

SPRING HOUSE LEAGUE

Welcome to the Spring House League. The concept of this SHL is to have a fun program with little pressure on all participants. This program is not a "win at all costs" league. The SHL promotes equal playing time against equal ability. Adhering to this basic principle has been instrumental in the success of this program for over 35 years.



There are no playoffs in the SHL. The final week of the season will be a "Positional Round" based on current standings. Trophies will be awarded to the conference champions within each division of the SHL.

However, as a SHL coach your focus should not be centered around winning a trophy. In today's game of amateur hockey, there are many leagues where the most talented players are center stage and pressure is placed on players and coaches alike. ***The SHL is not one of those leagues.*** Relax when you come to the rink. Enjoy the little successes that take place on your team throughout the season. Teach positive lessons and perform all coaching duties with dignity and respect for all players and participants. Remember, the players are watching and learning from your actions, both positive and negative. ***Keep this in mind and together we can enjoy another great SHL season!***

SHL GUIDELINES

-Coaches once you receive your team roster you must contact ALL players on the roster and inform the player of your name and phone number. You must also inform the players their team number, as well as the team's first ice session. All original SHL applications are on file with the rink secretary, Kathy at Holiday Rinks @ 685-3660

Tuesday-Friday 10am-2pm. Contact her if there is a problem getting in touch with a player. She will be able to check phone numbers and other contact information. ***Be careful to attend the correct rink!***

-All coaches must email complete roster, including jersey numbers and line ratings for all players on your team to markg@holidayrinks.com after your first practice. It is imperative that ALL coaches follow these instructions. NO EXCEPTIONS. Every team's roster will then be entered into the Point Streak system. This must be done by every coach after their first practice. Do not forget to include jersey number and line rating.

-Each coach should have a parents meeting. Introduce yourself and explain your coaching philosophy. Ask for any help you may need throughout the program, explain the league rules to the parents, listen to their expectations. SHL coaches are to instruct all players/parents that only the assigned head coach has authority to represent any given SHL team on league matters. All concerns of players/parents go to the coach. The coach brings them to the attention of the league.

The rink has meeting rooms that can be reserved through the Pro Shop. You may chose to simply use your locker room before/after practice. If you use the locker room for the meeting after practice, don't tie-up the room too long another team will be scheduled to use it for their ice session.

PLAYER RATINGS/LINES

In the next couple of weeks, each team has been assigned practice time. At this time you will be working with the players getting ready for the season. This is a very important time for all concerned. The rosters you were given list the players and how they were rated at the grading session. If a player did not make the grading session, he was still assigned to a team. This is shown on the roster as "N/R" which stands for not rated. It is the responsibility of every coach to see that his team is lined up properly. ***Every team must have a complete A and B line, using your top 10 players. Any vacancies that may occur must be on the C-Line.***

- ***The A- line should consist of the five best players on your team***
- ***The B- line should consist of the next five best players on your team***
- ***The C- line should consist of the remaining players on your team***

-The Goaltender is not considered part of any line. However, when a goaltender plays as a forward it is the coach's responsibility to honestly grade the skater as A, B or C and to place him on the correct line with the corresponding line tape. This player's rating must also be entered on the Point Streak scoresheet through markg@holidayrinks.com prior to being eligible to skate as a forward.

-Line tape has been furnished in all coaches' packages. This tape must be on the helmet (*on the front center just above the cage*) of every player on your team by the first game. Extra tape is available in both Pro Shops. This tape will identify players with their line. ***No switching of tape or helmets at any time. Any goal scored by a player with no tape on his helmet will be disallowed.*** You may re-evaluate a player and change his line after the first game and prior to the second game. Changes must be forwarded to: markg@holidayrinks.com upon completion of the first game. ***Line changes after this time, must be approved by the league commissioner.***

-Throughout the program, the commissioner may inform coaches of individual players that need to move up/down a line. Full compliance is expected. Coaches failing to make these changes will have the changes made for them by the league with ***Point Streak*** updates reflecting these changes.

-When a penalty is called the line that receives the penalty will serve the penalty. Penalties will carryover at the six-minute mark of the 3rd period until the end of the game. Coincident SHL penalties on any given shift results is both penalized players going to box *without* an immediate substitution.

-If a team is short players and the penalty is called on a player playing off his line (such as a C-line player playing on the B-line or a B-line player playing on the A-line) that player will be allowed to leave the penalty box to play on his line, then return to the penalty box to serve remainder of his penalty on the penalized line.

