



VALLEY HIGH SCHOOL HOCKEY LEAGUE CONSTITUTION



Table of Contents

Introduction	4
Article 1 – Name and Membership	4
Article 2 – Membership Criteria	4
Members.....	4
League Commitments.....	4
Leave of Absence.....	4
Application.....	4
Performance Bond.....	4
Article 3 - Executive	5
President.....	5
Vice President Boys.....	5
Vice President Girls.....	5
Treasurer.....	5
Referee-In-Chief.....	5
Disciplinarian.....	5
Secretary.....	5
Webmaster.....	5
Statistician.....	5
Voting.....	5
Article 4 – Meetings	6
Organizational meeting.....	6
Scheduling meeting.....	6
Mid-Season meeting.....	6
End of Year meeting.....	6
Article 5 – League Fee	6
Article 6 – Player Eligibility	6
Academic Registration Requirement.....	6
Adding Players to Team.....	6
Age Restrictions.....	6
Participation Eligibility.....	6
Transfer from One School to Another.....	6

Article 7 – Interaction with Other Leagues	7
Article 8 – Protests	7
Article 9 – Discipline and Suspensions	7
Fighting.....	7
Checking from Behind.....	8
Checking to the Head.....	8
Boarding (Major).....	8
Profanity.....	8
Match Penalty.....	8
Gross Misconduct.....	8
Game Misconduct.....	8
Objectionable Behavior or Language.....	8
Physical Abuse of Official.....	9
Verbal Abuse of Official.....	9
Five Minor Penalties.....	9
Three Stick Penalties.....	9
Major Penalty.....	9
Attempt to Injure.....	9
Equipment.....	9
Article 10 – Scheduling	9
Article 11 – All-Star Game	10
Location.....	10
Responsibilities.....	10
Article 12 – League Banquet	11
Article 13 – League Playoffs	11

This Constitution shall outline the Governance of the Valley High School Hockey League (from hereby will be referred to as the League) and shall provide guidance in the form of Operations Manuals for both the Boys and Girls division within the League. All regulations of the Nova Scotia School Athletics Federation (NSSAF), Hockey Nova Scotia (HNS), and Hockey Canada (HC) will apply to League games. Where conflict arises the NSSAF Regulation will apply. The League reserves the right to apply Supplemental Regulations by agreement of a majority of voting members and approval by the VSHSL and NSSAF.

Article 1 – Name and membership:

The name of the League shall be the Valley High School Hockey League (VSHSL) and shall consist of any High School hockey team that resides in the Western Region, as defined by NSSAF, which meets the criteria established in this constitution for any given year.

Article 2 – Membership Criteria

- a) **Members** – All schools that reside in the Western Region are eligible to participate as long as they remain in good standing from the previous years' play. Any team that was suspended or failed to meet their League commitments in the previous year shall be placed on probation for the following year. If the team again fails to meet League commitments while on probation the team will be suspended and will have to re-apply before being accepted in to the League again.
- b) **League Commitments** – Teams are responsible to attend all League meetings with at least one staff member (coach and/or manager) and attendance at the League banquet is very much expected. Teams are required to complete all League games as scheduled and any changes must go through their respective scheduler, if any games cannot be completed it must be identified as soon as possible. Game results and reporting requirements are identified in the Division Manuals. Teams are responsible to conduct themselves in a respectable manner. All rules and conduct that is expected at any school activity applies and any unacceptable behavior will be reported to the school where disciplinary actions may occur. The League also has the right to suspend players or coaches for unacceptable behavior.
- c) **Leave of Absence** – Teams may request a one year leave of absence from the League without having to re-apply for reinstatement to the League. The request must be made to the League president no later than the second Friday of September of the year in which a leave is to be granted.
- d) **Application** – Application for entry to the League must be received by the League president by the second Friday in September of the year of entry. This must be signed by the Athletic Director or Principal of the school. A member of the applying team must be present at the September organizational meeting.
- e) **Performance Bond** – Each new team accepted to the League will pay a \$1000 performance bond before the start of the League play. As well teams that are placed on probation will also be required to pay a \$1000 performance bond for the year that they are on probation. This performance bond will be refunded at the completion of the season if all games have been played to the satisfaction of the League executive.

