



# Mitchell Meteors House League

## JUNIOR & SENIOR LEAGUE RULES



**RULE # 1 - the most important rule is for all the players to HAVE FUN!**

### Eligible Players:

Senior Division: Players of Pee Wee and Bantam age including the Boys Pee Wee AE team and Girls Pee Wee team. First year Midget overage players will be considered on an individual basis.  
Junior Division: Players of Novice and Atom age not playing travel hockey.

**Game and Practice Times:** Players should be ready at least 5 minutes before game time. Parents should vacate dressing room 5 minutes before game and not come in until 5 minutes after game, to allow coaches time to talk to the players. Every effort should be made by players to attend practices. Contact your coach if you can't attend a game or practice.

Senior Division: Thursdays 5:10pm, Saturdays rotating through 7:45am, 8:50am, 9:55am  
Practices: to be announced as ice time becomes available

Junior Division: Saturdays rotating through 7:45am, 8:50am, 9:55am

Practices: usually every other Sunday at either Mitchell or Monkton Arena. See JHL schedule.  
Check the Mitchell Minor Hockey web site regularly for schedule updates. [www.mitchellminorhockey.com](http://www.mitchellminorhockey.com)

**Game Format:** It is important that the games remain on schedule so if a game starts late it will be shortened to finish within the allotted time.

Senior Division: 54 minute games (3 - 18 minute periods). Shift change on 2 minute buzzer. Change on the fly for all three periods  
'A' line should play final shift of the game, therefore 'C' line starts game if playing with 3 lines, followed by 'B' then 'A'. 'A' line starts game if playing with 2 lines.

Junior Division: 48 minute games. Shift change on 2 minute buzzer. Face-off where play ended.  
'A' line should play final shift of the game, therefore 'B' line starts game followed by 'B' then 'A', whether playing with 2 or 3 lines.

**Lines:** Before game, coaches can decide on playing 3 on 3, 4 on 4, or 5 on 5. Each line can be different.

Equally rank players for an A, B, and C line to ensure players are playing against equally skilled players (eg: 12 skaters, 1 goalie = 4 A's, 4 B's, and 5 C's).

Opposing coaches must verify line-up before game and can request a change if so desired.

**Player Movement on Lines:** A higher ranked player cannot move down two lines and can only be utilized as a defenseman on the immediate lower line. A higher ranked player cannot score inside the top of the circles in the offensive end.

Coaches will help referees identify their own players playing on lower lines if they score when ineligible.

A lesser ranked player can move up lines with no restrictions.

**Goal Differential:** The maximum recorded goal differential on the scoreboard will be 5 goals. Coaches will encourage team play as opposed to individual player success.

**Player Trades:** After the first three games the convenor and coaches will meet to consider trades to ensure teams are equal.

**Referees:** Efforts will be made to pair an experienced referee with a less experienced referee. Please remember that these referees are also learning and support their efforts.

**Goaltenders:** The goaltender can be pulled in the final shift of Senior Division games only.

**Play of the Game:** A player will be selected from each team after the game and recognized for an outstanding play during the game. This player's name will appear in the Mitchell Advocate with the game report and Junior players will also receive a certificate of recognition.

**Hawks Day:** To be Determined

**Volunteer Opportunites:** There are many opportunities to earn the parent volunteer bond back and help ensure the league runs smoothly. Each team requires a Parent Rep to assist the coach in distributing information to parents, helpers at practices are needed on the ice, assistance with the final tournament and awards night is needed, etc. Please get involved to help make your child's season more enjoyable.

If you have any questions or concerns **please refer to RULE # 1** above or contact Bert J. Vorstenbosch, House League Coordinator at [bnjzev@quadro.net](mailto:bnjzev@quadro.net)