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## COLORADO ADULT HOCKEY ASSOCIATION (CAHA)

[www.cahice.net](http://www.cahice.net)

### Frequently Asked Questions

#### Where Does the CAHA play league games and drop in.

- We play all our games and drop in at the Greeley Ice Haus 900 8<sup>th</sup> Ave. Greeley CO. 80631 Phone (970) 350-9402 Fax (970) 336-4202.

#### Getting on a team/Joining the League

##### How do I get on a team and what league should I be in?

- Here are the steps you must take to join the league before the season starts:
- If you are new to the league you will need to be rated at a skate and rate to determine which league fits your skill level. You can register for a division; however if your rating is not within the level of that division you may be asked to move up, or down to a level that better suits your skill sets.
- If you don't have a team to join, we will place you into The Draft.

#### Ratings and how they work?

A player's rating is based on the experience a player has and many of the skill sets they exhibit. How well you skate forward, skate backward, cross over, stick handle, puck handle, pass, shoot, and overall knowledge of the game and your game play attitude i.e. aggressive, passive, and are all factors that are taken into account when a player is rated. This is a constant process that occurs throughout the season when you are in the league. If you are not sure what league you might fit into use the following as a guide to help you. This is only a generality.

A Division aka Advanced League

- These players have played AAA Midgets, Juniors, Semi Pro, and Pro

## B Division aka Intermediate Advanced

- These players have played high paced organized hockey Midgets, juniors or are looking for a faster paced and more competitive division.

## C Division aka Intermediate League

- These players have played some high school, recreational, ice and inline.

## D Division aka Novice League

- These players are new to the sport and may or may not have skated on ice or inline.

We will try and get numerous opinions when rating players to get a better idea of what each player is rated.

### **How does The Draft work?**

1. Each team captain protects a set number of players (those players includes the captain and can be any position) and must be within the league rating limit in which they are going to play.
2. Each rating has a point value, i.e. 1- =1pt, 1=2pts, 1+=3pts etc... each player in the captains protected list is rated and the point value for each team is totaled and the sum is the team's core value. The lowest value team gets first pick in the draft, then the next highest and so forth.
3. The captain then drafts the remaining eight players from a list of unprotected registered players in that league. (usually from highest rated to lowest rated within the league).
4. Each team gets to draft in succession until all the teams are to capacity or there are no more players on the list. If a team drafts a player that is packaged or locked to another player (car pool of family members) that team will get both players however they will get skipped in the next round of the draft, (as if they had drafted the second player in the package).
5. Only after the draft and only immediately after all the players have been drafted will any trades be allowed and only on the night of the draft will this be allowed. All trades must be equal value trades. 1 player from each team of the exact same rating. NO OTHER EXCEPTIONS. Trades must be approved by the League.

### **Can I join a team mid Season?**

- Yes, however it is only possible when there is a position open on a team in the league which you are rated to play.
- If you have not been rated you will not be placed on a team until you are rated at the next league drop in. League Drop in occur on a weekly basis.

### **How much does it cost to play in the league?**

The league fees are standard for each league, however sometimes we are sold ice time at a lower cost due to the time and day of the week. It is possible that these times and dates may be off peak hours and at such a rate reduction that we can offer lower league fees for the league that is utilizing those ice times.

- Cost of the league varies due to season and length of time. Please see online registration link on the web site for details.
- Please be aware, if we do not receive your payment, you will not be permitted to play until you are paid in full. Exact payment details and amounts will be available in the registration link on the web site.

### **What does my league fee cover?**

- Full Summer or Winter season of games Each game consists of the following 5 minute warm-up, three 15 min stop clock, time periods, with 1 min breaks between periods, regular season games. If there are more than four teams only the top four teams advance to the playoffs. A team jersey for each player, referees, real time stats, & scorekeeper. There may be other options added to enhance the league if sponsors and budget constraints allow it, like hockey socks or drop-in ice times for example. See information under registration for specific league details as to what may be offered.

### **Can I be re-rated if I disagree with my rating?**

- If you disagree with the rating you received, you can request to set up a date to be re-rated at a drop in session. You will be reevaluated, and your rating may or may not be changed accordingly your skill level.

