

# League Rules & Regulations

## 1.A. CONFERENCE, DISTRICT, STATE

### 1.A.1 Tiers

The league will be divided into Tiers, which will be determined by MOIHA. The makeup of the conference will be adjusted from year to year. The adjustments will consider the following criteria in this order: geographic location, maturity of the school organization, and record from last season.

### 1.A.2 STATE CHAMPIONSHIPS

The culmination of the spring season will be the State Championship Tournament. Only the Tier Champions will be considered Missouri State Champions. At present, only the St. Louis district exists, so a state tournament will not occur.

### 1.A.3 LEVEL OF PLAY

The league will consist of Varsity, Junior Varsity, and C-teams from the State of Missouri. A participating high school must field a Varsity team. After that requirement, a school may field one or more JV teams, and one or more C-teams. Although allowed, the league would prefer that all schools field a Junior Varsity before fielding a C-Team.

### 1.A.4 NON-CHECKING LEAGUE

Non-checking meaning, any deliberate or meaningful body contact as deemed by, or at the referee's discretion. Accidental contact may or may not be penalized at the referee's discretion.

### 1.A.5 AFFILIATION

All coaches, referees, and players will hold current membership cards with the official sanctioning body of the league. The current sanctioning body is AAU. All coaches, referees, and players must complete a membership application one-week prior to the beginning of the season. Failure to do so may result in a team forfeiting games. The league will pay the cost of the affiliation membership for all coaches (maximum of two per team), referees, and players.

## 2.A. RINKS

### 2.A.1. MOIHA APPROVED

All games will be played in rinks that have been approved by MOIHA.

## 3.A. SEASON

### 3.A.1. REGULAR SEASON

The regular season will begin in February/March and will conclude at the beginning of summer. The league will make every attempt to begin the season after the Mid-States ice hockey season and complete the season, including playoffs by the time most schools close for the summer.

### 3.A.2. PLAYOFFS

Playoffs will be conducted at the conclusion of the regular season culminating in a state championship tournament.

The league currently supports 3 Tiers.

**Tier 1- Top 9 teams make the playoffs. 1st rd. 8v9 Sunday April 29th. 2nd rd. 1v8/9 wnr, 2v7, 3v6, 4v5, etc. The rounds always re-seed.**

**Tier 2- Top 12 make the playoffs. Top 4 get byes. 5v12, 6v11, 6v10, 8v9, etc. The rounds always re-seed.**

**Tier 3- Top 7 teams make the playoffs. 1st seed get's a bye. 1st rd. 2v7, 3v6, 4v5, ect. The rounds always re-seed.**

**JV- Top 16 make the playoffs. 1st place is seeded first, 1, 2, and 3. Then second place is seeded 4, 5, and 6. The rest are seeded based on the tiebreakers.**

**C Team- Top 8 make the playoffs. 1v8, 2v7, 3v6, 4v5, etc. The rounds always re-seed.**

## **Tiebreakers**

- 1. Points**
- 2. Head to Head**
- 3. Goals Against**
- 4. Goals For**
- 5. Coin Toss**

### **4.A. PRACTICE**

Teams are responsible for scheduling, organizing, and conducting practices as required. Teams are asked to support the rinks that will be used in league play when scheduling practice times.

### **5.A. TOURNAMENTS**

#### 5.A.1. MOIHA REPRESENTATION

Teams may not represent MOIHA, or use its name or logo, in any tournament, contest, or exhibition without prior written permission.

#### 5.A.2. LEAGUE TOURNAMENTS

League tournaments may be scheduled during the regular season after prior notification and approval of the league. The league currently sponsors one tournament a year that will occur approximately one week before the beginning of the regular season. All registered teams may enter the tournament and GPA requirements for players are waived for the tournament.

#### 5.A.3. LEAGUE SCORE SHEETS

After any tournaments in which MOIHA teams participate, copies of the official score sheets must be forwarded to the league office, within 4 days.

### **6.A. PLAYING TIME**

#### 6.A.1. GAME TIME

Games will consist of 2 periods of 17 minutes each, stop time.

