



# CALGARY MENS HOCKEY ASSOCIATION RULES

## **Welcome to the Calgary Mens Hockey Association (CMHA)**

*The objective of the league is to fulfill the CMHA mission statement:*

***"To provide an environment to promote good sportsmanship along with clean, safe, competitive recreational hockey."***

*Board members are empowered by the league participants to direct the league financially, interpret and enforce the rules of play, and act impartially for the betterment of the league.*

**IT IS THE RESPONSIBILITY OF THE EACH TEAM MANAGER TO READ AND FULLY UNDERSTAND THE CALGARY MENS HOCKEY ASSOCIATION PLAYING RULES INCLUDING HOW THEY RELATE TO THE BYLAWS OF ASSOCIATION.**

### **1. LEAGUE MEETINGS**

- 1.1. The league holds one (1) Pre-season meeting with mandatory attendance.
- 1.2. Teams that are not represented at any of the league meetings will be fined \$100.

### **2. RELEASE / WAIVERS**

- 2.1. All goaltenders and players MUST complete and sign a CMHA Release/Waiver each season prior to stepping on the ice.
- 2.2. All original Release/Waivers must be submitted to online via the CMHA website.

### **3. TEAM ROSTERS**

- 3.1. Players must be 18 years of age or older to be eligible to play on a CMHA team.
- 3.2. Team rosters are limited to twenty (21) names (This includes all goaltenders and players)
- 3.3. By signing a roster, that person becomes a member of the Calgary Mens Hockey Association (CMHA) and is subject to the bylaws, playing rules and decisions of the board of directors.
- 3.4. All original Rosters must be submitted to the league before OCTOBER 1, 2016. Teams that do not submit their roster by the due date will be subject to a \$50 fine PER WEEK that it is late. See division mailing address below.
- 3.5. A team can make additions and/or deletions to their roster at any time. Any additions can be submitted through the website. Deletions must be requested in writing and submitted to the league contact.



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## **4. PLAYER REQUIREMENTS**

- 4.1. Players must be 18 years of age or older to be eligible to play on a CMHA team.
- 4.2. No player or goaltender will be permitted on the ice unless he has first signed a Release/Waiver.
- 4.3. Teams must have a minimum of seven (7) players of which one (1) must be a goaltender to start the game. Teams will be given a ten (10) minute grace period from the beginning of the ice time permit to meet the player requirements, if a team does not have a goaltender and the required six (6) players after the ten (10) minute grace period, the referee will call a default and the other team will be awarded the two (2) points. When a default is called, the referee's will leave the ice and the non-defaulting team can use the ice time at their discretion.
- 4.4. All players must be on the scoresheet at the start of the game and can join the game late as long as the player arrives on the ice prior to the completion of the first period. Once the puck has been dropped to begin the second period, players are ineligible to join the game.
- 4.5. A player may only play for one team in playoffs including all divisions in the entire league.
- 4.6. During the regular season, a player may play on more than one team, but once he has played five (5) games for more than one (1) team, he must declare which team he will participate in playoffs with and he can only play for his declared team for the remainder of the season.
- 4.7. It is the responsibility of the individual team reps to know if a player is playing on more than one (1) team and which team/division.
- 4.8. Any player who plays in a game with a team other than his declared team, will be ruled an illegal player and that team will forfeit those games and team reps will be subject to a review by the board of directors with possible suspensions.
- 4.9. A player may play down a division from the team he is committed to for playoffs, however he may not play down more than 1 (one) division. The five (5) game limit for this player applies for the non-declared team.
- 4.10. A player may play up as many divisions as possible from the team he is committed to (i.e. no limit). The five (5) game limit for this player applies for the non-declared team.
- 4.11. Goaltenders are not subject to the same rules as players in regards to playing on more than one (1) team as spare goalies can be selected from within the league. However, the Board of Directors reserve the right to not allow goaltenders playing in different divisions to ensure that league competition is upheld.
- 4.12. Suspensions are league-wide suspensions, not team suspensions. A player who is suspended may not play in any other league games until the suspension has been served. If a player received a suspension playing for team "A", only games involving team "A" will count towards serving the suspension.

