- Players shall be placed on teams appropriate to their age.
- Players shall be allowed to play up a maximum of one age level with approval from the Board of Directors.
- The Board of Directors will hold a "move up" meeting before registration closes for each season. See Appendix B for Move Up Procedure
- Teams will be co-ed and based on birth year
- Players are expected to report to all practices and games on time and be prepared to play. All players must wear shin guards without exception and full uniforms when necessary.
- Players may not practice or play while wearing jewelry, hard casts, or any other object
 which may cause injury to self or another player. A player required to wear glasses shall
 only use approved shatter resistant sports glasses (by NJ state law code).
- Cooperation with the coach(es) is expected.
- Players should practice good sports etiquette at all times. Players should strive to assist fellow players to better themselves and their play.
- Players are expected to behave in accordance with standards established by the coaches and in an orderly fashion at all games, practices, or other activities sponsored by the HSL.
- No abusive language, horseplay, or other antagonistic attitude toward anyone will be tolerated. Players shall cooperate with and respect the coaches authority in all team related matters.
- Players are expected to maintain good performance in their academic schooling.
- Any player who misses multiple games or an excessive number of practices may have his or her play time in games reduced to HSL minimums.
- It is a privilege, not a right, to play with the HSL. Violations of these rules may bring disciplinary action including removal without compensation, in accordance with these bylaws.