#### 6.A.2. TIME OUT

Each team will have 1 time out, consisting of 1 minute. The coach, captain, or alternate may indicate to the referee that the time out is requested

#### 6.A.3. OVERTIME

3-minute sudden death period will be played if the game remains tied at the end of regulation time. Sudden death implies that the first team that scores wins. If, after the sudden death overtime period, the teams remain tied, the game will end in a tie and each team will be awarded one point. If a team wins in overtime, that team will be awarded 2 points and the losing team will receive 0 (zero) points. Overtime is 3 on 3 and if the game is still tied after 3 minutes of play than a sudden death shootout will occur.

#### 6.A.4. PRE GAME WARM UP

3-minute warm-up period will be provided prior to the start of the game.

#### 6.A.5. HALF TIME

1 minute official time out between 1st and 2nd period.

#### 6.A.6. MERCY

When the goal differential in any game is 10, the referee will terminate the game, if it occurs in the first half then the clock will run and the game is over after the first half.

#### 6.A.7. RESCHEDULED GAMES

Games officially cancelled will be re-scheduled at the end of season play. When a team requests that a game be re-scheduled, a \$200 re-scheduling charge will be incurred and the game will be re-scheduled at the end of the season.

## **7.A. GAME OFFICIALS**

### **7.A.1. REFEREES**

The 2-referee system will be employed at all MOIHA games. If both referees are not available when the game is scheduled to begin, the game will start with one referee. At this time, someone from the home team should notify the league by leaving a message with the league office and reporting a referee issue at a specific rink involving what teams. The league will then make every effort to get a replacement referee to the rink as soon as possible. If the game ends with only one referee, the game will stand as an official game.

If neither scheduled referee is present at game time, the home team should notify the league by leaving a message with the league office and reporting a referee issue. Both teams will wait for 15 minutes from game time before the game is officially cancelled. The league will re-schedule this game at the end of the season.

An organization or coach requesting to comment on the performance of a referee may use referee feedback form. Contact a league official to obtain a referee feedback form.

### **7.A.2. Disciplinary Actions**

Referees will complete a disciplinary form for incidents that require attention of the disciplinary board. The league officials will construct a disciplinary board for each season. The board will meet every two-weeks during the regular season. Incidents that require board attention will wait until the board meets. This means that the player in question will not play any league games until the disciplinary board resolves the issue. The team may contest the incident by requesting a special session of the board at a cost of \$100 per session.

### **7.A.3. RULES**

MOIHA will use the AAU rulebook developed for high school play.

### **7.A.4. TEAM STAFF**

A limit of 4 team staff members will be allowed on the player's bench (including managers, trainers and coaches). Staff members must wear league ID badges provided at the beginning of the season. Only members registered with the sanctioning body are permitted on the bench during games.

### **7.A.5. SCORE KEEPER/TIMER**

The league will supply an official timekeeper / scorekeeper. If, at the start of the game, the official scorekeeper is not available, the head referee will ask each team (home team first) for a replacement. A carbon copy of the score sheet will be provided to each coach at the conclusion of the game.

### **7.A.6. RULE CHANGES**

Changes to the league play format of the rules may be enacted by MOIHA. All teams will be notified in writing of any such changes.

## **8.A. ELIGIBILITY**

### **8.A.1. GENERAL STUDENT ELIGIBILITY**

- a. Students must be currently enrolled in the high school for which he/she is rostered.
- b. The student may not be 19 years of age before Sept. 1, of his/her senior year.
- c. Copies of the current student grade card must be filed with the league before the first league game.
- d. A copy of a signed photo id is required. This may be a drivers permit, a drivers license, a student id, or a photo with a signature and a birth
- e. A copy of proof of age, either a date of birth on the grade report, a drivers permit / license or a birth certificate.
- f. Students who are expelled or suspended from school are not eligible until the scholastic disciplinary penalty is resolved.
- g. Players who are suspended from play by the MOIHA may not participate in MOIHA events until the suspension is lifted or expired.