## **5. EQUIPMENT**

- 5.1. All players are required to wear a CSA approved helmet and chin strap.
- 5.2. Facial protection for players is optional but recommended by the league.
- 5.3. Goaltenders are required to wear a CSA approved facemask, unless approved by the Board
- 5.4. Home team is responsible for supplying pucks for game play.
- 5.5. Teams are required to have two (2) sets of properly numbered Jersey's - Home (light colour) and Away (dark colour). First year teams will be given a one (1) year grace period to meet the two (2) jersey rule. Non-compliance to the two (2) jersey rule, may lead to expulsion from the league.



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## **6. REGULAR SEASON FORMAT**

- 6.1. 30 team league.
- 6.2. Three Divisions of 8 teams, One Division of 6 teams.
- 6.3. 32 game schedule.
- 6.4. All games are 1 ½ hours in length.
- 6.5. All games are stop time.
- 6.6. The game duration is as follows:
  - 1st period - 20 minutes
  - 2nd period - 20 minutes
  - 3rd period - 15 minutes
- 6.7. 5-minute warm-up.
- 6.8. Period intermissions are a maximum 2 minutes.
- 6.9. No flooding between periods.
- 6.10. The scoreclock will be dropped to 2 minutes with 5 minutes left in the permit time.

## **7. PLAYOFFS**

- 7.1. Qualifying and Format
  - Top 6 teams in each division are eligible for playoffs.
  - Top 2 teams in each division receive a bye in the first round.
  - Playoff format is double elimination to reach the final.
  - Final round is the best of three series.
- 7.2. Tie-breakers
  - Regular season wins.
  - Head to Head record (of teams tied) in games against each other.
  - Highest differential of goals for vs. goals against.
- 7.3. Playoff Player Eligibility
  - 7.3.1. GOALTENDERS must play a minimum five (5) regular season games.
    - 7.3.1.1. Two (2) Emergency Back-ups must be pre-approved by the league at the beginning of the season.
  - 7.3.2. PLAYERS must play a minimum ten (10) regular season games.
  - 7.3.3. Defaulted Games count towards the Games played for All Roster players.
    - 7.3.3.1. The forfeiting team will not receive this benefit.
    - 7.3.3.2. In the case of a mutual default, both teams will receive this benefit.
  - 7.3.4. All regular season suspensions are carried into the playoffs.
  - 7.3.5. All playoffs suspensions are carried into next season.
  - 7.3.6. Any team with outstanding fines or league fees, will not be eligible for playoffs.
  - 7.3.7. Teams exceeding the Penalty Minute (PIM) cap of 300 mins will not be eligible.



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## **8. SPECIFIC RULES**

- 8.1. The Calgary Mens Hockey Association (CMHA) adheres to all Canadian Hockey Association (CHA) rules unless specified below:
  - 8.1.1. Non-contact / Full slap shot.
  - 8.1.2. No Centre / Red line for 2-line pass situations. The red line will remain in effect for icings.
  - 8.1.3. Minor penalties are two (2) minutes.
  - 8.1.4. Double minors are considered two (2) penalties.
  - 8.1.5. A player will be ejected from the game upon receiving his third (3rd) penalty, this does not include a ten (10) minute misconduct.
  - 8.1.6. Roughing penalties assessed after the whistle will result in an automatic ten (10) minute misconduct penalty. A second infraction will result in a game misconduct and an automatic Board review.
  - 8.1.7. Major penalties are five (5) minutes, game misconduct, suspension.
  - 8.1.8. Gross Misconducts are five (5) minutes, game misconduct, suspension.
  - 8.1.9. Fighting penalties are five (5) minutes, game misconduct, suspension.
  - 8.1.10. Match penalties are five (5) minutes, game misconduct, suspension.
  - 8.1.11. Any player who receives a game misconduct, must leave the ice surface immediately and go straight to the dressing room. After changing, the player must leave the arena or remain in the dressing room. **THEY CANNOT REMAIN TO WATCH THE GAME.**
  - 8.1.12. Verbal abuse of an off-ice official is an automatic game misconduct and review by the Board.
  - 8.1.13. Verbal abuse of an on-ice or off-ice official after the game (on or off the ice) will be an automatic review by the Board.
  - 8.1.14. The Officials Room is off-limits to all teams/players, any infringement will be an automatic review by the Board.
  - 8.1.15. Physical abuse of an on-ice or off-ice official will be an automatic game misconduct, minimum 15 game suspension and automatic review by the Board.