Article 3 – Executive

- a) The League shall consist of the following executive positions:
- i. **President** – primary duty is the administrative duties associated with the running of the League and chairing meetings pertaining to both divisions.
 - ii. **Vice President Boys** – oversees the running of the Boys division and chairs meetings pertaining to the Boys division. Responsible for the scheduling of all Boy’s league games if not assigned (see Boys manual)
 - iii. **Vice President Girls** – oversees the running of the Girls division and chairs meetings pertaining to the Girls division. Responsible for the scheduling of all Girls league games if not assigned (see Girls manual)
 - iv. **Treasurer** – collection of fees to start season and shall keep a record of all moneys received and disbursed. Provide a financial update for the fall and spring meetings and determine yearly League fees.
 - v. **Referee-In-Chief** – only executive not voted in by members, position is appointed by the referees. Oversees the administration of all referees. Assignment of referees and linesmen can be distributed between the various hockey districts as determined by the referee memberships. Responsible for ordering new game sheets for all the teams for the year.
 - vi. **Disciplinarian** – responsible for the collection of incident reports that are forwarded by the game referee. The disciplinarian will then determine suspensions based on NSSAF, HNS and HC rules. They will forward notification of any suspension to the appropriate principal of the schools involved and to each team in the league. A comprehensive list of all League suspensions for the year must be maintained and made available to all teams.
- b) The League will also have the following non-voting positions to help with the administration of the League
- i. **Secretary** – responsible for keeping a record of all League meetings and any additional vote results that may occur outside of League meetings. Also will act as Presiding Officer for votes. They will tally the vote count and in the event of a secret vote will add up the votes and report results.
 - ii. **Webmaster** – administration of the League Website
 - iii. **Statistician** – keeping a record of all League games and statistics reported to them by the team.
- c) **Voting** – All executive will vote and the secretary will record the results. As well each team shall have a vote on all matters that pertain to the League. Simple majority vote shall be the criterion for decisions with a quorum of 50% of the members present. The President will vote and break a tie if necessary. A member must be present and in good standing to place a vote; there will be no proxy votes entertained. There may be instances outside of the League meetings where a vote is required but members might not be able to gather for a meeting due to time constraints. In these instances the President can request an email vote of all members, in these cases members shall reply to the secretary only. The secretary shall keep a copy of all replies in the event of a request to confirm the vote tally, if such request is made a meeting shall be called to confirm the vote and if necessary another vote be taken in person.

Article 4 – Meetings

As a minimum the League will schedule the following meetings:

- a) **Organizational meeting** – Second week in September. First meeting of new season, all teams that intend to play must attend. First part of meeting chaired by League President and will deal with administrative details pertaining to both divisions including election of any vacant executive positions. After administrative and other items are covered the two divisions will separate for individual boys and girls Division meetings which are chaired by their respective coordinators. Divisional meetings will deal with specific items for each division including scheduling and changes to their Operating Manuals.
- b) **Scheduling meeting** – first week of October if needed. If scheduling issues are resolved at the Organizational meeting this can be cancelled. This meeting is chaired by the respective Division Vice presidents who will determine if a meeting is required.
- c) **Mid-Season meeting** – usually held during the All-star game this meeting will update and deal with any in season issues. Each division can hold their own separate meeting that will deal with division specific items such as league games and playoffs.
- d) **End of Year meeting** – first week in March. General meeting of entire League chaired by the president with primary duty of voting in new executive. Also should be the primary meeting to discuss or make amendments to the Constitution. Immediately after, each division shall hold a meeting to discuss division issues including planning end of year banquet and awards. Divisional meeting should be the primary meeting to make amendments to each respective Operating Manual, chaired by the incoming Vice president.

Article 5 – League Fee

A league fee must be paid by each member team. The fee will be determined at the September Organizational meeting.

