



*Michigan Sting Hockey Club Hockey Club
(MSHC)
League Format and Rules*

1. League Format
 - a. League Mission:
 - i. We want all Michigan Sting Hockey Club players to enjoy the competitiveness of the sport and to play in a safe environment. The league will be financially solvent while providing sportsmanship, camaraderie, and competitive hockey.
 - b. League Administration
 - i. The league has a board of directors to manage the league. The board is in place to ensure the health of the league. The board consists of the following positions:
 1. President
 2. Vice President (VP)
 3. Chief Operating Officer (COO)
 4. Secretary
 5. Treasurer
 6. Director A-League Commissioner
 7. Director R-League Commissioner
 - c. A League – The A-League is our most competitive league featuring players seeking the highest level of competition.
 - i. Draft league.
 - ii. Higher skilled players aged 35 and above.
 - iii. The league provides substitute players (based on evaluation rating) for any player that cannot attend games.
 - iv. All games are recorded via LiveBarn and game film may be used to review player on ice actions.
 - d. R League – The R-League (Recreational) is our league for players that are seeking the comradery of team sport.
 - i. Draft league.
 - ii. Open skillset and open age group.
 - i. The league provides substitute players (based on evaluation rating) for any player that cannot attend games.
 - ii. All games are recorded via LiveBarn and game film may be used to review player on ice actions.
 - e. Optional Drop-In Skates



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- i. There are weekly organized Drop-In skates available for all players to participate.
 - 1. Tuesday evening skate
 - 2. Sunday morning skate
- ii. Players sign up for drop in skates in advance using the Michigan Sting Player Portal. <https://www.mistingplayers.net>
- f. League Draft
 - i. The Michigan Sting Hockey Club Hockey Club League is a draft league where teams are drafted and balanced to ensure the highest level of competition.
 - ii. All player skillsets are evaluated by league leaders and captains.
 - iii. Players desiring to enter the league must be evaluated prior to the draft. The Michigan Sting Hockey Club League has open skates, typically Tuesdays Sundays, to facilitate player ratings. Players desiring to enter the league can contact league leadership or utilize the Michigan Sting Hockey Club Portal website to sign up for open skates.
 - iv. Approximately 3 weeks before the start of each season, player ratings for current players are re-evaluated and new player ratings are established.
 - v. Substitute players are also re-evaluated at the draft to ensure player substitution compatibility.
- g. League Teams
 - i. The Michigan Sting Hockey Club Hockey League is a draft league. The draft format and player rating system is designed to ensure that all teams are equally competitive. All players are numerically rated based on their individual skills. League leaders and captains rate each player with a numerical value and that number is their rating for the season. The captains then use these numbers when drafting their individual teams and all teams are numerically balanced during the draft.
 - ii. There are 6 teams (Bruins, Canadians, Hawks, Sharks and Wings).
 - iii. Teams consist of 10 players and a goalie. (66 rostered players)
 - iv. Team jerseys are provided by the league.
 - 1. Jerseys are collected at the end of each season and redistributed for the coming season.
 - v. Team water bottles and beverage coolers are provided by the league.
 - vi. Substitute Players
 - 1. Captains submit substitution requirements list



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2. League Substitute Player Master reviews each captains substitute requirements list and provides a substitute player.
- h. League Games
- i. Each team plays 2 league games per week.
 - ii. League games are played back-to-back on Thursdays. Game 1 starts at 4:45pm, game 2 starts at 5:45pm.
 - iii. Games are 1 hour stop time. However, Troy arena does require a curfew clock for games that are running long.
 - iv. Game period length is 17 minutes stop time and there are 2 periods per game.
 1. Goalies/Players do not change ends.
 - v. Game sheets are entered into the league system online at the conclusion of each game.
 1. The league Schedule, Scoreboard, Standings, Scoring Leaders, Goalie Leaders, and Records are all tracked on the Michigan Sting Hockey Club League website.
- i. Championship Game Specific Rules
- i. Format for championship games
 1. Game Start Time: 5:00PM
 2. Game Duration: Three (3) fifteen (15) minute stop time periods.
 3. Goalies/Players do not change ends.
 4. Each team is allowed a single time-out at any point in the game.
 5. Prior to the start of the game, each team must provide the Scorekeeper their written selection of five (5) players in order to participate in a shoot out in the event of a tie.
 6. All USA Hockey Rules and Michigan Sting Hockey Club Policies and Guidelines will be in effect.
 - ii. Michigan Sting Hockey Club Championship Game Tie Breakers
 1. One (1) five (5) minute period of "sudden death" (first go ahead goal wins).
 2. Beginning with the home team's first shooter, one complete shoot-out rotation is to occur. This is made of five (5) pre-selected players from each team. At the end of five (5) alternating shots from each team, the team with the highest score wins. If a selected player is serving a penalty at the end of the overtime he is not eligible to shoot



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in the first round and a new player must be selected prior to the start of the shootout.

