



DALLAS STARS METRO HOCKEY LEAGUE **FALL/WINTER SEASON GENERAL INFORMATION & GUIDELINES**

Playing Time/Attendance-

All players should receive equal/fair playing time during games, as long as the player is committed to the team and attends games on a regular basis. The League is for players to have fun, develop a passion for the game and improve their individual and team skills. Developing individual and team skill require regular attendance from all players.

Coaching Requirements-

In order to be on the ice or bench coaches must have met the following criteria:

1. Passed the USA Hockey NCSI Background Check
2. Have taken the USA Hockey Safe Sport Module
3. Complete USA Hockey Age Specific Module (*Fall/Winter season only*)
4. Attend a StarCenter hosted Coaching Clinic (*Fall/Winter season only*)
5. Provide valid USA Hockey Registration number
6. Review and submit this executed DSMHL Coaches Code of Conduct packet

Number of Coaches Permitted on the Bench-

For 8U divisions, a maximum of two (2) credentialed coaches per team will be permitted on the bench. **Coaches are not permitted on the ice during warmups for any reason.**

For 10U, 12U, 14U, and 18U divisions, a maximum of three (3) credentialed coaches per team will be permitted on the bench. If the penalty box is accessible from the bench, one (1) coach will be required to be stationed in the penalty box. If the penalty box is not accessible from the bench (aka, completely sealed and only accessible from the doorway to/from the ice surface), then a volunteer from the team should be stationed in the penalty box.

Stats/Standings-

All Stats and Standings will be posted on our website using Hockey Shift. 3 points will be awarded for a regulation time win. 2 points will be awarded for an OT or SO win. 1 point will be awarded for an OT or SO loss. 0 points will be awarded for a regulation loss.

08U Mites will receive 2 points for a win and 1 point for a tie during the regular season. There will be a maximum of 5 in goal differential displayed on the scoreboard for the Mite Division.

If Teams are tied in points at the end of the regular season, these are the tiebreakers:

1. Points in Head-to-Head Games
2. Goal Differential (Goals For minus Goals Against)
3. Fewest Goals Against
4. Fewest Penalty Minutes
5. Coin Flip

Regular Season and Playoffs-

Teams will play a eighteen (18) game season, three (3) Leveling Tournament games and fourteen (14) regular season games. All Teams will qualify for Playoffs. The Playoffs will be single elimination with the final two (2) teams meeting in the Championship game. Bracketing for the Playoffs will be determined by the number of teams in the division.

Cancelled, No-Show and Forfeited Games-

In extreme cases it may be necessary for a team to cancel/reschedule a game. The process is for the team requesting the cancellation/change to notify their home rink's Hockey Programs Manager, who will then notify the opposing teams Hockey Manager. The game will be rescheduled on a different date on a similar day/time, but may result in a forfeit if no suitable date is available.

Game Cancellation Fees-

Due to the cost of officials and ice, the following charges will be owed to the host facility if the game is cancelled by the visiting team unrelated to inclement weather.

1. Game cancelled more than 2-weeks prior to scheduled date. NO PENALTY
2. Game cancelled more than 72 hours, but less than 2-weeks prior to schedule date = \$150 PENALTY
3. Game cancelled less than 72 hours prior to scheduled date = \$500 penalty

Weather Related Cancellations-

It is the goal of the StarCenters to remain open and hold all programming as scheduled.

The StarCenters will follow the delayed start schedule of the ISD in which the facility is located. (For example, if Frisco ISD has a delayed start and opens at 10:00AM, the StarCenter, Frisco will open at 10:00AM.)

If ISD's schools are closed schools for the day, the StarCenters will be closed for all AM programming and will re-assess the current conditions at 12:00PM to make a determination on programming for the duration of the afternoon and early evening. The StarCenter's will then re-assess conditions again at 5:00PM and make a determination on all nightly programming that is scheduled to begin after 7:00PM.

For all morning events on non-school days, we will assess the conditions before 9:00PM on the day before. We will reassess again in the morning and make a determination before 12:00PM on all afternoon events.

Delayed opening and closing announcements will be posted on the StarCenter web site (dallasstars.com/starscenters), via StarCenter's Twitter feed (twitter.com/StarCenters), Instagram account ([@Childrehealthstarcenter](https://www.instagram.com/Childrehealthstarcenter)) and at [facebook.com/ChildreHealthStarCenter](https://www.facebook.com/ChildreHealthStarCenter).