Article 6 – Player Eligibility

- a) **Academic Registration Requirement** – Players must be registered in a minimum of five (5) courses per term, two (2) in semester schools. (NSSAF)
- b) **Adding Players to Team** – Any player added to the team during the year must be verified as eligible by the Principal prior to any participation in a League game. (NSSAF)
- c) **Age Restrictions** – Players must not be nineteen (19) years of age prior to September 30. This means that if they are nineteen (19) on September 30 they are ineligible for any school sport. (NSSAF)
- d) **Participation Eligibility** – Players are eligible to participate in school sports for a period of three (3) years starting in Grade 10. (NSSAF). See NSSAF handbook for exceptions. Note: eligibility starts in Grade 10 whether a student plays a sport or not.
- e) **Transfer from One School to Another** – Players transferring from one school to another are subject to the NSSAF transfer rules. (NSSAF) (See NSSAF Handbook)

Article 7 – Interaction with Other Leagues

- a) A player under suspension from another league shall not be added to a team roster without the permission of the Valley High School Hockey League.
- b) Players who participate in AAA Midget or Junior A/B/C Hockey after January 1 are ineligible as High School players. Players signing Midget AAA Major Hockey Nova Scotia cards are not eligible until they obtain their official release from Hockey Nova Scotia. (Boys Division only)
- c) Female players who participate in AAA Midget are eligible to play in the VSHSL Girls Division
- d) Players who are playing Division II and III High School hockey shall be permitted to register in Minor Hockey at a level no lower than B. Division I High School players shall only be permitted to register at a Minor Hockey at a level no lower than AA. (HNS Reg 2.37 a & b)
- e) NSSAF sanction forms must be completed for any team competing with teams that are not members of the NSSAF. This is especially important when traveling out of the province. Forms are available from your Principal or the NSSAF and VSHSL Websites.

Article 8 – Protests/Disputes

All protests must go through their respective school Principal who will decide if a disciplinary decision should or could be reversed. NSSAF Handbook Regulation 10 provides more details for Protests and Appeals and should be referenced. Any disputes should be referred to the League Executive, if it cannot be resolved at that level then it should be brought up to teams respective principals or Regional Director. If needed the next level would be NSSAF Executive Director.

Article 9 – Discipline and Suspensions

Note: All suspensions listed have been extracted from the NSSAF Handbook, HNS Regulations or Hockey Canada. In some cases suspension lengths can be increased by League rules agreed to by members but at no time can they be reduced below the NSSAF rules. Further more detailed descriptions on suspensions can be found on the HNS website under Discipline and Minimum Suspensions or the NSSAF Handbook.

- a) **Fighting: Intent to Injure penalties (including fighting accumulate over High School eligibility.**
 - i. First Fight - Suspended from that game plus 5 additional games (NSSAF)
 - ii. Second Fight –10 additional games
 - iii. Third Fight – Removal from school sport. (NSSAF)
 - iv. Willingness to Fight - Player drops their gloves, demonstrating a willingness to be an active participant in a fight, will be assessed a game misconduct. (VSHSL 2002)
 - v. The **Instigator** of the fight will receive an additional 3 game suspension; The **Aggressor** in the fight will receive an additional 3 game suspension.

