

# CAHL LEAGUE HANDBOOK

## INTRODUCTION

The OhioHealth Chiller welcomes you to an exciting and unique brand of adult recreational hockey programming for players of all skill levels ages 18 and older

## PHILOSOPHY

The Chiller Adult Hockey League will strive to create a variety of exciting seasonal adult programs that are founded on the emphasized principles of fair play, sportsmanship, camaraderie and safety.

## COMMISSIONER / DISCIPLINARY COMMITTEE

Martin Spanhel, Director of Adult Hockey and Assistant Hockey Director at the OhioHealth Chiller, serves as Commissioner for the CAHL. The Commissioner is responsible for the general administration and operations of the league. These responsibilities include team/player placement, captain's correspondence, official's correspondence, and policy interpretation/execution. The Commissioner and the hockey director of the OhioHealth Chiller (Rob Schriener) are responsible for any disciplinary problems that may arise. Their primary responsibility is to enforce USA Hockey and CAHL rules and regulations.

## CAHL CORRESPONDENCE

For questions and general information, please use the following:

Phone: 614.477.7124

Fax: 614.791.9302

Email: [mspanhel@thechiller.com](mailto:mspanhel@thechiller.com)

## CAHL ON THE WEB

For instant access to CAHL information including league standings, upcoming CAHL programs, tournaments, and registration information, check out [www.thechiller.com/cahl](http://www.thechiller.com/cahl)

## TEAM CAPTAINS

Each CAHL team is required to name one captain at the onset of each season. Captains are required to attend the mandatory season captain's meeting and any additional meetings called by the Commissioner.

Captains shall act as the team representative for all correspondence with the Commissioner. Player questions or concerns **MUST** first be directed toward the team captain.

## USA HOCKEY MEMBERSHIP

In addition to league fees, **all CAHL participants are required to register with USA Hockey.** USA Hockey provides accident insurance for covered medical expenses. The USA Hockey dues are valid for all USA Hockey sanctioned leagues and programs from September 1 - August 31 each year. All registrations must be turned before the first game of the season.

## REGISTRATION & NO PAY - NO PLAY POLICY

Registration deadlines are noted on all registration materials and on the web site prior to the start of each season. Captains are responsible to the Commissioner to ensure all fees and documentation are collected and submitted by the appropriate dates.

To be considered a registered CAHL team for each season, team captains must complete the following prior to the stated deadline(s).

- Make first payment
- Submit credit card # and authorization for 2nd or 3rd payment
- Register with USA Hockey

**CAHL has a strict no pay - no play policy. Any team not in compliance with any of the above will not be permitted on the ice.**

## **CAHL DIVISIONS**

CAHL offers six levels of play: (these are just guidelines)

- B - Ranges from ex high level high school, college and up to the professional level
- C - Players with experience from youth hockey and high school
- C2 - Same as above, except no "B" caliber players allowed
- D - Advanced Beginners and adults with 2 or more years experience
- E - Beginners

The rules and regulations for all divisions are identical, with the exception of the hat trick rule in the B league (see Hat Trick Rule). The caliber of play is the only main difference between the various divisions. Schedule formats for the divisions offer one game per week with time off during major holiday weeks. For those home for the holidays, look for possible tournaments, clinics, or drop in hockey to be scheduled. The CAHL will keep you posted. Check [www.thechiller.com](http://www.thechiller.com) for information.

## **LEAGUES BASED ON LEVEL OF PLAY FROM HIGHEST TO LOWEST**

1. Monday B
2. Wednesday C East
3. Tuesday C East, Sunday C2 East
4. Friday C2
5. Sunday C2 West, Tuesday and Wednesday C West
6. Sunday and Thursday D East
7. Sunday D West A and B, Thursday D West.
8. Sunday and Thursday D North
9. Sunday and Thursday D South
10. Monday E

## **ADULT DROP IN HOCKEY**

Adult drop-in hockey offers adults ages 18 and older the opportunity to develop their playing skills in a non-competitive environment.

Each session is limited to the first 30 skaters. All players must present a valid ID if asked and sign a facility waiver prior to each session. Full equipment, including a helmet, is mandatory! The OhioHealth Chiller reserves the right to revoke playing rights to any player found in violation of this policy or for un-sportsmanlike conduct.

The OhioHealth Chiller offers many different times for drop-in hockey. A monthly drop-in hockey schedule can be obtained at our facilities. You can also check the website at [www.thechiller.com](http://www.thechiller.com) for the daily rink schedule.