### What happens if I'm not drafted?

- On your registration form, you are given an option for this situation. You have the choice to move down to the next league if you are not selected (ex: from B to C). You are then entered into the draft for this league and follow the same process as previously stated. Otherwise you will be placed on the waiting list for the desired league. If a team loses a player of your rating, you may be able to take that spot depending on your position on the waiting list.

### Referees:

- All of our referees will be USA Certified Hockey Referees as of September 2007.
- They have spent tremendous amounts of time training and getting certified as well as refereeing actual games.
- If you have a desire to be a referee in our league please contact the League Director for details on certification and training.

### Rules and Amendments

The Colorado Adult Hockey Association will govern the play on and off the ice under the current USA Hockey Official Rules of Ice Hockey with all exceptions being listed on this web site and in the League Manual that will be at the scorekeeper box during each game. USA Hockey Official Rules of Ice Hockey rule book - [http://www.usahockey.com/officials/main\\_site/main/home/](http://www.usahockey.com/officials/main_site/main/home/)).

- Only the Captain or Alternate Captain of each team has the privilege of discussing with the referee any question related to the interpretation of the rules that may arise during the game (the captain may leave the bench to do this but not the penalty box). If any other player interferes or delays the referees' ability to perform their duties they will be subject to a minor penalty, assessed immediately.
- Abuse of any official, verbal or physical will carry a Game Misconduct penalty and a **\$50** fine. That fine will be paid prior to playing another game. The action will also go under review by the league to determine if further action needs to be taken, including but not limited to legal action, extended suspension periods etc...
- The Captain and Co-Captain shall be designated such with a "C" or "A" on the upper left shoulder on the front of the jersey. If the Captain or Co-Captain is not available for a game another team member can be designated prior to the start of the game. The Scorekeeper and the Referee need to be notified, so they can record the players name and number.

- **Fighting** Will not be tolerated. Fighting is considered anytime a player strikes or attempts to strike another player or official. Fighting will carry a mandatory **Game Misconduct** penalty and a **\$100** fine that will have to be paid prior to returning to the roster and being allowed to play in the league again. This penalty will carry over to the next season the player registers for, if the incident occurs in the last game of the season for the team or player.
- If a player in the “**C**” or “**D**” league accrues 5 minor penalties or 2 major penalties in one game. They will be given an additional Match or **Game Misconduct** penalty at the referees’ discretion, and be escorted off the ice for the remainder of the game
- If a player in the “**A**” league accrues 5 minor penalties or 2 major penalties in one game. They will be given an additional Match or **Game Misconduct** penalty at the referees’ discretion, and be escorted off the ice for the remainder of the game.
- A **Game Misconduct** penalty also carries a one game suspension and a two game probation. The one game suspension and probation will carry over to the next season the player plays regardless of time.
- If there is not a **Game Misconduct** penalty the player may return next game.
- All calls made on the ice by any official will be final and will not be reviewed or overturned for any reason.
- If a player has concerns with an official or wants further clarification on calls or rule interpretation. there is an email account on the web sites (under “contact us”) for the referees. This venue is provided so that feedback from the players to the referees can be voiced and documented. This also allows for direct feedback to the officials without delaying or interfering with any games. Any email sent to the referees will also go to the League Director. The League Director can also be contacted with referee concerns. Please be specific about any situation you are seeking clarification. i.e. dates time (1st, 2nd, 3rd period etc) and team, players, player’s numbers, and referees involved.

*To all players: Remember that the referees are there to ensure the safety and integrity of the game. It is a job they take very seriously. There isn't a league or a game in the world that is perfectly played or officiated. If the game was played perfectly we wouldn't need referees. So if you want to give them a hard time for not being perfect, remember that they will be perfect when the game is played perfectly.*

## Teams and Substitutions

- Maximum number of players 16. The minimum number of players required to start the game is 6 per team.
- No Substitution without league approval, all player substitutes must be from players currently registered in a C.A.H.A. Division and must be approved by league staff, with the exception of substitute goalies - record substitute goalie's name on score sheet (for illegal players look for odd jerseys, ask player).
- A team playing with an ineligible player (not on the roster or suspended) will forfeit the game and the captain suspended for one game.