- vi. A player that is assessed a penalty for fighting in a situation where their opponent in the fight received an instigator penalty (in addition to a fighting major) may appeal the length of their suspension to the executive director.
- b) **Checking from Behind:**
- i. **Minor Penalty** – 1st Offence - Banished from the game + two games.
 - ii. 2nd Offence - Banished from the game + three additional games
 - iii. 3rd Offence – Indefinite suspension
 - iv. **Major Penalty** – 1st Offence - Suspended from the game being played plus three (3) additional games.
 - v. 2nd Offence - four (4) additional games.
 - vi. 3rd Offence – Indefinite Suspension
- c) **Checking to the Head (Major):**
- i. 1st Offence - Suspended from the game being played plus 2 additional games.
 - ii. 2nd Offence - 4 additional games.
 - iii. 3rd Offence – Indefinite Suspension
- d) **Boarding (Major):**
- i. 1st Offence - 2 games.
 - ii. 2nd Offence - 4 games.
 - iii. 3rd Offence – Indefinite Suspension
- e) **Profanity:**
- i. 1st Offence - suspension for the rest of the game, plus the entire next game.
 - ii. 2nd Offence - suspension for the rest of the game, plus the next two games.
- f) **Match Penalty:** Any Match Penalty involving contact is considered as an attempt to injure. (VHSHL). Intent to injure penalties accumulate over High School eligibility (NSSAF 11.2.3)
- i. 1st Offence – minimum 5 games
 - ii. 2nd Offence – minimum 10 games
 - iii. 3rd Offence – Removal from school sport.
- g) **Gross Misconduct:** suspended immediately from further participation. This suspension shall be an indefinite suspension pending outcome of an investigation of the incident.
- h) **Game Misconduct:**
- i. Rest of game, plus one game. Assessed in last ten (10) minutes of play – ejection from that game plus two (2) additional games.
 - ii. Any player accumulating two (2) misconducts in one contest will result in a game misconduct being awarded. (Hockey Canada)
 - iii. Any **Coach** ejected from a game must serve a minimum suspension of two games. A suspended coach shall not perform any function associated with his/her coaching duties on the day(s) of competition nor have any sport related contact with team members or assistant coach(es) on the day(s) of competition. A second game ejection in the same sport season shall result in a minimum four game suspension. A third ejection in the same sport

season shall result in an indefinite suspension and report to the appropriate NSSAF representative for investigation and action.

- i) **Objectionable Behavior or Language:** Objectionable Language/behaviour with respect to race relations, cross-cultural understanding and human rights shall result in game ejection and an indefinite suspension pending the outcome of an investigation in consultation with RCH Board Representative of the NSSAF.
- j) **Physical Abuse of Official (NSSAF 11.2.1):**
 - i. Incidental touch, hold, or push of an official. Minimum 5 games, Maximum remainder of sport season.
 - ii. Deliberate attempt to strike, trip, or contact an official in an aggressive manner. - Minimum remainder of sport season. Maximum removal from all interscholastic sport.

NOTE: (NSSAF 11.2.11) Student athletes reported for Physical Abuse of an official shall be suspended immediately from further participation. This suspension shall be an indefinite suspension pending outcome of an investigation of the incident. The investigation shall be conducted by the Executive Director. Member schools shall have the right to protest or appeal the decision to the Board of Governors. This protest or appeal must be initiated by the principal of the member school directly impacted.

- k) **Verbal Abuse of Official (NSSAF 11.2.2):**
 - i. 1st Offence - minimum 5 game suspension;
 - ii. 2nd Offence – remainder of sport season.
- l) **Five Minor Penalties:** A player receiving five (5) minor penalties will be banished from the game.
- m) **Three Stick Penalties:** A player receiving three (3) stick infraction penalties will be banished from the game.
- n) **Major Penalty:** Any player or coach assigned a major penalty shall be assessed a Game Misconduct and sent to the dressing room. (Hockey Canada)
- o) **Attempt to Injure:**
 - i. First Offence - minimum three game suspension and report to appropriate agent;
 - ii. Second Offence - minimum remainder of sport season;
 - iii. Maximum one year suspension from all inter-scholastic sport.
- p) **Equipment:**
 - i. Players not wearing proper equipment, including throat protectors or chinstraps, during warm-up will be assessed a minor penalty for illegal equipment. (VHSHL)
 - ii. All coaches and volunteers must wear helmets when participating in on-ice activities.

Note: Suspensions must be served in meaningful school games. Meaningful games are regularly scheduled school games, sanctioned school tournament games and pre- approved school exhibition games verified in writing by the Regional Director. Exhibition games approved after a suspension has occurred will not count as meaningful games.

Note: Any player who receives a penalty that results in a suspension will be included in a VHSHL incident report. It is the responsibility of the game referee to contact the league disciplinarian within twenty-four (24) hours of the game completion to report the infraction. A

link to the “Officials Game Incident Report” along with contact information for the Disciplinarian can be found on the League Website under Document Depot.