## **CAHL MEMBER DISCOUNT**

To show our appreciation to our league members, we offer a discount at our facilities of \$1.00 off the price of skate sharpening *for league members only*.

## **CAHL RULES AND REGULATIONS**

### **PLAYING RULES**

USA Hockey rules govern play of all sanctioned CAHL games at the OhioHealth Chiller and OhioHealth Ice Haus. All captains are required to be responsible for the knowledge of USA Hockey and CAHL rules and regulations.

### **GAME TIMES**

All CAHL games consist of 60 minutes of ice time. Slots consist of a 3-minute warm-up and (3) 12-minute stop periods. Due to scheduling efficiency, all games will start and end in accordance with the daily facility schedule.

## **TIMEOUTS**

Each team is allowed a One Minute Time Out per Game

## **OVERTIME**

**Overtime – Regular-season – Play Offs-** During regular-season games, if at the end of the three (3) regular twelve (12) minute periods, **the score shall be tied, each team shall be awarded one point in the League standings.** The teams will then play an additional overtime period of not more than three (3) minutes running clock with the team scoring first declared the winner and being awarded an additional point. The overtime period shall be played with each team at a numerical strength of five (5) skaters and one (1) goalkeeper. **No time outs can be used in the Overtime.** During this overtime period, players are not allowed to make changes after the whistle, they are only allowed to change "on the fly". Additional penalties will be assessed consistent with the rules in regulation time. The overtime period will be commenced immediately. The teams will not change ends for the overtime period. Penalized players must remain on the penalty bench. Should a penalized player exit the penalty bench during this rest period, he shall be returned immediately by the officials with no additional penalty being assessed, unless he commits an infraction of any other rule

## **SHOOTOUT**

During regular-season games and the play offs, if the game remains tied at the end of the three (3) minute running clock overtime period, the teams will proceed to a shootout. The rules governing the shootout shall be the same as those listed under **Rule - Penalty Shot.** The teams will not change ends for the shootout. The home team shall have the choice of shooting first or second. The teams shall alternate shots. Three (3) players from each team shall participate in the shootout. **All players are eligible to participate in the shootout unless they are serving a minor penalty, a major penalty, a ten- minute misconduct or have been assessed a game misconduct or match penalty.** Players who score a hat trick are eligible to participate in the shoot out. Each team can use only one Upper Tier player in the shootout. If one of the teams does not have Upper Tier player participating in the game, then the opposite team's Upper Tier player is not eligible to participate in the Shootout. When a goalkeeper has been assessed a misconduct, the player designated to serve the misconduct penalty becomes ineligible for the shootout. If the misconduct is assessed to the goalkeeper during the course of the shootout, the player designated to serve the misconduct must be a player who has yet to shoot and thus becomes ineligible to shoot. Once the shootout begins, the goalkeeper cannot be replaced unless he is injured. No warm up shall be permitted for a substitute goalkeeper. Each team will be given three shots, unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden death" format. No player may shoot twice until everyone who is eligible has shot. If, however, because of injury, penalty or size of roster, one team has fewer players eligible for the shootout than its opponent, both teams may select from among the players who have already shot. This procedure would continue until the team with fewer players has again used all eligible shooters. Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime. The losing goalkeeper will not be charged with the extra goal against. The player scoring the game-winning goal in the shootout will not be credited with a goal scored in his personal statistics. If a team declines to participate in the shootout procedure, the game will be declared as a shootout loss for that Team. If a team declines to take a shot it will be declared as "no goal."

## **PENALTY SHOT**

**Procedure** - The Referee shall place the puck on the center face-off spot and the player taking the shot will, on the instruction of the Referee (by blowing his whistle), play the puck from there and shall attempt to score on the goalkeeper. The puck must be kept in motion towards the opponent's goal line and once it is shot, the play shall be considered complete. No goal can be scored on a rebound of any kind (an exception being the puck off the goal post or crossbar, then the goalkeeper and then directly into the goal), and any time the puck crosses the goal line or comes to a complete stop, the shot shall be considered complete. The lacrosse-like move whereby the puck is picked up on the blade of the stick and "whipped" into the net shall be permitted provided the puck is not raised above the height of the shoulders at any time and when released, is not carried higher than the crossbar. The spin-o-rama type move where the player completes a 360° turn as he approaches the goal, shall be permitted as this involves continuous motion. Only a player designated as a goalkeeper or alternate goalkeeper may defend against the penalty shot. The goalkeeper must

remain in his crease until the player taking the penalty shot has touched the puck. While the penalty shot is being taken, players of both sides shall withdraw to their own player's bench.

