



DALLAS STARS METRO HOCKEY LEAGUE **2023 SPRING SEASON GENERAL INFORMATION &** **GUIDELINES**

Playing Time/Attendance-

All players should play as equally as possible, 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-

Maximum number of two (2) credentialed coaches on the bench per team per game. Maximum number of three (3) credentialed coaches per team for the 2023 Spring DSMHL season. In order to be a bench coach, coaches must have met the following criteria:

- a. Obtain a valid 2022-2023 USA Hockey Number (Volunteer #s permitted)
- b. Pass a USA Hockey | NCSI Background Check within the past twenty-four (24) months
- c. Complete the Safe Sport course
- d. Review and submit an executed DSMHL Coaches Code of Conduct packet

Stats/Standings-

All Stats and Standings will be posted on our website using Hockey Shift. Two (2) points will be awarded for a regulation time win. Each Team will receive one (1) point if the game ends in a tie. Zero (0) points are awarded for a regulation loss.

There will be a maximum of 5 in goal differential for the 8U Mite Division.

Regular Season and Playoffs-

Teams will play a nine (9) game season and game scores will be kept for standings only. There will not be Playoffs for the Spring DSMHL League.

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. If a game is cancelled due to a reason unrelated to inclement weather, there may be a cancellation fee charged.

Weather Related Cancellations-

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.

RULES

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: StarCenter rinks do not allow helmet mounted cameras for any DSMHL activities.

Player Eligibility-

Players must play in their 2022-23 Age Classification Division. Players that were on a DSTHL or travel hockey roster at the end of the 2022-23 season may not play in the Metro Division. Players that were on a Metro roster at the end of the 2022-23 season are encouraged to play in the Spring Metro Division, but are allowed to play in the Travel division if there is space on a roster. Only officially rostered and registered players are allowed to participate in the league. Coaches using non-rostered or non-registered players may be suspended and any games played with those players will be forfeited. No player may play “down” in age unless the player has secured a waiver from USA Hockey. The SC Hockey Staff has the right to make exceptions on a case-by-case basis.

*Players that are joining the DSMHL as **BRAND NEW** players will be required to register with USA Hockey before signing up for the DSMHL Spring League. Registration can be purchased at the following link and is valid through August 31, 2023.*

https://www.usahockeyregistration.com/login_input.action

Rosters

8U and 10 rosters must have a minimum of nine players and a maximum of eleven players per team. 12U-18U rosters must have a minimum of seven players per team and a maximum of ten.

Players are not permitted to play on multiple DSMHL or other non-DSMHL teams. Any player caught violating this rule will be suspended from the League immediately.

Goaltenders will be permitted to play on multiple teams with the written consent of their home StarCenters' Hockey Programs Manager or Coordinator.

High-School Players –

Players playing on a high-school team may play in the 2023 Spring 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 any way (games)

New Players-

Rosters will be considered frozen and players may not be added to any roster after a team plays their first game. The StarCenters reserve the right to change or add team members as necessary.

Jerseys-

We encourage players in the 2023 Spring DSMHL League to wear their Dallas Stars' jerseys from the Fall/Winter DSMHL Season. For those who do not have jerseys, an option will be presented during registration to purchase a jersey kit, which includes a home and away jersey, as well as home and away socks. If a team chooses to not wear Dallas Stars jerseys, the Visiting Team will wear light-colored jerseys, and the Home Team will wear dark-colored jerseys. DSMHL Dallas Stars Jersey kits will be offered based on inventory availability.

Game Format DSMHL-

All games 6U-18U will consist of two (2), 24-minute runtime halves with a buzzer every two (2) minutes to change. Teams will be given a three (3) minute warm-up before each game.

All games 6U-18U will be half-ice, 4 players against 4 players (4 on 4) for the 8U & 10U Division. 12U, 14U and 18U Divisions will play 3 players against 3 players (3 on 3).

Any stoppage of play related to a goaltender save, puck out of play, etc. will result with the puck being thrown into the corner by the official to resume game play. Commencement of a period or goals will result in a faceoff at the center of the half-ice sheet. Any penalty will result in a penalty shot given to the non-offending team. The puck will be taken to center ice, and the player will have five (5) seconds to get set for the shot. If the player taking the shot is not set within the five (5) second time-frame, the non-offending team will not be permitted to take the shot, and the offending team will receive an automatic goal.

If the penalty shot is missed and a save made by the goaltender, the play will be considered live and will continue until the shift change or next stoppage in play.

Tied Games-

If a game is tied at the end of regulation, the game will remain in a tie on League Standings.