### **8.A.2. ACADEMIC ELIGIBILITY and PROBATION**

- a. All students must maintain a cumulative grade point average (GPA) of 2.0, or greater, based on a 4.0 scale.
- b. If the student's cumulative GPA is less than 2.0, but his current reporting period (last grade card) is 2.0 or greater, then the student will be permitted to play under academic probation, until the next grade cards are issued.
- c. If the student's cumulative GPA is greater than 2.0, but his current period GPA is less than 2.0, then the student will be permitted to play under academic probation.

- d. A student on academic probation who receives a current period report card with a GPA of less than 2.0 will be declared ineligible.

#### 8.A.2.1. SPECIAL ACADEMIC ELIGIBILITY

Special academic eligibility may be obtained in the case of students with a documented learning disorder. Students that are to be considered for this special eligibility, as a result of a learning disability, must submit documentation from the school to MOIHA.

A student with a 1.9 GPA or high may request special consideration on the documented proof of ability from his / her teachers. Each request must be made directly to the league officials.

#### 8.A.2.2. AMATEUR ELIGIBILITY

In order to encourage our youth to develop skills in this sport it is recommended that the league allow players to play for teams of all types including professional, with the following provisions.

- a. If there is a written agreement with the team, a copy of the agreement must be on file in the league office prior to the beginning of the MOIHA season, or at it's first availability.
- b. The player may not accept monetary compensation for playing roller hockey for any team, or in any tournament. Reasonable room and board, and travel expenses may be paid by the team/sponsor.
- c. A player may receive playing equipment as a member of a select, or professional team. However, the equipment will be limited to a single copy of the standard playing equipment necessary to compete on that team, including; helmet, shoulder pads, hip pads, elbow pads, gloves, shin pads, skates, stick, pants, and jersey. Damaged or broken equipment may be replaced, and replacement sticks, wheels, and bearings, will be allowed.
- d. A player may not play for a pro team during the regular MOIHA season. However, a player may participate in tournaments, and/or other rink leagues, including select, or traveling teams as acceptable to the player's high school club team.
- e. Special circumstances should be brought to the attention of the league officials. Any and all information should be forwarded to the league office at MOIHA, P.O. Box 190316, St. Louis, MO 63119.

#### 8.A.2.3. TEAM ELIGIBILITY

- a. Teams will be required to carry a Roster Binder that contains copies of player's eligibility requirements, for each player listed on the roster. This Roster Binder must be presented for approval to MOIHA one week before the beginning of the season. Failure to have the Roster Binder approved may result in team forfeiture of games until the approval is acquired.
- b. Failure to produce this Roster Binder within 48 hours of an official request will result in the team being unable to compete in league play, and possible fine.
- c. Whether your school requires it or not, an adult over the age of 21 must represent the team as the coach. It is his/her responsibility to enforce all MOIHA rules and regulations, both in the application procedure and throughout the season.
- d. The team must meet the uniform and equipment safety requirements of the league. (See 11.A.2 Uniforms and Protective Equipment)
- e. All teams will be expected to comply in full with the league rules, by-laws and decisions which may be handed down in enforcement of said rules.
- f. Penalties, suspensions, and fines may be the results of rule violations.  
Any special circumstances, or situations which you feel should require special consideration, should be brought to the leagues attention in writing.  
See also section 10.A.5

#### 8.A.2.4. ELIGIBILITY ENFORCEMENT

- a. Teams that fail the *eligibility test* are not eligible for participation in the MOIHA. All games scheduled, during the time a team remains ineligible, will be forfeited.
- b. Any games played while a team remains ineligible, or while playing an ineligible player, will be forfeited.
- c. Teams with outstanding fines, or registration fees, will not be allowed to compete.
- d. A team may challenge the eligibility of a given player at the start of the game by filling out an incident form and having both the referee and opposing team coach sign. If you challenge the eligibility of a player and you are wrong, and the player in question is in fact eligible, then your team will have to pay a \$50.00 fee. However, if he is not, then any games in which he appeared on the roster will be forfeited, and the player's team will have to pay the \$50.00 fee.

