



## 2025-2026 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.

### League Divisions:

As a Captain, it is important to register your team in the appropriate division, and have a reasonable expectation of what each division's objective and purpose is. Setting that expectation with your roster is crucial for maintaining an enjoyable experience for all participants, and should be strongly considered when rostering a team.

### Elite League:

The primary goal for the Elite Division is competitive hockey at the highest level the MCAHA offers. Players in this division should possess advanced hockey skills, have an extensive background of youth/adult, juniors, collegiate, or professional hockey, and should expect a fast paced competitive game.

### **Advanced Division:**

The primary goal for the Advanced Division is competitive play at a slightly slower pace. In this division, players should have a solid foundation of advanced hockey skills developed through years of playing experience which may include Youth, Adult, Juniors, Collegiate, or Professional. The players looking to play Advanced should be those who are looking for a slightly slower pace than the Elite Division while maintaining a competitive focus, or players who are looking to take their game to the next level into competitive adult hockey.

### **Intermediate Division (NEW for 2025-26):**

The primary goal for the Intermediate Division is advanced skill development through increased competition. In this division, a player's skill development should include fine tuning a solid foundation of basic skills (shooting, skating, puck handling, passing), and transition more towards focusing on player awareness, positioning, team strategy, and team play. The average player in this division should have a solid foundation in all primary skills, has experience playing hockey either through years of youth hockey, or years of adult hockey, and should be looking to have a more competitive experience while learning advanced skills, or are looking for a slower pace to play.

### **Rec League:**

The primary goal for the Rec Division is skill development through the introduction of competitive play. Players' focus should be on growing their primary skills of skating, passing, shooting, puck handling, offensive/defensive positioning, and understanding the rules of ice hockey. The average player in this division should possess the basic skills of puck handling, skating, and a beginners understanding of the basic rules of hockey such as offsides. Often the Rec Division sees the largest growth in skill from the beginning of the season to the end, and is composed of many players who have just started as adults, have limited youth experience, or looking for a slow pace to play.

### **Team and Roster Makeup Criteria:**

#### **Elite League:**

- Minimum 13 Skaters (forwards/defensemen) and 1 Goalie
- Roster may not exceed a 50% ratio of A players to B or below players

#### **Advanced League:**

- Minimum 13 Skaters (forwards/defensemen) and 1 Goalie.
- No A players
- Roster may not exceed a Maximum of 6 B players

### **Intermediate League:**

- Minimum 13 Skaters (forwards/defensemen) and 1 Goalie
- No A or B players
- A maximum ratio of 50% C level players to D/E players

### **Rec League:**

- Minimum 13 Skaters (forwards/defensemen) and 1 Goalie
- No A or B players
- A maximum ratio of 50% D players to E players

### **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 are 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.
- **Only rostered players or accredited coaches are allowed on the player's bench. The Captain/Alternates will be expected to enforce this policy.**
- **Captains/Alternates are responsible for fielding a team for all scheduled games. Substitute player lists are available, and posted at the beginning of the season with players willing to sub. Captains should have their own roster to play, and not come to the rink expecting to use players from their scheduled opponent's team. Captains who forfeit**

games due to a lack of players without prior notice to the opposing team and officials, or make a reasonable attempt to find replacement players will face possible disciplinary action.

- 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/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](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, [mcahahockeyops@gmail.com](mailto:mcahahockeyops@gmail.com)
- Consult on player ratings during player evaluation periods.
- Attend Disciplinary Meetings- either in person or virtually