This policy does not include specialty events (i.e., tournaments, figure skating competitions, etc...). The event organizing committee will assess these events on an individual basis. In addition, League rescheduling will be done on a case-by-case basis. Contact your facility General Manager and/or Hockey Programs Manager for more details. *Disclaimer: The StarCenters may change and/or adjust this policy at any time.*

Games cancelled due to inclement weather may or may not be rescheduled at the discretion of the league and the ability to find acceptable/available ice.

The DSMHL plays by USA Hockey rules with the exception of the information listed below. Additionally, the League reserves the right to assess additional sanctions or penalties against any player, coach, team official or parent and/or modify rules and/or regulations if the league feels it is in the best interest of the league and its members. This includes, but is not limited to penalties assessed under USA Hockey rule 410, Supplementary Discipline.

Protective Equipment:

Each participant is personally responsible to wear protective equipment for all games, warm-ups and practices. Such equipment should include gloves, shin pads, shoulder pads, elbow pads, hip pads or padded hockey pants, protective cup, tendon pads plus all head protective equipment as required by USA Hockey rules. It is recommended that all protective equipment be designed specifically for ice hockey.

It is compulsory for all players in all classifications to wear a hockey helmet, with helmet strap properly fastened. All players, including goalkeepers, in all age classifications below Adults, are required to wear a facemask certified by HECC, plus any chin protection that accompanies the facemask. Any helmet or facemask that is altered shall be deemed to be illegal equipment and shall not be allowed to be used in a game.

Note: SC Rinks & Comercia Center do not allow helmet mounted cameras for any DSMHL activities.

Body Contact/Checking:

The DSMHL is a non-checking league across all age divisions. The League is not taking body contact out of the game entirely, but merely looking to remove the predatory hit from games. Any player committing hit that is on an opposing player, that is deemed to be predatory, is subject to supplementary discipline.

Player Eligibility:

Only officially rostered and registered players are allowed to participate in the league. Players may not play for any team other than the one they are assigned to, with the exception of emergency substitute goaltenders (see section outlined below). Coaches using non-rostered or non-registered players may be suspended and any games played with those players will be forfeited. Players playing down must have either secured a waiver from USA Hockey that has also been approved by the DSMHL Committee **OR** has been approved under the Emergency Substitute Goaltender Policy.

Any DSMHL registration fee that is not remitted in full by the end of your agreed-upon payment schedule will result in the player being suspended from ALL future practices & games. Player's name will be submitted to TAHA for addition to the Outstanding Debt List, making the player ineligible to play within any other hockey league until all outstanding balances have been paid.

Emergency Substitute Goaltenders:

At the 10U, 12U, 14U and 18U levels, Goaltenders may be allowed to fill in on an emergency basis due to injury or illness to prevent cancellation of a game. Emergency goaltenders must come from a team at or below the level of play of the team borrowing the goaltender, and from within the Dallas Stars Metro Hockey League (DSMHL). All requests for the use of an emergency goaltender must be approved in advance by the DSMHL Committee. The following information must be submitted to the Committee a minimum of twenty-four (24) hours in advance of the game-time:

- Details on Game in Question (Game Date, Location, Time, Opponent)
- Previously Rostered Goaltender (Full Name and Number)
- Proposed Substitute Goaltender (Full Name, Number, Full-Time DSMHL Team)

Requests can be sent to John Naylor & Lucas Reid via email at JNaylor@dallasstars.com | LReid@DallasStars.com and a CC must be added to include the Hockey Programs Manager/Coordinator at your Home StarCenter or affiliated facility and Youthhockey@dallasstars.com.

Requests will be reviewed by the Committee, and once the request has been approved or denied, communication is to be made to the opposing team a minimum of twelve (12) hours prior to game time.

Players Rostered on Multiple DSMHL Teams-

Players are not permitted to play on multiple DSMHL teams.

Travel Players-

No players playing AND/OR practicing on a travel/select/tournament team may play in the DSMHL.

High-School Players –

Players playing on a high-school team may play in the DSMHL.

Non-League Games-

Teams may choose to scrimmage against non-league teams provided the opponent is a USAH registered team from an approved USAH program. No scrimmages are permitted against non-USAH registered teams and/or clubs. The league schedule will not be changed to accommodate outside scrimmages or tournaments. Any DSMHL teams wishing to participate in an outside tournament, or scrimmage a non-league team must:

- Ensure that the event **DOES NOT** require a T1 roster
- Gain approval by their StarCenter's Hockey Manager/Coordinator
- Ensure that the event takes place within the time-frame of the DSMHL season
- Ensure that the event does not interfere with the Team's DSMHL schedule in anyway (games and practices)
- Ensure that the event does not take place outside of the Texas Amateur Hockey Association's (TAHA) region of Texas and Oklahoma

New Players-

Rosters will be considered frozen and players may not be added to any roster after **December 31, 2023**. ***Additional requests after December 31st must be approved by the league.***

Jerseys-

HOME Teams will wear provided dark jerseys and socks; VISITING Teams will wear provided light jersey and socks.