## **9.A. JUNIOR VARSITY DIVISION**

High school club teams may also submit a roster and membership applications for a junior varsity and/or a C team. The rules and eligibility requirements are the same as for the Varsity teams.

## **10.A. ROSTER AND REGISTRATION**

### 10.A.1. ORGANIZATION

Each high school registering in the league must have one and only one organization. The name entered as president on the registration form will be the main contact with the league and will be the only contact the league will accept for entry into the next season. This 'ownership' of the organization may change in two ways. The contact may pass 'ownership' to another, or the high school represented may request the league recognize another organization. The school writing a letter to the league on school letterhead and signed by a school board member or the head of the athletic department can accomplish this.

To gain entry into the league a registration form must be completed with organization contacts and coaches information and submitted to the league before the start of the season.

### 10.A.2. TEAM SIZE

Each team will be allowed to carry a maximum of 15 players on their roster. The varsity roster must contain one goalie and up to 14 skaters.

### 10.A.3. REGISTRATION DEADLINE

Registrations will begin 3 months prior to the beginning of the season. Registration period will continue up to 6 weeks prior to the beginning of the season. To register, a team must complete a school organization registration form and a deposit of approximately 1/5 the league fee for each team entered into the league. All league fees are due 4 weeks prior to the beginning of the season. Registration closes 4 weeks prior to the beginning of the season.

Schedules will be sent to registered teams 2 weeks prior to the beginning of the season. The final team roster and Roster Binder must be approved one week prior to the beginning of the season.

### 10.A.4. ROSTER CHANGES

- a. No changes may be made to the roster after Roster Binder approval by the league without written approval from MOIHA.
- b. No player may be dropped from the final roster to add another player.
- c. Players may be added to empty roster spots after their proof of eligibility is demonstrated and sanctioning forms are complete and have been processed by the sanctioning body.
- d. Players, which are on the Junior Varsity team roster, may be added to an empty spot on the Varsity roster by providing written notification to the league prior to any game in which that player might dress. The player so transferred, will remain on the Varsity roster for the remainder of the season. Goaltenders may swing up to Varsity for any game without league notification and swing back to Junior Varsity. C-Team goaltenders may swing up to any Junior Varsity game without league notification and swing back to C-Team.

### 10.A.5. MEMBERSHIP FORMS

A completed sanctioning body membership form must be turned in for each player listed on the roster and coaches before he/she can play or coach a MOIHA game. Failure to do so will result in a forfeit of any games played without membership. The league will supply registered players and coaches with MOIHA badges that must be available for display while on the bench. Everyone on the bench must be a member of the sanctioning body. These forms must be submitted to the league approximately one week before the start of the season. USA Roller Sports (USAC) is the current sanctioning body.

## **11.A. UNIFORMS AND PROTECTIVE EQUIPMENT**

### 11.A.1. UNIFORMS

- a. All players on the team must wear matching jerseys, similar in color and design. It is recommended that all players excluding goalkeepers wear inline hockey pants. Pants must be either black, or matching colors.
- b. Home teams must wear light colored jerseys. Visiting teams must wear dark colored jerseys.
- c. Jerseys must have unique numbers for each player, clearly placed on the back, no less than 8 inches in height.
- d. The school name, logo, mascot, and player name may be displayed on the jersey.
- e. No advertisements are allowed on player uniforms or equipment, including helmets without league approval.

### 11.A.2. EQUIPMENT

- a. Logos on originally manufactured equipment may remain as produced.
- b. All players must wear proper fitting approved helmets with full cage, or face shield, and chin strap. Helmet must remain snapped at all times on the skating surface. No helmet and/or facemask can be altered in any way. They must be worn as manufactured. A player will be removed from the game and may not return until corrections are made.
- c. Elbow pads, shin pads, hockey gloves, an athletic protector/cup, and in-line skates are mandatory.
- d. Skates may not have protruding bolts or screws of any kind. No loose, or hanging equipment will be permitted. Mouthpieces are required.