3. In the event of a tie after the five initial shooters, beginning with the home team, one (1) man from each team, in the next highest numerical jersey order is to participate in a one-man (each team) rotation until a go-ahead goal is scored. Shooters are not permitted to participate a second time until the entire bench has shot at which time, the rotation will proceed from the lowest to the highest jersey number and remain in numerical jersey number sequence until a winner has been determined.

j. League Seasons

i. Fall Season

1. There are 2 half seasons and then playoffs. Each half season is typically 24 games (12 weeks). Playoffs are typically 10 games where each team plays the other teams twice during the playoffs.
 - a. The first place team at the conclusion of the each half season receives 2 additional points for playoffs. This is a reward for placing first at the conclusion of the half season.
2. The top two teams at the completion of the playoff season will compete in the championship game.
3. Michigan Sting Hockey Club League Play-Off Tie Breakers
 - a. If teams are tied in points, the following shall serve as “tie-breaker” for the season:
 - i. Head-to-Head record between the tied teams
 - ii. Most Wins
 - iii. Most goals
 - iv. Least penalties
 - v. Coin toss

ii. Spring/Summer Season

1. The Spring/Summer season is typically 28 games (14 weeks). Playoffs are typically 10 games (5 weeks) where each team plays the other teams twice during the playoffs.
2. The first place team at the conclusion of the Spring/Summer season receives 2 additional points for playoffs. This is a reward for placing first at the conclusion of the season.



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3. The top two teams at the completion of the playoff season will compete in the championship game.
 4. Michigan Sting Hockey Club League Play-Off Tie Breakers
 - a. If teams are tied in points, the following shall serve as “tie-breaker” for the season:
 - i. Head-to-Head record between the tied teams
 - ii. Most Wins
 - iii. Most goals
 - iv. Least penalties
 - v. Coin toss
- k. Tournament Teams
- i. Any Sting member interested in Captaining a Sting team in Tournament play must fill out an application form. Captains submit request for league sponsored tournament to the board and must receive approval by the board prior to tournament entry.
 1. Tournament request form is in the Player Portal.
<https://www.mistingplayers.net>
 - ii. Tournament team captains are selected or approved by the Michigan Sting Hockey Club Board of Directors.
 - iii. Jerseys are tournament fees provided by Michigan Sting Hockey Club.
2. Michigan Sting Hockey Club League Specific Rules
- a. 3 penalty Rule:
 - i. Any player receiving 3 minor penalties during the course of a single game is immediately removed from that game. The player may be able to play in the second game. The decision on player penalty regarding game 2 play is at the referee’s discretion.
 - b. Curfew Clock Rule:
 - i. A player may be penalized for “Delay Of Game – Curfew Clock Rule”.
 - ii. The intent of this rule is to restore a reasonable scoring opportunity that has been lost by any player deliberately delaying the game at the end of the regulation where the curfew clock is in play. Example: player deliberately not lining up for face off or not following referee direction at the end of regulation to ensure game clock runs out in a close match.
 - iii. If the above conditions are met, the referee will call “Delay of Game” penalty against the player.



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1. There is an up to possible two game suspension and board review for further action.
2. If it happens at the end of game one, he is out for game two and maybe futher per board decision.
- ii-3.If there is one more penalty of this type a player could be not only suspended for a considerable amount of time but even potentially thrown out of the league per board decision without any refund.

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c. Policy for Injury Credit

- i. If a player is out for an extended period (4 weeks +) due to injury they are eligible for a credit for league play. It is the players responsibility to notify their captain and the league commissioner in writing for the total of weeks missed.
- ii. The MSHC will calculate the credits as follows: The first 3 weeks missed will not be eligible for refund. The credits will start the 4th week missed. (Example, if a player gets injured and it out for 7 weeks that player is eligible for a 4-week refund {\$15.00 per game or \$30.00 per week}).
- iii. Credits will be issued in the form of a paper check cut from MSHC and sent to the player. Players are responsible to provide a valid mailing address in the MI Sting Player Portal. Credits are only issued at the end of the season for the Spring/Summer season and the end of the first and last half of the Fall/Winter seasons.
- iv. Any other time missed over 4 weeks not due to injury is subject to MSHC management review and will be looked at as a case-by-case basis.