silver Glove in both Varsity and Jr. Varsity will only be eligible in the division in which the most minutes were played. If the total minutes are equal in both Varsity and Jr. Varsity, the goaltender will only be eligible in the Varsity division.
- (d) Tied players will share the ranking.
- (e) Goaltending leaders will be presented an award.
- (f) Awards will be the same for all 3 goaltenders.

904: SPORTSMANSHIP AWARD

- (a) The Sportsmanship Award will be awarded to the team with the fewest penalty minutes during the regular season.
- (b) The following tiebreaker will be applied:
 - (1) Team with the fewest major penalties.
- (c) The team will be presented an award.

905: PLAYER ACADEMIC AWARD

- (a) All players with cumulative 3.0 GPA and above will receive an academic award certificate.
- (b) 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.
- (c) Certificates will be given to Team Representatives for presentation to players at individual team banquets.

906: PRESIDENT'S SENIOR ACADEMIC ACHIEVEMENT AWARD

- (a) All seniors with cumulative 3.5 GPA and above will receive the President's Senior Academic Achievement Award.
- (b) Proof of GPA must be submitted to the League President.
- (c) 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.
- (d) Awards will be presented during the Varsity year-end tournament.

Section Ten: YEAR-END TOURNAMENT

1001: FORMAT & SCHEDULE

- (a) Top-8 teams qualify for the year-end tournament
 - (1) Thursday: 4 quarterfinal games (single elimination)
 - (2) Friday: 2 semifinal games.
 - (3) Saturday: 2 games - 3rd place and championship.

1002: TEAM ELIGIBILITY

- (a) Teams with less than 13 players are ineligible for the year-end tournament and must forfeit their position in the standings. All teams next in the standings move up 1 position.

1003: PLAYER ELIGIBILITY

- (a) Players must have played in 60% (20 games) of their team's regular-season Jr. Varsity games to be eligible to participate in the Jr. Varsity year-end tournament.
 - (1) Exception: If a player cannot participate in the required number of games due to injury, the Team Representative can submit medical records and a written request to the Commissioner for a waiver.
 - (2) Exception: Players who transferred from another team and missed 50% of the games are eligible if they played in all remaining Jr. Varsity games after returning to active status.
- (b) Goaltenders that were in net for more Varsity game minutes than Jr. Varsity game minutes are ineligible to participate in the Jr. Varsity year-end tournament.
- (c) Any player who finishes the regular season in the top-25 Varsity scoring list is ineligible to participate in the Jr. Varsity year-end tournament.
- (d) Any player selected to the All-Star roster is ineligible to participate in the Jr. Varsity year-end tournament.

1003: REFEREES

- (a) The Referee-in-Chief will recommend a list of available and qualified on-ice officials to the President and Commissioner who will make the final selection based on location and budget.
- (b) The Referee-in-Chief will schedule all on-ice officials for each year-end tournament game.
- (c) Every effort should be made to avoid scheduling on-ice officials in games with a team or teams from their home communities.
- (d) The League will pay expenses for on-ice officials.

1004: BRACKETING

- (a) Eight teams qualify for the year-end tournament, ranked 1 through 8 based on points earned during the regular season.
- (b) Pairings for 1st-round games are based on final regular-season standings: 1-vs-8, 2-vs-7, 3-vs-6, and 4-vs-5.

1005: GAME FORMAT

- (a) Regular-season game format applies except for overtime and 1 ice scrape per game is mandatory.
- (b) If teams are tied at the end of regulation in a championship bracket game, the game continues with successive 10-minute, sudden-death overtime periods, with a 3-minute rest following the 3rd period and between each overtime period.
 - (1) Teams will switch ends at the end of regulation and after each overtime period.
 - (2) The ice will be resurfaced after the first overtime period and after every two successive overtime periods
- (b) If teams are tied at the end of regulation in a consolation bracket game, the overtime format reverts to a 5-player shootout, followed by a 1-player, sudden-death shootout if needed. Players cannot repeat until the entire roster has shot once. A penalized player whose penalty minutes do not expire before the end of regulation time is ineligible to participate in the shootout until all other players have shot once.

- (c) First game of the day teams will skate on clean ice for a 5-minute warm-up and begin the game without a break. Remaining games of the day teams will have a 5-minute warm-up on dirty ice, leave the ice and begin the 1st period on clean ice. Ice will be scraped after the 1st and 2nd periods.
- (d) If tournament is ahead of schedule, teams will be asked to start early, but no sooner than 15 minutes before the scheduled start time.
- (e) The highest seeded team is the home team and will wear light-colored jerseys.

1006: TOURNAMENT ADMISSION

- (a) Free admission.

1007: EXPENSE REIMBURSEMENT

- (a) Executive Officers and on-ice officials are reimbursed for year-end tournament expenses as follows:
 - (1) \$40 per day for meals.
 - (2) Current IRS rate per mile for travel.
 - (3) Lodging.

1008: TOURNAMENT AWARDS

- (a) Third-Place trophy will be presented on the ice at the conclusion of the third-place game.
- (b) Second-Place trophy will be presented on the ice at the conclusion of the championship game.
- (c) Championship trophy will be presented on the ice at the conclusion of the championship game.