Note: A 10 minute misconduct at any point in the game is served during that game. No banishment from the following game will occur.

Article 10 – Scheduling

- a) It is the responsibility of the Vice President of each division to schedule league games within their division. They can do it themselves or appoint a Scheduler for their division.
- b) All teams are responsible to provide, to the scheduler, a list of their home ice times, any tournaments they will host or attend and any other times that they are unable to play during the year. This list shall be made available no later than the Organization Meeting in September, if further issues need to be resolved a formal Scheduling Meeting can be called and it will be up to each individual Division to determine if such a meeting is needed.
- c) Scheduled games that cannot be played at scheduled times must be re-scheduled as soon as possible. Last minute changes to the schedule leaving the host team with unused ice are unacceptable. A team that cancels a game on the day of a game may be held accountable for the cost of any ice or officials that cannot be cancelled; this does not include games cancelled due to inclement weather.
- d) Teams must make an effort to play all games as scheduled; these games will be used for seeding purposes for play in the NSSAF Regional Tournament. It is recognized that there are times that a team may need to cancel a game due to other commitments; however, teams must take in to account the other teams schedule as well and plan accordingly. If a team wishes to enter a tournament other than what was specified at the planning meeting they must reschedule any cancelled games prior to entering the tournament. Both teams must be in agreement for any rescheduled games to ensure that both teams can meet the new schedule; any disputes should be brought to the scheduler or Vice President of the division if they are unable to be resolved between the teams.

Article 11 – All-Star Game

- a) In January, an All-Star Game will be held to showcase the student athletes. The Girls Division will play a game before the Boys Division. Normally the teams will be divided into either East and West Divisions or North and South divisions depending on the make-up of the league in a given year. Each division, Boys and Girls, will make a decision before 01 December on how the teams will be divided. The Operating Manuals of each respective Division will outline in more detail on what each team will contribute to the all-star teams
- b) **Location** – the desire is to rotate the All-Star each year and the host team should be appointed at the Organizational Meeting in September. If no school volunteers at that time the President will continue to solicit teams and can appoint one after the season starts. It is preferred if the host location has a team in both the boys and girls division but this is not mandatory and all teams are encouraged to host from time to time.
- c) **Responsibilities** – it is the responsibility of the host team(s) to secure sufficient ice time to conduct both games (3 X 15 mins with flood after 2nd). Hosts are responsible for the cost of the ice, programs and any awards presented. Awards should consist of a minimum

of an Offensive and Defensive player of the game for both teams and a maximum of a Player of the game for each League team represented at the game (i.e. Digby Player of the game, CK player, NKEC player etc.) The League will purchase T-shirts for all participants and will solicit for Officials for volunteers; however, if no volunteers can be found the host team will be responsible for the cost of the officials. Host teams can charge admission, run a 50/50 or any other fundraiser they wish to help offset the costs. The use of sponsors is also welcome but must follow NSSAF rules.

Article 12 – League Banquet

After the Provincial Tournament the League hosts a banquet for both the Boys and Girls divisions. It is the responsibility of the Vice President of each division to organize their event. It is the responsibility of each individual team to pay for their meals; the League will pay for the Executive meals. After a sit-down meal, and a guest speaker (if one has been chosen), the awards will be given out. The individual team awards will be given out first (team MVP and/or Coaches award), followed by the Girls and Boys Division Awards. A description of each Division Award can be found in the appropriate Division Manual. The individual team awards are chosen by the coaches and awarded by them to their own team and the League executive will award the Divisional Awards.

