

HOCKEY

(BOYS AND GIRLS • ALL CLASSIFICATIONS)

A. SEASON 2010-11

First day of Season: October 18, 2010
Last Regular Season Contest Date: February 5, 2011

B. PRESEASON

No restrictions on students.

C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

D. GAME LIMITATIONS

A maximum of twenty-two (22) games exclusive of regional playoff and state tournament games.

E. CONFERENCES

All teams are assigned to conferences:

4A Conferences

- **Cook Inlet Conference:** Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, West
- **Northstar Conference:** Colony, Homer, Kenai, Palmer, Soldotna, Wasilla
- **Mid Alaska Conference:** Lathrop, North Pole, West Valley, Houston, Juneau-Douglas

1A-2A-3A Conferences

- **Greatland Conference:** Delta, Kenny Lake, Glennallen, Hutchison, Monroe Catholic, Su Valley, Tok, Tri-Valley

Conferences are responsible for setting guidelines for seeding into their respective season-ending conference tournaments. This includes whether conference participation is required for entrance into the state-qualifying tournament. Schools hosting a conference tournament are responsible for notifying ASAA of resulting qualifying teams in a timely manner.

F. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA prohibits students, who are members of a high school team, from competing as a member of a non-school comp. or junior hockey team beginning with the first day of high school practice until a school team has completed its season. The prohibition on competing on a non-school team will be lifted during Thanksgiving and Christmas vacations dates as they are determined by schools and districts. Although this rule does not restrict practice on a non-school team during the high school season, no student may

participate in a high school game on a day in which he/she has participated in a "comp" practice. (See item 12 of supplemental rules regarding penalty)

G. INDIVIDUAL PARTICIPATION LIMITATION

A player may participate in six (6) periods of play per day or two games and there must be a two (2) hour time lapse between the time the athlete played in the first game and the time he/she plays in the second game.

H. RULES

National Federation rules and state adopted supplemental rules (as outlined in this section) shall be followed.

In addition, ASAA adopted a Mercy Rule for hockey in May 2006. It states the following:

A running clock will be utilized when there is a point spread of 10 goals or more at the end of the second period or thereafter. Once begun, the running clock will be stopped only for team, official or injury time outs.

I. JAMBOREE

All players must have ten (10) separate days of practice prior to the day of the jamboree. Time against all teams during one day cannot exceed forty-eight (48) minute and time against each team cannot exceed twelve (12) minutes. Each team may play in no more than one jamboree each season. Jamborees do not count against the twenty-two (22) game limit.

J. FIRST NATIONAL CUP - 2011

1. DATE: February 10-11-12, 2011
2. SITE: Wasilla Sports Complex
3. STATE TOURNAMENT FORMAT
 - a. 4A Tournament Berths
 - Northstar Conference - 2 Berths
 - Cook Inlet Conference - 4 Berths
 - Mid Alaska Conference - 2 Berths
 - b. Greatland Tournament
 - Top four (4) teams in conference standings.
 - c. Type Elimination
 - The tournament is a single elimination with the first day winners competing in the "winners bracket" and the first day losing teams

HOCKEY continued

competing in the "consolation bracket." Teams losing two games are eliminated from the tournament.

d. 4A Bracketing

EVEN YEARS

Mid Alaska #1 vs. Cook Inlet #4
Cook Inlet #1 vs. North Star #2
Cook Inlet #2 vs. Mid Alaska #2
North Star #1 vs. Cook Inlet #3