Game Format DSMHL - 8U Division:

Games will consist of two (2), 21-minute halves with 1.5 minute shifts. Teams will be given a three (3) minute warm-up before each game.

Games will be cross-ice games for the 8U Division. Commencement of a period, goals, or puck out of play will result in a faceoff at the center of the cross-ice sheet. Any penalty will result in the penalized player being sent to the team bench for the remainder of that 90-second shift, and the game will resume with 4-on-3 play until the completion of that shift. The offending team will resume full strength at the beginning of the next shift. Any stoppage of play related to a penalty or goaltender save will result with the puck being thrown into the corner by the official to resume game play.

Any 8U player who receives three (3) penalties in the same game shall be assessed a game misconduct penalty. A player incurring a game misconduct penalty shall also be suspended for his team's next game (the game already appearing on the schedule of that team at the time of the infraction)

Game Format DSMHL – 10U, 12U, 14U, and 18U Divisions:

Games will consist of three (3), 12-minute, stop-time periods. Teams will be given a three (3) minute warm-up before each game. All USA Hockey Rules will apply with the following regulations:

- If a game reaches a six (6) goal differential in the 3rd period, a running clock will commence and will continue running until the differential goes back to five (5) goals or the game concludes.

Tied Games at the End of Regulation – 8U Division:

Games ending in a tie at the end of regulation will be deemed complete, and the game score will be recorded as a tie in HockeyShift.

Tied Games at the End of Regulation – 10U, 12U, 14U, and 18U Divisions:

No game shall end in a tie. If a game is tied at the end of regulation, then a five-on-five, 5-minute running clock, sudden death OT will be played. If the game remains tied at the end of OT, then a three (3)-person shootout will revert to sudden death, with each Team having an equal number of shots. No Player who was serving a penalty at the end of overtime may participate in the shootout. In any one (1) shootout, all players, except goaltenders, must shoot once before a player shoots for a second time.

Playoff Format

All Teams will qualify for Playoffs. The Playoffs will be single elimination with the final two (2) teams meeting in the Championship game. Bracketing for the Playoffs will be determined by the number of teams in the division. Information on Playoff Scoring and Standings, as well as OT format will be released with the 2022/23 Playoff Schedule.

Children's Health StarCenter & Comerica Center Social Media Statement

<http://cms.nhl.bamgrid.com/images/assets/binary/286628084/binary-file/file.pdf>



The goal of USA Hockey is to promote a safe and positive playing environment for all participants while continuing to focus on skill development and enjoyment of the sport. All officials, coaches, players, parents, spectators and volunteers are encouraged to observe these “Points of Emphasis” when participating in the sport of ice hockey.

Fair Play and Respect

Fair play and respect are the backbone of any successful amateur sports program. In order for a positive environment to be created, it is imperative that all participants and spectators have respect for all players, coaches, officials, administrators, spectators and the sport of hockey. Hockey is a

game demanding high levels of concentration and skill. Taunting or unsportsmanlike conduct directed at opponents or officials will not be tolerated.

Intimidation tactics have no place in ice hockey. These tactics include any contact to the head of the opponent, checking from behind and late avoidable body checks to an opponent who is no longer in possession and control of the puck. Officials are instructed to enforce these rules to a high standard and assess the appropriate penalty when these actions occur. In addition, officials are expected to strictly enforce any avoidable contact occurring after the whistle – including during scrum situations around the goal.

Players are encouraged to develop a deep sense of respect for all (opponents and officials) while endeavoring to enjoy the sport and improve their playing ability. Each player is expected to use proper skill and technique when engaging in any type of body contact.

Coaches are responsible for instructing their players to play the sport in a safe and sportsmanlike manner. To that end, coaches are directed to teach only those skills necessary to allow for proper and legal body contact.

Officials should be diligent and confident when officiating the sport. Each official should enforce all playing rules fairly and respectfully with the safety of the players and the best interest of the game in mind. Players must be held accountable for dangerous and illegal actions with the proper enforcement of the rules at all times. Spectators are encouraged to support their teams while showing respect for all players, coaches, officials and other spectators.

More Information regarding USA Hockey Rules and Fair Play

<http://www.usahockey.com/page/show/902338-rule-book-and-resources>
