

Greater San Diego Metro Youth Hockey League

- Mission Statement -

The underlying premise of the San Diego Metro Hockey League is to provide a recreational league for all developing youth and adolescent ice hockey players in the surrounding area of San Diego. The goal of our program is to help develop young and aspiring ice hockey players to reach the next level, by providing a safe and structured learning environment where youth and adolescents can be exposed to the various life lessons that exist within athletic competition. The San Diego Metro Hockey League is designed to be a fun and social experience for all those who participate.

Rules:

1. All players must have current up-to date USA Hockey registration.
2. Players can ONLY play/be rostered on one (1) team. (Unless the payer in question is also rostered on a B level tournament team).
3. Players must play within their USA Hockey (birth year) age categories unless League permission is granted. Hockey Directors are required to notify all other Metro League Hockey Directors of each and every player that is playing outside of his or her birth year age category.
4. Only 3 former travel B (SCAHA) players or 6 current tournament team players can be/play on a team. But, never – can all three former travel team players be on the ice at the same time.
5. A/AA/AAA players cannot participate in the Greater San Diego Metro Youth Hockey League.
6. All Metro League Games are “curfew games. All games will be 1 hour- 60 minute games with a 5-minute warm-up & three 15-minute running time periods. 1 minute between periods.
7. One 30 second time out allowed each team
8. The last minute of each period is played under – “stop time” unless the 1 hour “curfew” will be exceeded.
9. All coaches “on the ice & on the bench” MUST have & carry a current USA Hockey coaching card.
10. All penalty calls by the officials are to be up-held, supported & enforced. USAH rules mandate that any player or team official that receives a game misconduct in any game must serve that suspension during the next game of that team.