### 11.A.3. First Aid Kit

Each team should carry a First Aid kit as a part of their equipment. The recommended content of the kit are: band aids, Vaseline, or lubricant, athletic tape, topical antiseptic, ice pack, smelling salts, scissors, gloves, mouth shields.

## **12.A. SCORE SHEETS**

### 12.A.1. PLAYER ROSTER

- a. The team roster must be filled in on the official league score sheet prior to the start of the game. The league will supply each team with adequate score sheets for the season. The home team will complete the team roster first and pass it to the away team. The away team will complete the roster and hand it to the referee or the scorekeeper.
- b. If a dressed out player is not listed on the game roster, or if he is wearing a number other than listed, a bench minor penalty will be awarded at the next stoppage of play.
- c. If the player is legally rostered on that team, and the omission is clearly inadvertent, then the player's name will be added to the score sheet roster and a bench minor penalty assessed.
- d. Any player who does not dress for the game, but is listed on the game score sheet roster, must be scratched from the score sheet at the end of the game. Failure to do so may result in a penalty or fine being assessed to the team, or coach.

### 12.A.2. SCORE SHEETS DISTRIBUTION

MOIHA score sheets are three part forms, to be divided in the following manner: top copy to the league, 1 copy to the home team, 1 copy to the visiting team.

### 12.A.3. STATISTICS

Statistics will be maintained by the Pointstreak.

### 12.A.4. SCORING

Players will earn 1 point for each goal, or assist, for which they are credited with on the score sheet.

### 12.A.5. FORFEITS

In forfeited games the forfeiting team will not be credited with any goals or assists. Forfeits are counts as a 10-0 loss.

## **13.A. TEAM STANDINGS AND PLAYOFFS**

### 13.A.1. STATE QUALIFIERS

The top team in each Conference will be invited to the State Championship Tournament. St. Louis is the only district in the league, so a State Tournament will not occur.

### 13.A.2. INDIVIDUAL SCORING

Team points will be accumulated as follows; 2 points for a win, 1 point for a tie, and 0 points for a loss.

### 13.A.3. Tier CHAMPION

The team which scores the most Team points in regular season conference play will determine tier Champions.

#### 13.A.4. TIER TIE BREAKING

In the event of a tie for Conference Champion, the tie breaking criteria will be as follows;

- (a) head-to-head play - results of games against each other
- (b) goals against – goals registered against the teams
- (c) goals for – goals registered against other teams
- (d) coin toss

#### 13.A.6. LEAGUE DECISION

The league board will render final tiebreaker decisions. If a coin toss is necessary, then representatives of both teams will be present.

#### 13.A.7. NATIONAL QUALIFIERS

The State Champions and the runners up both qualify to represent the State of Missouri in National High School Tournaments that are recognized by the MOIHA.