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## **9. SUSPENSIONS**

### 9.1. Check from Behind – Major

9.1.1. 1<sup>st</sup> offence - minimum 8 game suspension with automatic review by the Board.

9.1.2. 2<sup>nd</sup> offence - indefinite suspension, reviewed by the Board.

### 9.2. Fighting

9.2.1. 1<sup>st</sup> offence - minimum 5 game suspension with automatic review by the Board.

9.2.2. 2<sup>nd</sup> offence - suspended for the balance of the regular season and playoffs.

### 9.3. Majors

9.3.1. 1<sup>st</sup> offence - 2 game suspension (game it occurred plus 2)

9.3.2. 2<sup>nd</sup> offence - 3 game suspension (game it occurred plus 3)

9.3.3. 3<sup>rd</sup> offence - 5 game suspension (game it occurred plus 5)

9.3.4. 4<sup>th</sup> offence - suspended for the balance of the regular season and playoffs

### 9.4. Game Misconducts

9.4.1. 3<sup>rd</sup> offence - 1 game suspension (game it occurred plus 1)

9.4.2. 4<sup>th</sup> offence - 3 game suspension (game it occurred plus 3)

9.4.3. 5<sup>th</sup> offence - 5 game suspension (game it occurred plus 5)

### 9.5. Gross Misconducts

9.5.1. 1<sup>st</sup> offence - 2 game suspension (game it occurred plus 2)

9.5.2. 2<sup>nd</sup> offence - 4 game suspension (game it occurred plus 4)

9.5.3. 3<sup>rd</sup> offence - indefinite suspension, reviewed by the Board

### 9.6. Match penalties

9.6.1. 1<sup>st</sup> offence - minimum 8 game suspension, with automatic review by Board.

9.6.2. 2<sup>nd</sup> offence - indefinite, reviewed by the Board.

### 9.7. Reporting Process:

9.7.1. If an incident occurs where there may a suspension, it is the responsibility of the individual team reps to understand the playing rules and notify the player of any resulting suspension. Those suspensions become effective immediately.

9.7.2. Any player subject to a suspension will be given five (5) business days to file a appeal. The player may NOT play in any scheduled game while the incident is under appeal.

9.7.3. If a player plays in any game while suspended (including when an incident is under appeal), the team would forfeit those games for using an illegal player.

9.7.4. All suspended players must be listed on the subsequent scoresheets or else they will not count towards the suspension.

### 9.8. Appeals Process

9.8.1. All appeals must be delivered in WRITING (email preferred) to the Director of Discipline (see League Contacts) and should include a player statement and a team representative statement of the event.

9.8.2. Prior to any appeal that is requested from the team representative (not automatic) being reviewed by the league, a \$100 bond (cheque payable to the CMHA) must be received by the league division rep.

9.8.3. If the appeal is successful (meaning if the suspension is reduced or removed), \$75 of the \$100 bond will be returned and \$25 deposited into the CMHA operating account.

9.8.4. Unsuccessful appeals will result in the \$100 bond being forfeit to CMHA operating account.



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## **10. PENALTY CAPS**

- 10.1. PLAYERS/GOALTENDERS are subject to a penalty cap. All regular season minors, double minors, and 5 minute majors count towards the individuals cap. 10 minute misconducts and game misconducts do not (however they will be considered during any player reviews). The penalty cap is on a tier system as follows:
- If a player goes over 40 pim: 1 game suspension.
  - If a player goes over 50 pim: 2 game suspension.
  - If a player goes over 60 pim: Removed from league must apply for reinstatement.
- 10.2. Individual PIM totals do not carry over into playoffs – however all suspensions do.
- 10.3. TEAMS are subject to a penalty cap as well. The season is divided in half regarding PIMS as follows:
- First 16 games a maximum of 150 minutes per team.
  - Second 16 games a maximum of 150 minutes per team.
- 10.4. Any team that exceeds these limits will be assessed an additional 30 penalty minutes. Once a team goes over 300 minutes for the season, they will be ineligible for playoffs and subject to disciplinary action by the Board which may include possible expulsion from the association in the current season and/or following season.
- 10.5. Any team that defaults a game will have 10 minutes added to their team penalty minutes to discourage teams at or near the penalty cap from defaulting games to avoid going over the penalty cap.