### **FORFEITS**

In the event a team is forced to forfeit a game for any reason, the opponents will receive the victory. The opponents shall have the opportunity to use the allocated ice time for a scrimmage. Referees and scorekeepers are not available.

### **PLAYER EQUIPMENT**

In accordance with USA Hockey rules, all CAHL players must wear full equipment including a HECC certified helmet and shoulder pads. In addition to a certified helmet, CAHL recommends all players wear a half shield or a full facemask for the safety of all participants. All players must wear the required equipment in the manner for which it is designed. Altering equipment is not allowable (i.e.: cutting caps off of shoulder pads etc.).

### **JERSEY POLICY**

Before the first game of the session, ALL PLAYERS MUST HAVE A NUMBER. No taped on or duplicate number can be used. Players will be asked to leave the ice immediately by the officials until a proper number is in place.

Players are encouraged to notify the officials if they observe a jersey violation. This action must occur at the beginning of a game. Once the game is over no teams will be able to contest the situation. If a team is found guilty of a jersey infraction, the player will be asked to leave the ice until in compliance or the team will forfeit that game.

In the case of teams having same color jerseys, the home team has the option to keep their jerseys and away team will have to change or use CAHL jerseys (available at front desk).

### **REFEREES**

All CAHL games are refereed by certified USA Hockey officials. All appropriate USA Hockey rulings made by referee during a game will be supported by the Commissioner and the OhioHealth Chiller.

*Note: Although you may not agree with every call made (or not made) by the referees, it is important to remember that as a player in the CAHL, you are responsible for conducting yourself in a professional and appropriate manner (see [Player Conduct Zero Tolerance](#)). The CAHL has zero tolerance for abuse of officials (see )*

### **NO REFEREES PRESENT FOR GAME**

In the event referees are not present for a scheduled game, the game will be rescheduled for a later date. Teams may utilize the ice for a half ice practice or scrimmage. Teams will be expected to monitor themselves during these times and may be subject to disciplinary action if incidents occur.

### **SCOREKEEPERS**

The OhioHealth Chiller employs scorekeepers for all CAHL games. Scorekeepers act as off ice officials and are responsible for clock management and the official score sheets. Scorekeepers are also available to the commissioner for statements regarding on and off ice incidents.

### **ROSTERS**

All teams are allowed to roster a maximum of 22 players (this includes substitutes).

A rostered player constitutes a player that:

- Completes all CAHL and USA Hockey registrations
- Makes payment on all necessary fees
- Captain has been notified by CAHL Commissioner that player(s) are verified and in good standing

Teams and players ARE NOT considered rostered if the above items are not complete. **Failure of a team or player to comply with any of the above will result in a forfeit of any upcoming**

**games until the discrepancy is rectified and/or possible forfeit of any wins said team may have incurred while playing with non-rostered player(s). The league commissioner reserves the right to modify these rules at any time or tailor these rules to a specific situation.**

Please note that any player not listed on your team roster is not eligible to take the ice for any reason. In addition, the opposing team may not "ok" a non rostered player to play in a game. You may not take a forfeit and use non rostered players. If they aren't on the roster they do not step on the ice.

**USAH TEAMS RULE 201 COMPOSITION OF TEAMS:**

Only players in uniform and properly rostered Team Officials may occupy the players' bench.

**CAHL ROSTER APPROVAL & PLACEMENT**

CAHL reserves the right to place individual teams and players in the appropriate skill division if necessary. The CAHL also reserves the right to remove a player that is not suited for that level of play. A player can be removed at anytime during the season as the Commissioner sees fit.

**ADDING AND DELETING PLAYERS**

Captains can add and delete players anytime during the season (except the last 4 weeks of the regular season).

**No new players or subs will be added to any team roster from the remaining 4 weeks of regular season through the playoffs.**

**INELIGIBLE PLAYERS**

Any team participating in a CAHL game and is found using a non-rostered player or player determined to be ineligible due to disciplinary reasons, shall forfeit games said player participated in and shall be subject to a review of the disciplinary committee for further action not limited to expulsion from the CAHL

**PLAYOFF ELIGIBILITY**

Players must participate in at least **(2)** regular season games to qualify for playoff competition.