ODD YEARS

Cook Inlet #1 vs. Mid Alaska #2
North Star #1 vs. Cook Inlet #4
Mid Alaska #1 vs. Cook Inlet #3
Cook Inlet #2 vs. North Star #2

e. Greatland Bracketing

Greatland #1 vs. Greatland # 4
Greatland #2 vs. Greatland # 3

4. AWARDS

- a. First National Cup traveling trophy
- b. First and second place team trophies in both tournaments.
- c. Twenty (20) individual medallions for each of the first and second place team members in both tournaments. One (1) medallion will be awarded for a team manager and one (1) medallion will be awarded for a coach in both tournaments.
- d. ALL TOURNAMENT TEAM-12 medallions will be awarded for outstanding tournament play in 4A and eight (8) medallions will be awarded for outstanding tournament play in Greatland.
- e. GOOD SPORT TEAM — two (2) players from each team will be honored for outstanding citizenship and sportsmanship demonstrated throughout the whole season, in both tournaments.
- f. ASAA SPORTSMANSHIP AWARD
- g. ACADEMIC AWARD for highest team GPA earned during the previous semester.
- h. SKILLS CONTEST - Winners of contest involving speed skating, shooting and goal tending skills will receive awards.

ASAA Supplemental Hockey Rules

Points of Emphasis

Developing citizenship should be the primary goal of interscholastic athletic and activity programs. While hockey is a sport that fosters a high level of emotion combined with speed and hard hitting, we must all strive to sponsor interscholastic programs that emphasize the highest level of sportsmanship that will reflect positively on the school, community and the sport.

In order to address the overriding goal of good sportsmanship and to assure all players are treated equally in situations that might warrant discipline supplemental to that afforded by National Federation rules, additional guidelines are needed. To that end, the following supplemental rules have been adopted by the ASAA Board of Directors.

Supplemental Rules

It is the intent of these supplements to the National Federation rules that suspensions will be served beginning with the next scheduled game at the level at which the violation occurred and that no suspended player is allowed to return to play until the suspension has been served.

School administrators should address repeated violations of poor sportsmanship at the school level. Whenever a player appears before the school administration, the coach is expected to accompany him/her.

1. A player receiving five (5) penalties in any one game will receive the following penalty:
 - first offense — removed for remainder of that game and for the next game and hold administrative review.
 - second offense — removed for remainder of that game and for the next two (2) games.
 - third offense — removed for the remainder of that game, and for the next three (3) games and a review before the school administration, before returning to play.
2. The school of a team receiving a total of fifteen (15) penalties in any one game will receive the following penalty:
 - first offense during season - \$250 fine

HOCKEY continued

- second offense during a season - \$500 fine
 - third offense during a season - \$1,500 fine
3. A player receiving a major penalty in the third period of a game will be removed for the remainder of that game and for the next game.
 4. A player receiving two (2) major penalties in any one (1) game will receive a game disqualification to be served at the next scheduled game.
 5. A player receiving a second game misconduct in a season will receive a one (1) game suspension to be served at the next scheduled game. An administrative review will be held.
 - A player receiving a third game misconduct in a season will receive a two (2) game suspension and will be required to attend a review before the school administration where further disciplinary measures will be determined, before returning to play.
 6. Game disqualification penalties are cumulative.
 - first disqualification in a season results in a one (1) game suspension, and an administrative review is held.
 - second disqualification in a season results in a three (3) game suspension.
 - third disqualification in a season results in a five (5) game suspension and a review before the school administration. Based on the results of its findings, the administration may suspend the offending player for the remainder of the season.
 7. A coach who receives a game misconduct will receive a one (1) game suspension to be served at the next scheduled game. An administrative review will be held.
 - A coach who receives a second game misconduct will receive a three (3) game suspension to be served at the next three (3) scheduled games.
 - A coach who receives a third game misconduct will receive a five (5) game suspension. *The employing school district should conduct an investigation into the coach's conduct.*
 8. When a player is penalized with a game misconduct, game disqualification or any other suspension in the last contest of the season, the school is advised of the incident and asked to take appropriate disciplinary action.
 9. ASAA provides a reporting form requiring game officials to report any major penalties, game misconduct, game disqualification or suspensions and the circumstances involved. At the end of the game, the game official is required to present the completed form to the officially designated school administrator who was present at the contest, and within twenty-four (24) hours, to the supervisor of officials.