#### MOIHA Points of Emphasis

- Rule 5 - Player Benches (pg. 8 ) -Three coaches maximum are allowed on the bench and all must have a MOIHA badge.
- Rule 12 - Starting Line-up (pg. 9) - A team must have a goalie and four skaters on the floor at the referee's whistle to start the game. If this requirement cannot be met, the offending team will be forced to take their time-out. If they still can not meet the requirement a forfeit shall be declared by the referee against the team not able to field a goalie & four skaters.
- Rule 18 - Protective Equipment (pg. 12) - All players must wear HECC/ASTM F1045 Standard Performance Specification helmets, with a chin strap properly fastened and face mask, shin guards, protective cup, elbow pads, hockey gloves and skates. All protective equipment except gloves, helmet and goalie leg pads must be entirely under the uniform. A minor penalty will be imposed on the offending player for a violation of this rule.
- Rule 23 - Coincidental Penalties (pg. 13) When coincidental penalties are assessed, the penalized players take their places on their respective penalty benches and NO immediate substitutions shall be allowed (3 on 3). When the penalties expire, they do not have to wait for a stoppage of play to leave the penalty bench unless there a multiple (more than two) coincidental penalized players on the penalty bench. All players must leave the penalty bench by way of the playing surface before being replaced by another player. A team shall be permitted to make an immediate substitution in the last two minutes of a game when a coincidental penalties have been assessed to not receive a man advantage situation if a team is already penalized due to a coincidental penalty when
- Rule 46 - Delaying the Game (pg. 23) A minor penalty or penalty shot or awarded goal can be assessed if in the referee's judgement a player (including goalkeeper) deliberately displaces the goal posts to stop play, prevent a breakaway, scoring opportunity or imminent goal. (Review rulebook).
- Rule 53 - Handling Puck with Hands (pg. 26) Hand passes is allowed in the defensive zone. Hand passes across the centerline and received by a teammate in the offensive zone is not allowed. Play will be stopped & the puck will be dropped where the pass originated.
- A player shall be permitted to handle the puck with his hands momentarily if the puck was shot or deflected in the air. If a player does not drop the puck immediately, play shall be stopped & a face-off will be conducted where the offense occurred.
- Rule 54 - High Sticks (pg. 26) Directing the puck at the goal with a stick above the height of the crossbar will not be permitted, except by the defending team. A face-off will be conducted at the end zone face off spot of the offending team. The shoulders of the players will be the measuring tool when playing the puck with a stick anywhere else on the floor.
- Rule 56 - Hooking (pg. 27) A minor penalty for hooking or high sticking shall be imposed on a player using their stick above the waste of an opponent to impede their progress. This rule shall be strictly enforced.
- Rule 63 - Obscene or Profane Language or Gestures (pg. 29) Player to Player: a minor penalty for unsportsmanlike conduct or game ejection penalty will be imposed on the offending player. Player or team official to referee: 10 minute misconduct, or game ejection, or game-misconduct.
- Rule 73 - Tied Games (pg. 33) If, at the end of regulation time, the score is tied, a three-minute sudden-death overtime period, played 4-on-4 with stop-time will be played. Any penalty assessed in regulation will carry over to the overtime period. If the score is still tied, the game will end.
- Mercy Rule - A ten- goal differential after the first half will result in a mercy and the game will terminate. An 8- goal differential after the first half will result in a run clock until time expires or the mercy rule applies. All players must leave the floor. No free skate or pick-up games allowed.
- Water Bottles - No water bottles allowed on the floor. (This includes water bottles on the top of the goals).
- Out of Play - The netting at the top of the glass is considered out of play and face off will ensue at an end zone dot or the center face off dot depending on who last played the puck. Goalies shooting the puck over the protective glass will be assessed a minor penalty for delay of game.
- Game Ejection - The penalized player will be removed for the duration of that game.
- Game Misconduct - The penalized player will receive a game ejection and suspended from the next division game.

- Match Penalty - The penalized player will receive a game ejection and is suspended indefinitely until the MOIHA disciplinary board (every 2 weeks during the season) reviews the incident.
- 4 and 12 Rule - Any player having been assessed 4 or more penalties in a game will receive a Game Ejection and any team assessed 12 or more penalties in a game, the head coach will receive a one (next) game suspension. If a delayed penalty is signaled on a player's fourth penalty or team's 12th penalty and the non-offending team scores, the penalty will not be charged to the player or team because the penalty was not assessed (written on the score sheet). If however the delayed penalty is a major penalty and a goal is scored the major penalty will be assessed and the player will receive a game ejection and any additional penalty that may accompany the major penalty.
- Tobacco Products of ANY kind is not permitted on the player's bench, penalty bench or on the playing surface at any time before, during or after a MOIHA league game. The team official (coach, manager, trainer) or player violating this rule will be assessed a minor (bench) penalty for the first offense and a game ejection or game misconduct for further violations.
- Any team who receives 6 penalties in the game will then be forced to serve all future penalties for the entire 2 minutes. From penalty seven on all minors are treated as majors and the player must stay in the penalty box no matter how many goals are scored.
- Swing players may play up three games to the next level. Once they have played the 4th game then they are frozen on the higher roster.
- If a player is suspended on one level, they must serve that suspension in that level before playing any other level. IE; swing players.