Article 13 – League Playoffs

At the end of the regular season, and before Regional qualifying or tournament games are played, there will be a four team playoff to determine the League Champion for the year. The top seed will have the option to host the games or they can be played over several days but a one day 1st vs 4th and 2nd vs 3rd format would be preferred with the winners playing a single game to determine the championship. Costs for the games will be shared by all teams and any money raised by the host team will be used to cover the costs of the games with any profit kept by the host team. The format for determining the teams is as follows:

- a) **Single division** – top four teams will qualify for playoffs;
- b) **Two divisions** – top two teams from each division, the team with the top points in either division will be the 1st seed with the other division winner the 2nd seed. The 3rd and 4th seeds will be determined by whichever remaining team has the most points.
- c) **Three divisions** – top team from each division with the seeds determined by whoever has the most points. The 4th seed will be the team with the most points out of the remaining teams.
- d) **Tiebreakers** – tiebreakers for teams tied in points will be as followed:
 - i. Head to head meetings between the two teams tied;
 - ii. Goals for minus goals against;
 - iii. Least goals allowed;
 - iv. Most goals scored;
 - v. Least penalized team
 - vi. Flip a coin

ANNEX A to VSHSL Constitution

Boys Division Operating Manual

The following rules are specific to the VSHSL Boys Division and can be amended at any general meeting with a simple majority vote but at no time can they change NSSAF or HNS rules.

Executive

1. Vice President Boys is overall in charge and responsible for the Boys Division. They will chair any division specific meeting and shall coordinate and oversee the running of the league.
2. A Secretary and Scheduler can be appointed to help with the administration of the Division but do not vote on any division issues
3. Voting – Each team has one vote in deciding any item or topic, the Vice President Boys Division will vote and break a tie if necessary.

Dispute Resolution/Protests

If during the course of the year team or teams have a dispute or concern it should be brought to the attention of the Vice President who will decide if further action is required. If it is an item that has impact on all teams a vote can be called but if it only involves one or two teams. The Vice President can try to resolve it locally but if needed they will bring it up to the League Executive for discussion and resolution.

Games

1. Start of Season – NSSAF regulations state that season play may not begin until the second Friday of October. (NSSAF)
2. League Game Admission – Student/Adult - \$5.00. Under 12 years old – Free.

Clock

1. All games will be three (3) twenty (20) minute stop time periods with a flood after every period.
2. If, after the midpoint of the 2nd period and mutual agreement of the two coaches prior to the start of the game, an eight (8) goal difference in score exists, the game clock shall go to running time. If the goal spread becomes seven (7) or less, the clock will revert to stop time on one (1) occasion. Subsequent eight goal spreads will require running time for the duration of the game.
3. After a spread of five (5) goals between teams at any time in the third period the clock will go straight time. If the goal spread becomes four (4) or less, the clock will revert to stop time on one (1) occasion. Subsequent five goal spreads will require running time for the duration of the game.
4. During running time, penalty assessment will be as follows: two (2) minute penalties during stop time will be assessed a three (3) minutes running time penalties; five (5) minute stop time penalties will be assessed as three (7) minute running time penalties; and ten (10) stop time penalties will be assessed as ten (10) running time penalties.

Overtime

1. If the game is tied at the end of regulation time a 5-minute sudden death stop time period with 4 skaters will then occur.
2. If a penalty occurs the teams will play 4 on 3 and if two penalties occur they will play 5 on 3.
3. Any player in the penalty box at the end of the OT is ineligible for the shootout. Goalies will remain in the same end they used in the OT period.
4. A 3 minute break will occur between the end of regulation time and OT. At this time coaches are to identify to the referee the 3 players to be used in the shootout.
5. If the game is not ended after 3 shooters the coaches will select 3 OTHER shooters. From this point onward it will be sudden death for each pair of skaters.

Minor Officials

The home team must provide capable and impartial minor officials who are responsible for the clock and the game record. Minor officials must sign the game sheet at game completion.

Time Outs

1. Each team is permitted one 30 second time out per game. (HC Regulation)
2. The Referee will be given the authority to call a thirty (30) second time-out if he feels that a team or the game is getting out of control or deteriorating. At this time the referee shall advise the coaches to get their teams under control.

Centre Line

The center red line is removed other than for icing the puck.

Contact with Goalie

After the whistle, if an opposing player, in the opinion of the Referee, purposely comes in contact with the goalie's body, stick, or sprays snow on same, the face-off is to be moved outside the blue line.

Face Off in Offending Teams' Zone

When a penalty occurs that the resulting faceoff take place in the offending team's zone.

