



HIGH SCHOOL 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 the 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 (*7th*) 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 and 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. However, a Junior Varsity goalkeeper may dress for a Varsity game, to be either the second goalkeeper on the bench or participate in play at the coach's discretion. 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. However, 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 and may participate in play at the coach's discretion. The Seven-Up/Seven-Down Rule is still in effect for goalkeepers during this period; 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. 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.