Schools are required to send a copy of the report to the ASAA office as soon as possible. Contest officials must also report the penalties to the ASAA office within twenty-four (24) hours.
 10. Fighting in interscholastic activities is a serious offense. Since interscholastic activities are an extension of the school, schools should hold their students to the same behavior standards during interscholastic competition as they do at school.
 11. Each hockey playing school is required to keep a record of penalties requiring suspension and/or supplemental discipline. The record must be submitted to the tournament director before a school is permitted to participate in the state tournament. It is the school's responsibility to ensure that a player or coach who is suspended does not . . . participate.
 12. A student who dual-participates in violation of the non-school participation rule (see Item E) is considered ineligible for the remainder of the season and the school is subject to penalty under Article 12, Section 1 if the school or a member of its coaching staff knowingly permitted the student to play in a high school game after violating the dual participation rule.
 13. Each school should have a mandatory meeting with the hockey coaches at the beginning of the season to review rules and sportsmanship expectations.

ASAA Adopted Revision to NFHS Rule 2-4b (October 1999)

Rule 2-4b — "allow a warm-up time after the first and subsequent period intermissions. Warm-ups should limit each team to skate in their respective defending zones. Upon hearing a warning buzzer or whistle, each team shall proceed directly to their respective benches."

ASAA Adopted Officiating System (May 2004)

Officiating System - The ASAA Board of Directors adopted the 2 referee, one linesman officiating system for state tournaments in May 2004.

HOCKEY continued

ASAA Adopted Overtime Policy (May 2005)

All regular season games (non-tournament) shall adhere to NFHS Rule 6-38-a.

Following three complete periods of regular play, teams will take a 3 minute intermission, ends will not be changed, and the teams will continue play for a maximum of eight minutes (one overtime period). The team that scores first wins, and the game ends. If neither team scores, the game will be declared a tie. No shootouts are allowed in any regular season game.

For regular season invitational tournaments (not regional tournaments), the host school may provide a tie-breaking procedure. Any tie breaking procedure must be published prior to the beginning of that tournament and all teams must be notified. A shootout may be used as a tie-breaking procedure, but only after a minimum of one overtime period has been played.

All games in Regional and State Tournaments will be played as follows with the exception of the third and fourth place games at State in which no overtime period will be played.

- At end of regulation, one 8-minute overtime period will be played.
- If still tied, the ice will be resurfaced and the teams will play two overtime periods of 8 minutes each with a 3-minute break between periods.
- If still tied, the ice will be resurfaced again and the teams will continue to play in this pattern until a winner is decided.
- The team scoring the first goal is declared the winner.
- No shootouts are allowed in any regional or state tournament games.

HOCKEY - GIRLS (GIRLS • ALL CLASSIFICATIONS)

A. SEASON 2010-11

First Day of Season: October 18, 2010

Last Regular Season Contest Date: February 5, 2011

B. PRESEASON

No restrictions on students.

C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before her first day of competition.

D. MEET LIMITATIONS

A maximum of twenty-two (22) games exclusive of regional playoff games.

E. RULES

National Federation rules and state adopted supplemental rules are followed. ASAA Supplemental Rules and ASAA adopted policies are outlined beginning on page 76.

In addition, ASAA adopted a Mercy Rule for hockey in May 2006. It states the following:

A running clock will be utilized when there is a point spread of 10 goals or more at the end of the second period or thereafter. Once begun, the running clock will be stopped only for team, official or injury time outs.

F. CONFERENCES

Girls hockey teams are not currently categorized into conferences. Schools with girls hockey programs have been granted a waiver by ASAA to form co-op teams for a period of five years. Currently, these are the co-op teams:

- Dimond - West Anchorage
- Chugiak - Eagle River
- Service - East Anchorage
- South Anchorage - Bartlett
- Fairbanks Team
- Mat-Su Valley Team

G. STATE CHAMPIONSHIPS

There is not currently a state championship for girls hockey, because it is an emerging sport in Alaska.