



2025-FALL LEAGUE PLAYING 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.

League Fees

Skater Fees

- Skaters will pay \$185 plus all SportsEngine Fees for the 12 game season. A payment plan of three installments of \$65 up front followed by two \$60 installments will be available. (Processing fees will be added)
- Skaters will have a cap limit of 180 total skaters.
- Players will need to have a current USA Hockey Membership

Goalie Fees

- Goalies will pay \$65 and join a Goalie Pool.
- The Goalie Pool will be capped at 16 to ensure all goalies get ample playing time.
- Goalies will need to have a current USA Hockey Membership

Format

- The Fall League will consist of twelve teams, composed of 11-15 players. The intent will be to have two divisions, a lower division for E/D players and an upper division for C/B/A players. ***The skill level of the total pool of players will determine the final split of teams.*** The MCAHA cannot guarantee the division in which you will be placed, but preference will be considered when possible. The teams will be formed during a draft party (attendance not required but encouraged) where players will be divided into skill levels, and then names will be randomly drawn to form each team using a snake draft format. All skaters will be issued a jersey for the season, which will be theirs to keep at the season's conclusion. (Players will be responsible to replace any lost jersey with a jersey of matching color. No player will be permitted to play if they do not have a matching jersey.)
- Goalies will not be assigned to a particular team. Instead, we will have a goalie pool and will pair goalies for each game based on similar skill level. There will be a maximum of 16 goalies for this league. Because of no assigned team, there will be no team jersey for goalies, and we have adjusted goalie registration fees to reflect this.
- Stats will be kept, but there will be no playoffs. The format of the fall league is intended to grow the hockey community and play with new people.
- The season will start Sept 2nd (the day after Labor Day), and run through the end of October. Game times will fall within Mon/Tues/Wed/Thurs/Sunday evenings.

Player Ratings

All players will be rated on an A, B, C, D, E scale referencing traditional USA Hockey player evaluations. Players new to the league will need a player rating to participate in Winter League. A rating may be gained by either playing in Fall League, or by participating in League organized Rate Skates staggered throughout August, Sept, or October. Please watch for announcements.

Letter Grade	Rating Definition	Previous MCAHA Rating	USA Hockey Resource Guide Level
E	Considered the Novice Level of Player. Generally, players started as adults, or have a limited hockey background.	1,2	Novice
D	Considered a developing Intermediate level player. Generally, players in this category may have experience as Adult Recreational Players, or early youth hockey. Still developing positional play, strategies, and fundamentals. May include	3,4	Bronze

	more experienced players who have started slowing down, or looking for a slower pace.		
C	Considered an upper Intermediate level player. Generally, players in this category are more experienced Adult Recreational Players or may have played up to Midget or High School in a non-traditional hockey area.	5,6	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, Juniors, or Collegiately	7,8	Silver
A	Players that have mastered the skills of the game and would be considered an Elite Level Adult Player. Players in this category include players who participated at the highest levels of organized hockey, or professionally.	9,10	Gold

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 for conduct and leadership of their respective teams. Captains will additionally have the following responsibilities:

- Issue jerseys for their team.
- Consult on player ratings during player evaluation periods.
- Be the only members of their team permitted to discuss game play with officials

Game Format

Games will consist of:

- 3-minute warm-up. Warmup will start once the nets are placed by the officials.
- 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 (if needed) 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 point OT Loss (ties are decided by shootout).
- 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, and if successful the goal will still be awarded. A player that has not scored 3 goals and is awarded a penalty shot, if scored, will count towards the 3-goal limit. A player who has scored 3 goals in regulation, may participate in an overtime shootout.

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.