Officials

The 4 person refereeing system should be used if at all possible. If, due to referee shortages, only a 3 man system can be used, the Referee-In-Chief shall inform both coaches as soon as possible. All league play-off games shall use the 4 person system.

Number of Players

Each team can dress 20 players provided 2 are goaltenders; if one goaltender is dressed the maximum number dressed is 19. During NSSAF play-offs each team must dress a minimum of 13 skaters and 2 goaltenders. (NSSAF)

First Aid

Teams must make every effort to ensure appropriately trained first aid personnel are at each game.

Pucks

1. The home team will make every effort to provide frozen pucks for all league games.
2. The home team will supply at least twenty (20) regulation practice pucks for the visiting team's warm-up.

Incident Reports

It is the responsibility of the game referee to complete an incident report if needed and forward to league disciplinarian. See suspension notes.

Jerseys

Home teams must resolve problems associated with jersey colours.

National Anthem

The National Anthem may be played before games at the discretion of the home team.

Security

Security will be the responsibility of the home team.

Score Sheets

Score sheets are provided by the VSHSL and are the responsibility of the home team. Score sheets must be legible with all categories completed.

Statistics

A copy of the game summary must be forwarded to the league statistician as soon after game completion as possible. The simplest method is to scan or fax a copy of the game sheet to the League statistician as soon as you can. Game scores only must be forwarded to the League Webpage within twenty-four (24) hours of game completion; as well teams are encouraged to write a brief summary of the game and send to the webmaster who will post in immediately. Original white copies of the game sheets **MUST** be mailed to the league statistician within two weeks of game completion. Individual player stats will be determined through the website stats program. Team managers/coaches are asked to check goalie stats before submitting game sheets to make sure they have been entered properly.

All-Star game

The boy's all-star game is either an East vs. West or North vs. South format depending on the make-up of the league that year. Prior to Christmas break the format and the number of skaters from each team will be decided by the League Executive. A goalie from each team, who the coach feels is of all-star quality, can be nominated. The coaches will vote on which 3 goalies/team will be represented at the game. The coaching staff will be from the two highest ranked teams in each division. The following is a breakdown of possible team composition for different scenarios in all scenarios there will be 3 goalies/team.

1. 8 team League – 4 skaters/team for a total of 16 skaters
2. 9 team League – 4 skaters from the teams made up from 4 League teams and 3 from the teams made up from 5 League teams. 16 skaters vs 15 skaters
3. 10 team League – 3 skaters/team for a total of 15 skaters on each side

4. 11 team League – 3 skaters/team from the team made up from 6 League teams (12 forwards and 6 defence) for a total of 18 skaters. The team made from 5 League teams will contribute 3 each or 15 skaters total.
5. 12 team League – 3 skaters/team for a total of 18 skaters/team (12 forwards and 6 defence)
6. 13 team League – 6 team division will contribute 3/team (12 forwards and 6 defence), the 7 team division will contribute 2/team with the top 4 contributing an extra skater, 18 skaters.
7. 14 team League – 2 skaters/team and an extra skater from the top 4 in each division for a total of 18 skaters/team.

ANNEX A to VSHSL Constitution

Girls Division Operating Manual

The following rules are specific to the VSHSL Girls Division and can be amended at any general meeting with a simple majority vote but at no time can they change NSSAF or HNS rules.

Executive

1. Vice President Girls is overall in charge and responsible for the Girls Division. They will chair any division specific meeting and shall coordinate and oversee the running of the league.
2. A Secretary and Scheduler can be appointed to help with the administration of the Division but do not vote on any division issues
3. Voting – Each team has one vote in deciding any item or topic, the Vice President Girls Division will be break any tie.
4. Directors ????

Dispute Resolution/Protests

If during the course of the year team or teams have a dispute or concern it should be brought to the attention of the Vice President who will decide if further action is required. If it is an item that has impact on all teams a vote can be called but if it only involves one or two teams. The Vice President can try to resolve it locally but if needed they will bring it up to the League Executive for discussion and resolution.

