

HOCKEY ALL-STAR GUIDELINES

I. METRO CENTRAL INTRA-CONFERENCE

DATE: December 13, 2008 at West Meadows 3:30 pm to 8:30 pm

JV Game to Start at 3:30PM

Varsity Game 5:30PM

Varsity and Jr. Varsity Games & Team Selection

Purpose: Intra-conference games to showcase Metro Central top players selected by their coaches with the intent on selecting Conference Teams

A. Head Coaches determined by previous regular season teams finishing

Place	Varsity	Junior Varsity
1 st	Barrington	Barrington
2 nd	Prairie Ridge	Notre Dame
Alternate		
3 rd	Maine Township	Crystal Lake South
4 th	Notre Dame	Prairie Ridge

B. Teams divided in order of their winning percentage as of **NOVEMBER 30th**, and teams divided by standings odd and even. Teams can be adjusted to allow head coaches to coach the players on their team if necessary. Assistant coaches selected from next two teams as bench coaches to work with head coaches of odd and even teams.

C. Teams send players as follows by **NOVEMBER 22nd**:

VARSITY TEAMS			JUNIOR VARSITY TEAMS		
Top	5 teams send:	4 players (20)	Top	4 teams send:	4 players (16)
Middle	4 teams send:	3 players (12)	Middle	3 teams send:	3 players (12)
Lower	3 teams send:	3 players (9)	Lower	3 teams send:	3 players (12)
Total sent			Total sent		
41 players			40 players		
With teams to nominate their goalie And coaches to select 3 goalies per team					

D. Each team selects top **4** players and includes **1** alternate player for selection. Actual All Star players sent will be determined by standing; (See section B). Each team can nominate their goalie for All Star consideration. However, the All Star Coaches will select 3 goalies per team based on statistics and overall performance. All Star Coaches may contact other team coaches for additional input.

E. Each team president is responsible for completing and providing team selection sheets. Each team should provide information to Metro Central Secretary, Terry Brown, tbrown2@allstate.com by **November 22nd**. If sheet is not received team may not be fully represented. Secretary will provide list to Head Coaches who will add goalies to the team and return final list to Terry. The

Head Coach has the ability to adjust the team as need. At the discretion of the Metro Central Board additional players can be added. Instances include to provide adequate players at each position.

- F. Player notification should be completed by December 1st. Metro Central will forward final list to each team president who should notify their representatives. Players should bring both home and away jerseys to the game and arrive 45 minutes before game time. The JV game will consist of 3 14 minute periods. The Varsity game will consist of 3 20 minute periods.
- G. If a player is penalized during the game the ref will award a penalty shot instead of putting the player in the penalty box.
- H. If the game ends in a tie a shoot-out will determine the winner time permitting. The home team to select if shooting or defending first. Each coach will select 3 shooters and a goalie. After three rounds if the score is still tied the coaches will select an additional shooter and the shoot-out will continue on a round by round basis. The coach is allowed to substitute goalies during the shootout. If time does not permit a shoot-out the game will end in a tie.
- I. At least one coach from each team must attend the Intra-conference game to assist in selection of final conference team that will represent Metro Central in the METRO All Star Exhibition game. Coach will check-in with Metro Central representative to received game evaluation sheet. The sheet is to be completed and returned to Metro Central representative at end of the game. All decisions of final team to be made by both All Star head coaches.
- J. Metro Central will tabulate the evaluation sheet and provide the Head Coach with the results. The head coach will then select the Metro Central team that will play in the Metro All Star Exhibition (See II below). The head coach will advise Metro Central representative who will provide the final results to the team presidents. Each team president should advise their players of their selection and advise that the coach will call with further information. Players should be notified within 7 days of completion of the intra-conference game.
- K. If a selected player can not play in the All Star Game the team president must contract a Metro Central official a minimum of 72 hours before the game so a substitute player can be added to the roster. The Head Coach will have the final decision on selecting the substitute player.

II. METRO ALL STAR EXHIBITION

Varsity and Jr. Varsity Game and Team Selection

Purpose: Exhibition games to showcase Metro Central All-Star players in games against All-Star players from Metro North, Northwest, and West Divisions.

- A. Team selected from Metro Central Intra-conference game (Varsity & JV) with 20 players consisting of 12 forwards, 8 defense, and 3 goalies with 2 alternates. Each Metro Central team is to be represented by at least 1 skater from each club with the balance of the team chosen from the best players determined by the coaches.

- B. Metro Central's Coaches for the Metro All Star Exhibition games are to be both head coaches from our Metro Central's Intra-Conference game, and next 2 coaches determined by the winning percentage standings as of **November 30th**. All coaches are invited to participate in the practices.
 - a. **Insert next two Coaches Names here based on November 30th standings**
- C. Metro Central's team to have a minimum of **1** practice per team **if possible**, 1 before each game against other Metro Divisions.
- D. Metro will schedule Varsity and Junior Varsity home and away games for All-Star Sunday in January. (**January 25, 2009**) Rink and times to be determined.

III. Preparation and Responsibility

- A. All Metro Central Teams to share in the expense of the All-Star Practices and Games, including the cost of the ice, jerseys, programs, etc. Approximate cost of the All-Star teams to be presented to the Metro Central board at the January board meeting.
- B. All-Star Committee to be headed by chairperson determined each year by Metro Central board vote, and committee to be made up of at least one member from each program (could be the same for Varsity and JV). The All-Star Committee to be responsible for set-up, programs, decoration of rinks, collection of gate, and other necessities.