-All players do not attend all games. Because of this, we have to shift players around. Coaches are encouraged to communicate with each other prior to each game regarding game day rosters. ***Early in the season, Point Streak worksheets will be available in the Pro Shop for each team.*** Coaches are to use these sheets to indicate which players are in attendance for each game. Coaches are instructed to fill-out this worksheet and submit it to the scorekeeper prior to the game. The scorekeeper will input data showing who actually was present for a given game. ***When a team is short and forced to play***

skater(s) down a line this team's coach must inform opposing coach prior to the game. As in past years a gentleman's agreement between coaches, regarding rosters/lines prior to a game, will take precedence in any league ruling. Make sure the referee knows of any such agreement. No cancellations or make-up games. All games must be played. All games must start on time. The coach has the sole responsibility to make sure his players are on the correct line. I trust all concerned to be honest in their evaluation of their team and to play fair within the rules. ***Below is a simple breakdown of the league's expectations on which player can play on which line:***

A-LINE

A-line players cannot play on C-line. Teams that are short players on the B-line must use C-line players to complete the B-line. A-line can play defense, in the vicinity of the blue line on B-line only when teams are *very short*. If an A-liner is going to fill in on B-line because C-line players are unavailable, ***this team's coach must inform opposing coach prior to the game.*** A-liners cannot score on any line other than A-line.

B-LINE

B-line players can play up on A-line when A-line is short. They can also score on A-line. B-line players can play down to C-line only when C-line is short players on the bench. ***This team's coach must inform opposing coach prior to the game.*** They cannot score on the C-line and must play defense in the vicinity of the blue line.

C-LINE

C-line players can fill-in on and score on any line at any time.

****Any player appearing on the scoresheet without a line rating will not be eligible to score.*** ALL goals any unrated player may score will be disallowed. It is the coach's responsibility to be sure all players are correctly listed on the Point Streak scoresheet. A single game grace period regarding a player's line rating on the scoresheet will be granted to coaches of a player added to the roster by the league commissioner to fill a roster spot. The player's jersey number and line rating must be emailed to markg@holidayrinks.com following this player's first ice session and prior to his second ice session. This is the responsibility of the head coach of the team that the added player has joined.

-AGAIN PLEASE NOTE-All coaches must email complete roster, including jersey numbers and line ratings for all players on your team to markg@holidayrinks.com after their first practice. NO EXCEPTIONS. It is imperative that ALL coaches follow these instructions. Every team's roster will then be entered into the Point Streak system. This must be done by all coaches after their first practice. Do not forget to include jersey number and line rating.

GAME TIMES/LINE ORDER

Division 1: Three 10 ½-minute periods.

Start "C" Line; play in "C," "B," "A" line order

Each Shift is 90 seconds long

Division 2: Three 12-minute periods.

Start "C" Line; play in "C," "B," "A" line order

Division 3: Three 12-minute periods.

Start "C" Line; play in "C," "B," "A" line order

Each Shift is 90 seconds long

Division 4: Three 12-minute periods.

Start "C" Line; play in "C," "B," "A" line order

Division 5-6: Two 12-minute periods. One 14-minute period.

Start "A" line; play in "A," "B," "C" line order

SHL DIV2 COACHES- ALL GAMES TO BE PLAYED AS LAID-OUT BELOW. RINK STAFF HAS ADDED SHL DIV2 GUIDELINES TO SHL RULES ON OUR WEB PAGE.

***HAVE A GREAT SEASON IN THE 1ST-EVER ALL GIRLS SHL DIVISION!**

Division 2, 4, 5 and 6- 2-minute minor/5-minute major/10- minute misconduct.

**Checking is allowed in Division 5 and 6 ONLY.*

Note: Divisions 2, 4, 5, and 6 will feature 2 minutes per shift. The clock will stop for all line changes. NO changing on the FLY in the Spring House League. The SHL defines changing on the fly to mean any change of players on the ice taking place anytime prior to/or between the sounding of the horn signifying the end of any given shift.

Note: Divisions 4, 5, and 6 will feature 2 minutes per shift. The clock will stop for all line changes. NO changing on the FLY in the Spring House League. The SHL defines changing on the fly to mean any change of players on the ice taking place anytime prior to/or between the sounding of the horn signifying the end of any given shift.

PENALTIES

Divisions 1 and 3- 1½-minute minor/3-minute major/6-minute misconduct.

