



2022-2023 WINTER League Captain's Guide

MCAHA Mission Statement

The MCAHA strives to provide adults with the opportunity to play ice hockey in a competitive, but recreational, organized league environment that is founded on the emphasized principles of fair play, sportsmanship, camaraderie and

safety.

Sportsmanship and Code of Conduct

All MCAHA players are expected to conduct themselves in a sportsmanlike manner and follow all rules as stated in the MCAHA Bylaws and this league playing guide. This includes, but is not limited to, respect for the officials, the scorekeepers, teammates, opponents, the patrons and Centennial Ice Arena Employees and facilities.

The MCAHA Board reserves the right and the authority to disqualify, suspend, or remove any player, spectator, or team which behaves in an unsportsmanlike manner before, during or after a game. Players, spectators, and teams are expected to clean up after themselves and refrain from leaving a mess or otherwise damaging arena facilities.

MCAHA enforces a zero-tolerance policy for abuse of officials and scorekeepers. Abuse includes verbal, physical or otherwise.

Captains & Alternate Captains

Captains and Alternates will be held to a higher standard than players for conduct and leadership of their respective teams. Team Captains will be held responsible for their team's actions. Captains will additionally have the following responsibilities:

- Each team will designate one Captain (C) and not more than two Alternates (A) on the score sheet, and wear the coordinating letter "C" and "A" on the front of their sweaters. The league will provide letters to be attached to jerseys.
- Only one of these designated players will have the privilege of discussing with the Referee any questions relating to interpretation of rules that may arise during the progress of a game. No goalkeepers will be entitled to exercise the privileges of Captain.
- Players entering the Referee Crease in protest or dispute of a call is subject to a Misconduct Penalty under Rule 601(c) unless invited to do so
- Captains will not only be tasked with modeling appropriate sportsmanship, and respect for fellow players, officials, and fans, but will be asked to hold their own team's players accountable up to, if need be, removing teammates from the game themselves.
- Players who are intoxicated will not be allowed to play, and it is the expectation of the Captain and Alternates to communicate this to their team members.

- Alcoholic beverages should not be consumed during a game a player is participating in, nor be present at, or on the players bench, or on the ice. Tournament rules may differ from league rules. The Captain/Alternates will be expected to enforce this policy.
- Captains/Alternates should be aware of USA Hockey's Points of Emphasis on the Standard of Play & Rule Emphasis, and the Zero Tolerance Policy to better understand the standard officials are expected to uphold which hopefully leads to fewer misunderstandings. (Links Below/Copy Provided)

https://cdn1.sportngin.com/attachments/document/90ee-2461764/2021-25_USAH_Playing_Rules_Points_of_Emphasis.pdf#_ga=2.169558886.630520075.1663456320-2112121598.1659213283

https://cdn1.sportngin.com/attachments/document/0c3c-2461734/USAH_Zero_Tolerance_Policy.pdf#_ga=2.235561542.630520075.1663456320-2112121598.1659213283

- Captains/Alternates will be subject to progressive game suspensions for the actions (penalties) of their teams similar to USA Hockey's Head Coaching Rule 401(b):
 - Any team receiving 8 penalties in a game will have their Team Captain, or attending Alternate in Captain's absence, suspended for their next game
 - Any team receiving 2 Game Misconducts in a game will have their Team Captain, or attending Alternate in Captain's absence, suspended for their next game
 - Any Captain/Alternate directly receiving a Game Misconduct for Unsportsmanlike Conduct will result in a 3 game suspension.
 - Any team incurring 4 Unsportsmanlike Conduct penalties in a SEASON will result in a 1 game suspension of the Team Captain. This suspension will escalate for every additional 4 Unsportsmanlike Conduct penalties up to the TEAM being removed from League Play.

§ 4 Unsportsmanlike Conduct Penalties = 1 Game Suspension

§ 8 Unsportsmanlike Conduct Penalties = 3 Game Suspension

§ 12 Unsportsmanlike Conduct Penalties = Removal of Team from League Play.

- Issue jerseys for their team, and provide player's #s to the Hockey Operations Director, Michael Howdeshell, mcahastats@gmail.com
- Consult on player ratings during player evaluation periods.
- Attend Disciplinary Meetings
- Captains, and/or Alternates, are strongly suggested to attend the last open Board Meeting scheduled prior to the start of the Winter Season:
 - DATE: October 19th 2022 at 6PM; LOCATION: High Horse Saloon.
- A Captain or Alternate should attend as many open board meetings as possible during the playing season (November-April). Meetings are held the third Wednesday of each month at 6:00pm unless otherwise announced. Captains should encourage their players to attend Board meetings to hear what we are working on and to offer their input.