

## **AHAI HIGH SCHOOL COMMITTEE**

### **SEVEN-UP/SEVEN-DOWN RULE CLARIFICATION**

The intent of this rule has always been quite simple. It is designed to give Junior Varsity players the opportunity to play in Varsity games and thus allow them to develop against stronger competition and to build an organization for the following year at the Varsity level. It is also designed to give parity at the Junior Varsity level so that Junior Varsity programs will compete against similar Junior Varsity programs and thus continue to train younger players who will eventually become Varsity players.

Each **Organization** is responsible for keeping track of which players have participated at each level and to inform each player before they participate in that seventh (7<sup>th</sup>) league game so that there will be no misunderstanding.

There are two other points that should be noted regarding this rule. First, it is the intent of this rule to allow Junior Varsity players the opportunity to play at the Varsity level to gain experience. It is also the intent of this rule that the Varsity players that are frozen should be the team's best players. It is not the intent of this rule to have the better Varsity players playing in any Junior Varsity games. It is merely an avenue to allow some high school programs with a lesser number of players an opportunity to build a Junior Varsity team with the help of some Varsity players.

The second point is in regards to goalkeepers. A Varsity goalkeeper may dress for a Junior Varsity game, to be the second goalkeeper on the bench; however, they may only participate in play if the Junior Varsity goalkeeper is injured. This also works in reverse. A Junior Varsity goalkeeper may dress for a Varsity game, to be the second goalkeeper on the bench; however, they may only participate in play if the Varsity goalkeeper is injured. For Varsity teams with two or more goalkeepers, this rule does not apply. For a Varsity team with two goalkeepers and a Junior Varsity with one goalkeeper, one Varsity goalkeeper must be frozen to that roster prior to their first League game, but the second Varsity goalkeeper may dress for Junior Varsity games, as mentioned above, but may only participate in play if the Junior Varsity goalkeeper is injured. This also works in reverse. For a Junior Varsity team with two or more goalkeepers and a Varsity team with one goalkeeper, either of the Junior Varsity goalkeepers (*since Junior Varsity rosters do not have to be frozen*), may dress for a Varsity game but may only participate in play if the Varsity goalkeeper is injured. The Seven-UP/Seven-Down Rule is still in effect for goalkeepers during these situations; however, the only games that will be counted against the second goalkeeper on the bench will be those games that the second goalkeeper actually played in because of an injury to the original goalkeeper. This is also in effect for all playoffs.

You must notify your Division President **prior** to any League game if you know your only goalkeeper for that team is injured and within forty-eight (48) hours after a League game whenever that back-up goalkeeper actually plays in the game because of an injury.

***Remember that ALL players that are being used as part of the Seven-Up/Seven-Down Rule MUST be properly registered on BOTH the Varsity AND the Junior Varsity Official USA Hockey/AHAI Rosters!***

Using the Seven-Up/Seven-Down Rule for any purpose other than for what it was intended will be considered a **violation** and the case involving that organization will be reviewed for disciplinary action.

# CHICAGO METROPOLITAN HIGH SCHOOL HOCKEY LEAGUE

## SEVEN-UP/SEVEN-DOWN RULE

All **Varsity** teams must freeze 50% of their rostered players (including the number 1 or only goalkeeper) when submitting their **initial** roster prior to their first League game. These frozen Varsity players may not appear on a Junior Varsity roster and may not participate in any Junior Varsity games at any time during the season, including playoffs. Each team is allowed to bring up any **properly rostered** Junior Varsity player to participate in six (6) Varsity League games, including playoffs; however, once that Junior Varsity player's name has **appeared** on a Varsity scoresheet for the seventh (7<sup>th</sup>) League game, that player becomes a permanent member of the Varsity Team and cannot participate in any further Junior Varsity games, including playoffs and the State Tournament. The same situation applies in reverse. Any Varsity player who is not one of the frozen players on the Varsity roster prior to their team's first League game, may participate in six (6) Junior Varsity League games; however, once this **properly rostered** Varsity player's name has **appeared** on a Junior Varsity scoresheet for the seventh (7<sup>th</sup>) League game, they become a permanent member of the Junior Varsity team and may not participate in any further Varsity games, including playoffs and the State Tournament.

## **HIGH SCHOOL SEVEN-UP/SEVEN-DOWN RULE CLARIFICATION FOR ORGANIZATIONS/CLUBS WITH MORE THAN TWO (2) TEAMS**

The High School Committee was asked to provide a clarification for those organizations with more than two teams and how the Seven-Up/Seven-Down Rule would be applied.

### *Organizations with two (2) Varsity teams and one (1) Junior Varsity team:*

The number one Varsity team is frozen for movement; however, there may be movement between the number two Varsity team and the Junior Varsity team.

### *Organizations with one (1) Varsity team and two (2) Junior Varsity teams:*

The number two Junior Varsity team is frozen for movement; however, there may be movement between the Varsity team and the number one Junior Varsity team.

### *Organizations with two (2) Varsity teams and two (2) Junior Varsity teams:*

The number one Varsity team and the number two Junior Varsity team are frozen for movement; however, there may be movement between the number two Varsity team and the number one Junior Varsity team.

### **ALL movement, which may be made between teams, assumes that the players are properly rostered!**

There is no double rostering of players (*not any movement of players*) between teams from the same high school when that high school fields both a "Pure" team and a "Combined" team.

## **Special rule for Metro North Division Playoff Games**

With regard to division playoff games only, a Junior Varsity team may use Varsity players on its roster in accordance with the Seven-Up/Seven-Down rule if the average number of players (skaters and goalies) playing in League games on that team throughout the regular season is 15 or less, provided that the number of players rostered for the playoff game does not exceed 15. In no case may a Junior Varsity team be allowed to bring down more than four (4) Varsity players for a playoff game. Hardship exceptions may be allowed upon approval of the Metro North Executive Committee.

## **Special rule for CMHSHL Playoff Games**

Effective with the 2004-2005 hockey season, there will be no movement of players between an organization's Varsity and Junior Varsity teams during the CMHSHL playoffs. In order for a player to be eligible to play for a team in the CMHSHL playoffs, the player must have played sixty (60%) percent of the regular Metro season games for the team the player will play for in the CMHSHL playoffs.