Games

1. Start of Season – NSSAF regulations state that season play may not begin until the second Friday of October. (NSSAF)
2. League Game Admission – it is up to each individual team to decide if they wish to charge admission but if they do they cannot charge more than \$4 for adults and under 12 years old free.

Clock

1. All games will be three (3) fifteen (15) minute stop time periods.
2. After a spread of five (5) goals between teams at any time in the third period the clock will go straight time. If the goal spread becomes four (4) or less, the clock will revert to stop time on one (1) occasion. Subsequent five goal spreads will require running time for the duration of the game.
3. During running time, penalty assessment will be as follows: two (2) minute penalties during stop time will be assessed a three (3) minutes running time penalties; five (5) minute stop time penalties will be assessed as three (7) minute running time penalties; and ten (10) stop time penalties will be assessed as ten (10) running time penalties.

Overtime

1. If the game is tied at the end of regulation time a 5-minute sudden death stop time period with 4 skaters will then occur.

2. If a penalty occurs the teams will play 4 on 3 and if two penalties occur they will play 5 on 3.
3. Any player in the penalty box at the end of the OT is ineligible for the shootout. Goalies will remain in the same end they used in the OT period.
4. A 3 minute break will occur between the end of regulation time and OT. At this time coaches are to identify to the referee the 3 players to be used in the shootout.
5. If the game is not ended after 3 shooters the coaches will select 3 OTHER shooters. From this point onward it will be sudden death for each pair of skaters.

Minor Officials

The home team must provide capable and impartial minor officials who are responsible for the clock and the game record. Minor officials must sign the game sheet at game completion.

Time Outs

1. Each team is permitted one 30 second time out per game. (HC Regulation)
2. The Referee will be given the authority to call a thirty (30) second time-out if he feels that a team or the game is getting out of control or deteriorating. At this time the referee shall advise the coaches to get their teams under control.

Centre Line

The center red line is removed other than for icing the puck.

Contact with Goalie

After the whistle, if an opposing player, in the opinion of the Referee, purposely comes in contact with the goalie's body, stick, or sprays snow on same, the face-off is to be moved outside the blue line.

Face Off in Offending Teams' Zone

When a penalty occurs that the resulting faceoff take place in the offending team's zone.

Number of Players

Each team can dress 20 players provided 2 are goaltenders; if one goaltender is dressed the maximum number dressed is 19. During NSSAF play-offs each team must dress a minimum of 9 skaters and 1 goaltender. (NSSAF)

First Aid

Teams must make every effort to ensure appropriately trained first aid personnel are at each game.

Pucks

1. The home team will make every effort to provide frozen pucks for all league games.
2. The home team will supply at least twenty (20) regulation practice pucks for the visiting team's warm-up.

Incident Reports

It is the responsibility of the game referee to complete an incident report if needed and forward to league disciplinarian. See suspension notes.

Jerseys

Home teams must resolve problems associated with jersey colours.

National Anthem

The National Anthem may be played before games at the discretion of the home team.

Security

Security will be the responsibility of the home team.

Score Sheets

Score sheets are provided by the VSHL and are the responsibility of the home team. Score sheets must be legible with all categories completed.

Statistics

A copy of the game summary must be forwarded to the league statistician as soon after game completion as possible. The simplest method is to scan or fax a copy of the game sheet to the League statistician as soon as you can. Game scores only must be forwarded to the League Webpage within twenty-four (24) hours of game completion; as well teams are encouraged to write a brief summary of the game and send to the webmaster who will post in immediately. Original white copies of the game sheets **MUST** be mailed to the league statistician within two weeks of game completion. Individual player stats will be determined through the website stats program. Team managers/coaches are asked to check goalie stats before submitting game sheets to make sure they have been entered properly.

All-Star Game

Each coach will select their team all stars and forward the students name to the Vice President prior to the December school break. Depending on the number of teams in the league, each team will be able to select 4 (if an eight-team league) or 5 (if a six-team league) all-star skaters. If there are an odd number of teams in the league, the last-place team will submit 4 names, and these players will be split equally between the east and west teams. The maximum number of players will be twenty (including goaltenders).