## Equipment Requirement

### **Rule 304 Protective Equipment**

*(Note) Although some protective equipment is not mandatory in all age classifications, USA Hockey strongly recommends that all players and goalkeepers in all age classifications properly wear an internal mouthpiece, a HECC approved helmet and a HECC approved full facemask for all games and practices.*

- It is our position that all Division with the exception of "A" will be required to wear full hockey equipment including face protection which at a minimum of a half visor is sufficient.
- We strongly encourage and recommend that players wear all prescribed equipment under rule 304 of the USA Hockey rule book.

## PENALTIES

### **PLAYING RULES**

- Penalties will coincide with the clock (run time equal run time penalty)
- All games are 5 min warm up three 15 minute stop clock times with 1 min between periods. All games must finish on time and as scheduled.
- No body checking is allowed in any division.
- No player will be allowed to play if intoxicated or impaired.
- Fisticuffs (fighting) carry an automatic major plus a game misconduct. Repeat offenders of fighting will not be tolerated in this league.
- Checking (including boarding or charging) is assessed as a double minor (two, 2 minute penalties) or a major, or a major plus a game misconduct, or a match penalty. A player receiving a second checking penalty in the same game receives a double minor plus a game misconduct.
- Checking from behind is assessed as a double minor plus 10-minute misconduct or a major, or a major plus a game, or a match penalty. This is also the rule if there is intent to injure a player.
- USAH RULE 403 - MAJOR PENALTIES APPLY AS STATED.
- POTENTIAL PENALTIES

- **BOARDING (DOUBLE MINOR)**
- **CHARGING (DOUBLE MINOR)**
- **CROSS-CHECKING**
- **ELBOW/KNEEING**
- **HIGH-STICKING**
- **HOOKING**
- **SLASHING**
- **TRIPPING/LEG CHECKING**
- **BODY-CHECKING (DOUBLE MINOR)**
- **AVOIDABLE CHECK (DOUBLE MINOR)**
- **CHECKING AFTER WHISTLE (DOUBLE MINOR)**
- **CHECKING FROM BEHIND (MINOR AND MISCONDUCT)**

### **Taunting**

- Taunting will not be tolerated in any form.
- Excessive Taunting will result in a game misconduct and a game suspension.
- If a player exhibits a pattern of taunting we reserve the right to expel that player from the league and that player will not be allowed back in any future league as well.

### **Excessive Penalty Rule**

- Any player accumulating four penalties in one game will be ejected for the remainder of the game. Major penalties count as two. A teammate will serve the fourth penalty as the penalized player is removed from the ice. A second ejection for this offense will result in a game misconduct and a one game suspension.
- Any player receiving a total of 40 minutes in penalties during the season, including playoffs, will receive a one game suspension.
- Any player receiving a total of 60 minutes in penalties during the season, including playoffs, will be suspended for the remainder of the season, including playoffs.

### **Overtime & Shootout games**

- If at the end of regulation play there is a tie, a three (3) man shoot out will ensue. (Time permitting). Captains, Alternate Captain or acting Captain has 30 sec from the end of regulation play, to provide the referee with their three players and the order they will shoot in. You can not change the players or the order once the list has been turned over to the referee. Any attempt to alter the line up or sequence of shooters will result in a game forfeiture and no points awarded. There may also be repercussions for the team Captain or Alternate captain responsible.
- If a player is in the penalty box at the end of the game, USA hockey rules will govern this players' eligibility for the shoot out as if it were an overtime period. USAH Rule 638 states that all penalties not expired shall remain in force. That means they will not be eligible to participate in the shootout.
- With both goalies remaining in net at the same ends of the ice as they where at the end of regulation play. The team that is the visitor will go first, followed by the home team until all six players have had their shootout opportunity, unless it is deemed by the referee that the remaining players will not affect the outcome of the shootout.
- If at the end of the 3 man shootout there is still a tie a sudden death shootout will commence.
- Sudden Death is one player from each team will have a shootout opportunity. If it is still tied after each player shoots the Sudden Death will continue until the tie is broken.
- No player can shoot twice unless all other eligible players on the team have had an opportunity to take part in the shoot out. Any penalties that happened at the end of the game are still enforced and players serving penalties will not be allowed to participate in the shootout.

