



2020-2021

WINTER LEAGUE PLAYING GUIDE

Below you will find the guidelines we have established for this season. While the goal was not to make any major changes, you should note some “tweaks” we felt were necessary. Do not hesitate to contact a Board member if you have questions. We want to work together as we make changes to our league to ensure hockey continues to grow and thrive in our community.

MCAHA Mission Statement

The MCAHA strives to provide patrons 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.

Season Length

Season will be 20 games, played Sundays through Thursdays, starting November 1st and concluding late March/early April.

2020-2021 League Fees

Skater Fees:

- \$300 Individual player per team. No discounts offered for playing in multiple divisions. Anyone registering as a player may play goalie for another team (separate division) at no additional cost. A payment plan is available with \$50.00 being due at the time of registration, with five payments of \$50.00 per month following.

Goalie Fees:

- \$100 Flat fee and may play goalie for up to two teams (separate divisions). There is no payment plan for this registration.

Roster Submission:

Any person may submit a roster for a Division using the parameters below. Rosters must be submitted and approved by the Executive Board before the season begins.

Please submit rosters to MCAHAStats@gmail.com.

Since the rosters will be due before registration closes, captains will need to be sure that their players register for the season. If a team has players that fail to register, the team will not be able to recruit additional players once rosters have been turned in. The board may attempt to fill out the team roster with FREE AGENTS but it could result in a short roster.

Team Roster Sizes

Skaters Min: 12 Max:16
 Goalies Min:1 Max: 2

Free Agents:

Due to the growing number of participants in the MCAHA, we will allow players that do not currently have a team to register as a Free Agent. The MCAHA will try to accommodate Free Agent Players by creating additional teams or adding players to existing teams on a first come first serve basis, but we cannot guarantee placement on a team. Free Agents that are not placed on a team will have their entire fees refunded.

Player Ratings

All players will be rated on a 1-10 scale. Ratings are developed by the Player Ratings Subcommittee with input from the previous season’s Captains, referencing the USA Hockey rating system, and previous season statistics. New Players will be contacted by the Player Rating Subcommittee to determine a rating based on playing history.

Letter Grade	Rating Definition	MCAHA Number	USA Hockey Resource Guide Level
C1	Considered the Novice Level of Player. Generally, players started as adults	1,2,3	Novice/Bronze
C2	Considered Intermediate level players. Generally, players in this category may be experienced Adult Recreational Players or may have played up to Midget or High School in a non-traditional hockey area.	4,5,6	Bronze/Intermediate
B	This Player is an Advanced Level Adult Player with high basic hockey skills. Generally, players in this category played High School Varsity Level, Junior C or Competitive Midget	7,8,9	Silver

A	Players that have mastered the basic skills of the game and would be considered an Elite Level Adult Player. Players in this category have played at the highest levels of organized hockey or professionally.	10	Gold
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Divisions:

The MCAHA offers 3 divisions of play.

Recreational:

Designed to be a slower paced league for C1 and low to mid level C2 Players. Generally, players in this league have started playing as adults and are fairly new to the game of hockey.

- Team Average: 2.0min - 2.5max
- Teams are allowed 2 mid to low C2 players (4 and 5 rated players) and require Board Approval.

Advanced:

Designed to be the intermediate division of play for C2 and lower and mid B Players. Generally, these players have played Youth Hockey briefly or have progressed their skill enough through Adult Hockey.

- Team Average: 4.50min - 5.00max
- Teams are allowed 2 mid to low B Players (7 and 8 rated players) and require Board Approval.
- Teams are allowed 2 high C1 Players (3 rated players) and require Board Approval.

Elite:

Designed to be the highest division of play for A and B players. This will include players that may have once played at a high level (former pros, college and junior players, college club, midget and travel, etc) and have mastered the speed and skill of the game, and feel confident playing at this level.

- Team Average: 7.75min - 8.25max
- Teams are allowed 2 high C2 Players (6 rated players) and require Board Approval.

League Parity

Despite player ratings, the Board reserves the right to move players if their actual level of play is deemed more appropriate for another division. The Board may also choose to shift players within divisions in attempts to maintain some level of league parity. Any such moves would include consultation with the affected team captains and involved players.

Captains

Captains will be held to a higher standard than players and have the following responsibilities:

- Create a team per guidelines in this Season Playing Guide and Association Bylaws.
- Obtain on their own or work with the board to ensure each team has necessary jerseys.
 - Light and dark jerseys are required for each player on the team.

- Consult on Player Ratings at the end of the season.
- Should make every effort to attend as many monthly MCAHA Meetings as possible, especially during the playing season.
- Recruit substitute goaltenders per guidelines in this Season Playing Guide.

Trades

Captains may initiate player trades within their division. Once the captains agree upon a trade, it must be brought before the MCAHA Board for approval. Trades may not drop or boost the involved team's ratings outside of the listed parameters. The involved players may not play for 48 hours after the trade to give the registrar time to adjust the rosters.

Game Format

Games will consist of:

- 3-minute warm-up before the game starts.
- 1st and 2nd period 15-minute run time with 1-minute intermission after periods.
- 3rd period 15-minute stop time.
- One 30 second timeout is allowed per game per team.
- Overtime will be a best of 3 shootout. During the initial shootout, players will alternate shootout attempts beginning with the visiting team. If tied after 3 shooters, the shootout will move to sudden death elimination with shooters making their attempts at the same time. All players (except goalie) must shoot before any player may repeat.
- Teams earn 2 points for a win, 0 points for loss, 1 for a shootout loss.

Players are allowed 3 goals per game. If a player scores more than the allotted 3 goals, they will receive a verbal warning for the 4th goal (and goal will not count). The subsequent faceoff will be in the defending zone of the offending team. A Delay of Game Penalty will be assessed to any player scoring additional goals after receiving the warning. A player that has scored 3 goals and is awarded a penalty shot may still take said penalty shot. A player that has not scored 3 goals and is awarded a penalty shot, if scored, will count towards the 3-goal limit.

Penalties

Minor penalties will be 3-minutes in duration during run time periods and 2-minutes during stop time periods. If a minor penalty carries over from a run time period to a stop time period, the following actions will be taken:

- If the penalty has more than 2-minutes left to be served, time will be dropped to 2- minutes at the start of the 3rd period.
- If the penalty has less than 2-minutes left to be served, no time change will be applied.

Major Penalties will be 7-minutes in duration during run time periods and 5-minutes during stop time periods. If a major penalty carries over from a run time period to a stop time period, the following actions will be taken:

- If the penalty has more than 5-minutes left to be served, time will be dropped to 5- minutes at the start of the 3rd period.
- If the penalty has less than 5-minutes left to be served, no time change will be applied.

Misconduct Penalties will be 10-minutes in duration regardless of run time or stop time periods.

Any player that receives 3 penalties in one game will receive a Game Ejection with no additional suspension (unless necessitated by other called penalties).

- **Note**, the calling of a double-minor, minor plus misconduct, or major plus misconduct all count as two individual penalties towards the 3-penalty rule.

MCAHA Issued Jerseys

While each team is encouraged to provide their own jerseys, it is understood that under some circumstances that may not be possible. MCAHA shall maintain a small number of jersey sets that may be rented to teams on a season by season basis.

Jerseys purchased and printed by the MCAHA will have the League logo on the front, a number printed on the back, and will be one of the 5 designated colors:

- Red
- Blue
- Yellow
- Black
- White