Division 4, 5 and 6- 2-minute minor/5-minute major/10- minute misconduct.

***Checking is allowed in Division 5 and 6 ONLY.**

-The referees are all certified USA hockey officials. *The referee is also the biggest variable in the game of hockey.* All players and team officials are expected to respect all on-ice officials. ***If a problem with an official arises during a game coaches are instructed not to confront the official.*** Remain calm without creating a scene at the rink. Following the game, an email to the league commissioner will serve to bring matters forward. This league will not tolerate any unprofessional antics in this area by ***any*** individual. It is your job to coach the team. It is the official's job to insure a good clean game. Your cooperation is needed in this area. ***Do not confront the referees or make a scene on the ice.***

****Any player who receives two game misconduct penalties will be suspended from the league without refund.***

ADDITIONAL RULES/DISCIPLINE

2011 NEW RULES*

(Coaches must inform players/parents of added/existing rules and of the resulting penalties for rule violations.)

****Any SHL DIV5 & SHL DIV6 player receiving three penalties in a SHL game will be removed from that game.***

****Any SHL DIV5 & SHL DIV6 player receiving three 10-minute misconduct penalties throughout the course of the season will receive a game misconduct penalty.***

****Any SHL DIV5 & SHL DIV6 player accumulating over 75 total penalty minutes throughout the season will be removed from the SHL.***

-The tie-breaker/positional formula used to establish positional games for all SHL teams shall be in order- ***POINTS, WINS, *HEAD-TO-HEAD, GOALS AGAINST*** throughout the SHL season. ***The POS1 vs POS2 game is the "Championship Game."*** The results of all other positional games have no bearing on the ***POS1 vs POS2*** game.

*-new rule

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-Any player or coach receiving a game misconduct will be suspended for an additional one game. Any player receiving two game misconduct penalties will be removed from the league.

-Fighting will not be tolerated in the SHL. Players engaging in fisticuffs will be ejected from the game and assessed a game misconduct penalty. ***Each player is automatically suspended for the next two games.*** If a team plays a player under suspension that team will forfeit the game and incur further discipline.

-Any SHL player who is assessed a match penalty will be removed for the remainder of the season, in addition to USA Hockey discipline.

-An ejected player or coach must proceed directly off the playing surface and directly to the dressing room. This individual is to have no further contact with either bench or interfere with the game in any manner. **Further discipline will follow for those who violate this rule.**

-There are no TIME-OUTS in SHL games.

-All SHL games are to be played to the conclusion. Any coach removing his team from the ice will face SHL suspension and the incident will also be forwarded to USA Hockey –Match 623-A/B.

-MERCY RULE- In Division 1 and 3 only, a team down by 4 goals in a game can place an extra skater on all shifts until the margin is 3 goals.

The SHL uses USA Hockey Rules and guidelines in addition to SHL rules.

-Any protest that is to be lodged must be e-mailed to the league commissioner by 4 pm on the Monday following the game in question. Failing to notify the commissioner within this time frame will result in dismissal of the protest. **Any coach failing to respond to the commissioner's inquiry regarding a protest in a timely manner will receive a negative ruling in said protest.**

- Only the league commissioner has the authority to move/add/delete players from SHL team rosters. All roster changes for any reason (injury, etc.) must be brought to the commissioner's attention via email.

-If both teams have the same color jerseys the **VISITING TEAM** will wear the pullovers. Pullovers are available in both Pro Shops.

-All coaches are required to wear a helmet when on the ice during all practices.

-The player's name is the only acceptable addition to the SHL jersey. Contact Ron at Holiday Rinks for team rates for name printing.

-If a player has a problem with a jersey size, direct this player to the Jeff at Leisure Rinks. He will do everything possible to see each player has a jersey that fits properly.

POINT STREAK/SCOREKEEPERS

-All SHL games will be recorded using the Point Streak score keeping system. The **Point Streak** scoresheet is the **official SHL scoresheet.** It is the coach's responsibility to check for accuracy. Each SHL coach is advised to check Points Streak scoresheets following each game. The rink will provide a scorekeeper and an electronic **Point Streak** scoresheet for all SHL games. Inform the Pro Shop prior to your game when a scorekeeper is not present. Individual player stats and team standings can be found on our rink website. Any statistical errors that may arise should be brought to the attention of the team coach. **The coach, only the team coach, should contact Mark at Holiday Rinks regarding any statistical changes.** Mark at Holiday Rinks has the sole authority to make **Point Streak** changes.