### **How is the schedule designed?**

- The schedule is designed to have the teams play each other an equal number of times. It is also designed to try and keep the numbers of early, mid and late games as spread out and equal as possible. Please understand that teams may play some teams more than others. The league strives to keep it as balanced as possible. The same goes for the game times, one team may play more late games, but it will be a very small differential.
- Games for each league will usually always occur on the same night of the week throughout the season. It is possible, however, that an occasional game (including playoff games) may be scheduled on an alternate night of the week. This will only be due to rink scheduling. Schedules for the season will be posted on the league web site prior to the first game of a season. If there are any changes during the course of the season, your captain or a league official will notify you, and the

changes will also be posted on the web site. Please check the web site often and before you arrive for games to ensure you have the correct time and date and nothing has changed.

### **How many teams make the playoffs?**

- Top Four teams earn a playoff berth. The playoffs are a single elimination series.

### **What are the tie breakers for determining a playoff positioning?**

- The tie breakers are as follows:
  1. Points
  2. Wins
  3. (GF-GA) Goals for minus goals against
  4. Coin Toss

### **Playoff seeding**

- 1<sup>st</sup> seed vs last seed
- 2<sup>nd</sup> seed vs second to last seed and so forth until all teams are matched up.

### **Where can I see the league stats?**

- Stats are available on the web site [www.cahaice.net](http://www.cahaice.net) go to “League Zone” > Season (i.e. Summer 2007 etc) > Division>Player Stats>your name.

### **What if the posted stats are incorrect?**

- If the stats appeared correctly on the scoresheet, and however show up differently in the league stats, E-mail us and we will review the scoresheets to try and locate the error. If your name is spelled incorrectly, contact the League Director and give us the correct spelling.
  - If there is a dispute on the scoresheet itself, only specific changes will be made. For example, if Player A is credited with a goal or assist that should've been awarded to Player B. That change will be made only if BOTH players contact the League Director and Statistician and agree that the sheet is incorrect. Otherwise, the referee's decision will stand. Please note this is only for changing the scoring. Under no circumstances will additional assists be awarded after the game is complete.
1. We need all the players involved to email the league Director with a statement, if a player was credited with a goal or an assist that he did not get, I need that player to make a statement that he/she did not have any effect on the goal.
  2. I also need to know who scored the goal and if there was any assists. Who got the first and second assists if there were any assist awarded?

3. I need to know the period and time. (you did provide the time)
4. I then submit it to the referee in charge that night.
5. If the referee in charge agrees then the change will be made to the scoresheets.
6. If the referee can not recall and is unsure then no changes will be made.
7. It is important that we be contacted as soon as possible if there is an error on the scoresheets.
  - Please remember that this is a league for recreation and we do everything possible to be accurate and professional, however we are human and mistakes are made. We will do everything we can to correct errors but if we do not have all the information from all the parties involved then we can not make changes to scoresheets. Most adult leagues will not even do what we do here because it can get really messy and take up a lot of time.
  - Our Referees and Scorekeepers are the very best at what they do and have been doing it longer than this league has existed. We trust them to do their very best every night they work. The information on the scoresheets is a snapshot of the work they perform. If it is wrong we need to be absolutely sure that any changes to override the information they have provided at the time of the game is valid, and not just a player trying to pad their stats. There are no awards in any of our divisions for scoring leader or any of the other stats other than winning the Divisional playoffs.

### **Who do I contact if I have a problem?**

- First step is to talk to your captain.
- If the problem is team related, the team captain should be able to resolve any issue at the team level.
- If the captain cannot resolve the issue, call or send an E-mail to the League Director or Commissioner. Allow a couple of days to respond to your E-mail.

### **How do I sponsor a team?**

- Please call the League Commissioner or League Director.
- Look for more details on the “Sponsors” link
- Contact the League Director or Commissioner at least one month prior to the start of the season you wish to sponsor. The cost is assessed according to the season’s length. Please call for details. Please have any desired company logos or other designs ready for the league to put on jerseys. We need Vector Artwork in order to make the jerseys.

### **What does sponsorship entitle me to?**

- Sponsorship includes:
  - 1) Your advertisement on the front of one team's jerseys. (Max 16 players)
  - 2) Link on the **CAHA** web site.

3) Your company name is the sponsored teams name and will be displayed on the schedule.

4) One League game night where we circulate information and highlight your company, what you do, contact information, pass out other information provided by your company.