SPRING LEAGUE RULES: USA Hockey playing rules are in effect, except for some modifications listed below:

- Coaches are not allowed on the ice prior to a game unless they are wearing skates and a helmet.
- All players are required to follow USA Hockey equipment recommendations.
- This is a non-checking league; body checking is not permitted at any level.
- Slap shots will not be permitted at any level.
- Illegal Players and Teams:
 - Game officials (referees) working games are NOT PERMITTED to play for any team in the divisions that they officiate.

Best Interest of the Game Clause

The League reserves the right to assess additional sanctions or penalties against any player, coach, team official or team/association member and/or modify rules/regulations if the League feels it is in the best interest of the League and/or its members. This includes, but is not limited to, penalties assessed under USA Hockey Rule 410, Supplementary Discipline.



PROGRESSIVE SUSPENSION RULES FROM USA HOCKEY

(Note) USA Hockey is committed to providing a safe and fair environment for all participants. While the vast majority of players participate within the rules and respect the game and their opponents, USA Hockey recognizes the need to hold those players and coaches deemed to be repeat offenders accountable for their actions. Beginning with the 2014-15 playing season, the Progressive Suspensions rule will take affect nationally.

(a) Any player who receives their third major penalty during the same season for any combination of aggressive infractions listed below shall receive an additional three-game suspension. For any player who receives their fourth major penalty in this category, the player shall receive an additional five-game suspension. Any player who receives their fifth major penalty in this category during the same season shall be suspended until a hearing is conducted by the proper authorities (USA Hockey Affiliate). These designated game suspensions shall be in addition to any other suspensions imposed through the official playing rules. The aggressive infractions that fit into this category are:

- Rule 603 Boarding
- Rule 604 Body Checking (Body Contact categories)
- Rule 606 Butt-Ending
- Rule 607 Charging
- Rule 608 Checking From Behind
- Rule 609 Cross-Checking
- Rule 611 Elbowing
- Rule 619 Head-Butting
- Rule 620 Head Contact
- Rule 621 High Stick
- Rule 627 Kicking
- Rule 628 Kneeing
- Rule 634 Slashing
- Rule 635 Spearing
- Rule 639 Tripping/Clipping/Leg Checking
- Rule 640 Unnecessary Roughness (Roughing)
- *(Note) A separate progressive suspension rule for Fighting is covered under Rule 615(f) Fighting.*

(b) Any team that receives three major penalties in the same game shall have its Head Coach suspended for the next game of that team. For any subsequent game where that team receives three or more major penalties in the same game, the Head Coach shall serve a three-game suspension. For a third game with three or more major penalties by the same team during the same season, the Head Coach shall be suspended indefinitely until a hearing has been conducted by the proper authorities (USA Hockey Affiliate).

(Note) The role of the Official is to enforce all playing rules at all times and they are expected to strictly enforce playing rules that fall under the aggressive infraction category. Players and coaches must be held accountable for dangerous actions and the onus is on them to teach and play the game within the rules. Officials are required to submit a game report immediately following the game for any major penalty falling in the aggressive infraction category, game misconduct or match penalty that is assessed.

FIGHTING RULES FROM USA HOCKEY

(a) A major plus a game misconduct penalty shall be assessed to any player who engages in fighting. An additional minor penalty shall be assessed to any player who starts or instigates fighting. A minor penalty shall be assessed to any player who drops his stick and/or removes his

glove(s) during an altercation and is not a participant in the original altercation. A game misconduct penalty shall be added if, in the judgment of the Referee, such player is deemed to be the instigator of a subsequent altercation. A minor, double minor or major plus game misconduct penalty, at the discretion of the Referee, shall be assessed to any player who, having been struck, continues the altercation by retaliating.

(Note) The Referee is provided very wide latitude in the penalties that he may impose under the rules, including Rule 601 "Abuse of Officials and Other Misconduct" in an effort to discourage fighting. This is done intentionally to enable him to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting.

(b) A major plus game misconduct penalty shall be assessed to any player involved in fighting

(c) A game misconduct penalty shall be assessed to any player whose helmet/facemask comes off their head during an altercation. A match penalty (***for all Youth, Girls'/Women's Classifications***) shall be assessed to any player who deliberately removes his (or opponent's) helmet/facemask prior to or during an altercation. A game misconduct penalty (***for Adult Male Classifications***) shall be assessed to any player who deliberately removes his (or opponent's) helmet/facemask prior to or during an altercation.

(d) A game misconduct penalty shall be assessed to any player or goalkeeper who is the first to intervene in an altercation then in progress. This penalty is in addition to any other penalty incurred in the same incident.

(e) A minor penalty shall be assessed to any player who fails to move immediately and directly to their players' bench (or goal crease for a goalkeeper) when instructed to do so by the Referee during an altercation.

(f) Any player who receives a second major penalty for fighting with the same team during the same season shall receive a three-game suspension. For a third fighting major with the same team in the same season, the player shall be suspended until a hearing is conducted by the proper authorities under Rule 410 Supplementary Discipline.