-Point Streak's recording of the "Winning Goalie." Point Streak credits the win to the goalie in goal at the time the winning goal was scored. This method cannot be adjusted.

-Sample scoresheets, blank scoresheets, and game-clock instructions have been placed in all coaches' packages. These sheets are to be used in the event that a scorekeeper fails to show for a given game. ***Completed scoresheets must be submitted to the Pro Shop.*** When holding your parent meeting, seek-out a few parents that may assist you when this situation arises. At least one parent from each team should assist. E-mail the league commissioner post game when a scorekeeper fails to show-up. ***All games must be played.***

-If the scorekeeper inadvertently fails to blow the horn to signify the end of a given shift. Any goal scored after the expiration of the allotted time for that shift shall be disallowed. Also, no time is to be added to the game clock in this situation. The next line is to take its place on the ice and the game shall continue.

SCHEDULES

-Throughout the program each team will be assigned practice/game times. These times are to be given to each player. ***It is the coaches' responsibility to inform their players of all ice times.*** Make sure all players know which rink to be at and at what time. Schedules are available in the lobby of both Leisure and Holiday Rinks and also at www.holidayrinks.com

-In an attempt to balance the league, it will be necessary to adjust the schedule later in the season. Each SHL division will be broken into conferences. The goal of these conference breakdowns is increased competition. It will be done to make sure the stronger teams play each other, while the weaker teams play teams of equal talent.

-Once the schedule is released there will be no changes. SHL teams with scheduling conflicts need to address these issues from within. All coaches are encouraged to assign one or two assistants. These assistant coaches should be used when head coaches are unable to attend a given ice session. Please choose assistant coaches that understand the philosophy of the SHL. Remember, it is your team and ultimately you are responsible for the way the team is handled. Paul at Leisure Rinks: paulg@holidayrinks.com, is the SHL scheduling coordinator. ***Any date that may cause future conflict must come to his attention prior to the schedule release.*** No exceptions. The rink runs numerous schools, clinics, and leagues throughout the summer. All these ice slots are interwoven in a complex schedule. There is no "easy" change once the schedule is released. ***Therefore, there will be no changes once the schedule is released.***

TIE-BREAKER/POSITIONAL GAME

-The tie-breaker/positional formula used to establish positional games for all SHL teams shall be in order- ***POINTS, WINS, HEAD-TO-HEAD, GOALS AGAINST*** throughout the SHL season. ***The POS1 vs POS2 game is the "Championship Game."*** The results of all other positional games have no bearing on the ***POS1 vs POS2*** game.

-All SHL positional games, except the positional game between **POS1 vs. POS2**, shall end with the expiration of regulation time in the third period. There shall be no overtime for these games.

-Regarding the positional game between POS1 vs. POS2. The winner of each SHL conference in each SHL division shall be determined by the **OVERALL POINTS** accumulated throughout the season. ***This may or may not be the winner of the final game!***

-If the divisional conference points totals are tied at the end of regulation play in the POS1 vs. POS2 game, a three-shift sudden-death overtime shall take place. This period of overtime shall feature a rotation of all three lines. Though SHL divisional rotation of lines varies from division to division, each overtime session will begin with the line that began the game.

-SHL POS1 vs. POS2 games that remained tied after this period of three-shift overtime shall be settled with a sudden-death shoot-out. Each team shall place their shooter at center ice back-to-back with opposing shooter. At the official's command, each player shall simultaneously proceed toward opposing goal attempting to score. The first team to score when the opposing team fails to do so shall be declared the winner. There is no minimum/maximum number of shooters. No repeat shooters.

SHL Contact Information

-Rink Website: www.holidayrinks.com for SHL Standings, Statistics and Schedules

-Holiday: 685-3660 Fax: 685-9684 **Leisure:** 675-8992 Fax: 675-8993

-Coaches Credits questions and concerns: Chris Roswell chris@holidayrinks.com or 675-8992

-SHL Jerseys: Jeff Dietrich jdietrich@holidayrinks.com or 675-8992

-Schedule Coordinator paulg@holidayrinks.com

-Payment questions (balances due etc): Kathy Sadowski ksadowski@holidayrinks.com or 685-3660

-Rosters should be turned in (and any questions) to: Mark Grundtisch markg@holidayrinks.com 685-3660

-Any League Issues: SHL Commissioner Tim Driscoll timdriscoll@holidayrinks.com