## **11. DEFAULTED GAMES**

- 11.1. If a team does not meet the player requirements for a game, the game is considered a default.
- 11.2. If the defaulted game occurs prior to March 1st, the defaulting team will have two options:
- 11.2.1.1. Pay a \$300 fine and award the two (2) points to the opposing team. The fine will be payable to the league within 30 days of the default. The league will in turn pay the opposing team the \$300 at the end of the season. Once a fine has been paid, the game cannot be re-scheduled.
  - 11.2.1.2. Re-schedule the game at their costs within 30 days of the default (including ice costs, referee's, and scorekeepers). The defaulting team must provide to their opponents a choice of at least two (2) ice times. The opponents are to make all reasonable efforts to play the re-scheduled game. All re-scheduled games must be completed at least one (1) week prior to the end of the regular season. If a defaulted game is re-scheduled and played, the \$300 fine will be waived.
- 11.3. If the defaulted game occurs after March 1st, the defaulting team will be fined \$300 and the 2 points awarded to the opposing team. The fine will be payable to the league who in turn will pay the opposing team at the end of the season. This is the only option for defaults occurring after March 1st.
- 11.4. All default fines must be paid within 30 days of the default or to the league by March 1st, whichever comes first, to be eligible for playoffs.
- 11.5. The league will not re-schedule any forfeited games.



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## 12. SCOREKEEPERS

- 12.1. The league will attempt to supply scorekeepers for all games.
- 12.2. In the event that a scorekeeper is unavailable or does not show up, the HOME team will be responsible for supplying a scorekeeper.
- 12.3. In the case, where the home team can't supply a scorekeeper, the game will be played running time of 3 - 25 minute periods and the home team will be responsible for maintaining the scoresheet from the bench. (no player is required to maintain the clock)
- 12.4. The home team is responsible for notifying the league if a scorekeeper is absent from a game.
- 12.5. The league will reimburse a team for the cost of a scorekeeper. (maximum of \$30.00/game)

## 13. SCORESHEETS

- 13.1. The HOME team is responsible for supplying the scoresheet.
- 13.2. Both teams must complete the scoresheet by the end of warm-up.
- 13.3. Scoresheets must be **PRINTED** and **LEGIBLE**.
- 13.4. Scoresheets must be completed in full, including:
  - Players first and last name.
  - Mark "C" & "A" beside the team Captain and Assistant Captains. (max. 3 assistant captains)
  - List any suspended players.
  - Signature of both team rep's.
- 13.5. Scoresheets are to be distributed as follows:
  - White copy – League & Winning or Home team.
  - Pink copy – Losing or Away team.

## 14. REPORTING & SUBMITTING SCORESHEETS

- 14.1. The WINNING team (or in the case of a tie, the HOME team) is responsible for the following:
  - 14.1.1. E-mail in game results to the appropriate league administrator within forty eight (48) hours. Include date, winning team name, and score and a report of any incidents or write up's on the game sheet (See the **League Contacts** tab on the [www.cmhahockey.com](http://www.cmhahockey.com)).
  - 14.1.2. E-mail the leagues **Director of Discipline** any major infractions.
  - 14.1.3. E-mail a scanned copy or photo of the game sheet (both side if there is a write up) to the appropriate league administrator within 7 days of the game being played.  
**Failure to submit a scoresheet within the 7 days will result in a 2 point deduction.**



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## **15. GENERAL LEAGUE POLICY**

- 15.1. All players, coaches, managers and spectators within any CMHA game attend at their own risk of personal loss, damage or injury, however caused.
- 15.2. All players, coaches, officials and spectators images during games could be collected and utilized for publication on the league website.
- 15.3. Generally accepted practice and policies of ice hockey for senior men amateur hockey are adhered to by the CMHA.
- 15.4. The CMHA Mission statement is *"To provide an environment to promote good sportsmanship along with clean, safe, competitive recreational hockey"*. It is expected that all associated members of the league adhere themselves to the leagues mission statement.
- 15.5. The Calgary Mens Hockey Association is operated as a registered "not-for-profit" entity.

## **16. QUESTION / CONCERNS**

Any questions, concerns along with praise/complaints should be directed to your applicable division representative. Please see the **League Contacts** tab on [www.cmhahockey.com](http://www.cmhahockey.com)  
Scheduling issues or requests should be directed to **Tyler Yamashiro**.

***The interpretation and enforcement of these playing rules and policies is to be at the discretion of the Board of Directors of the CMHA.***