**SCORESHEETS / SIGN IN**

Scorekeepers for all CAHL games utilize an official CAHL hockey score sheet. Prior to each game, all players must sign in. Player will be able to enter the game at any time if they check-in late based on the late check in paper, but they must submit this paper to the score keeper before they start playing. If the player enters the game without submitting the late check in paper to the scorekeeper or without even checking in then if he records a goal or assists on a goal then the goal will be disallowed and the Player will be sent to get a late Check In paper which he will have to provide to the scorekeeper before he can re-join the game. Also if the Player is not signed in and he is assessed a minor or major penalty then the Player will be sent to get a late Check In paper which he will have to provide to the scorekeeper before he can re-join the game. His penalty will be served by any player from his team until he is back with the late check in paper.

**Photo IDs – Every player will be asked for a photo ID prior to every game. This must be presented to an OhioHealth Chiller staff member who will sign you in. No ID - No Play - No Exceptions!**

Each team must have a minimum of 6 players signed in and ready to play for a game to commence. Any team who does not have 6 players will forfeit the game.

**3 PENALTY RULE\***

Players committing any (3) penalties in one game shall receive a CAHL game ejection penalty and will be removed from the remainder of the game.

**HAT TRICK RULE**

No player will be credited with more than (3) goals in the **E, D** and **C** levels.

**ZERO TOLERANCE**

CAHL enforces a zero tolerance policy for abuse of officials and scorekeepers. Abuse includes verbal, physical or otherwise. Abuse of officials will result in an immediate and indefinite suspension, pending a review by the disciplinary committee. Pending the outcome of the review, the CAHL reserves the right to impose lifetime expulsion from activities at the OhioHealth Chiller.

#### **GAME MISCONDUCT PENALTY**

In accordance with USA Hockey, any player receiving a game misconduct is ejected from the current game and must also miss the next scheduled game. The CAHL Commissioner will automatically review the penalty and determine if it warrants any further disciplinary action

#### **MATCH PENALTIES**

According to USA Hockey, any player receiving a match penalty is ejected from the current game and automatically suspended for 30 days or until a meeting is held and a ruling made by the CAHL. The CAHL also has the right NOT to meet within the 30 day time period. If this occurs, the player is reinstated after the 30th day. Match penalties may result in league expulsion.

#### **FIGHTING / EXPULSION**

CAHL has adopted a no fighting policy wherein any player(s) ejected from a game for fighting will suffer a five weeks automatic suspension for the first occurrence. Any player caught fighting for the second time will be suspended for the rest of the season. There will be no exceptions. Any player suspended or kicked out of the league due to fighting is not entitled to a refund from the CAHL for any missed Games.

#### **PLAYOFFS**

Each CAHL season ends with playoffs. The playoff format, dates, and times for each season will be determined by the Commissioner and will be distributed to the team captains.

#### **PLAYOFF SEED DETERMINATION/CAHL TIE BREAKERS**

If two teams are tied for points at the end of the regular season, the CAHL tie-breaker system goes as follows:

1. The greater number of games won during the entire season including overtime and shootout wins
2. The greater number of points earned in games between the tied clubs.
3. The greater differential between goals for and against for the entire regular season.
4. Lowest goals against.
5. Greatest goals for.

If more than two teams are tied for points at the end of the regular season, the CAHL tie-breaker system goes as follows:

1. The greater number of games won during the entire season including overtime and shootout wins
2. The greater differential between goals for and against for the entire regular season.
3. The greater number of points earned in games between the tied clubs.
4. Lowest goals against.
5. Greatest goals for.

#### **GAME CANCELLATIONS**

Although alterations to the schedule are avoided at all costs, the OhioHealth Chiller reserves the right to cancel CAHL games due to facility malfunction or other circumstances. In the event a game is cancelled, the Commissioner will notify the captains immediately.

**It is the captain's responsibility to notify all their rostered players and inform them of the situation.**

In the event a CAHL game is cancelled, the facility shall reschedule the missed game(s) prior to the season ending playoffs.

#### **GAME CALLED**

Please note that officials have the right to stop a game at anytime if the game becomes too physical, is out of control and/or there is a safety or behavioral issue. If a game is called the score

shall stand as it is at the time of the call.

### **PLAYER CODE OF CONDUCT**

All members of the CAHL are required to conduct themselves in a professional and appropriate manner both on and off the ice while at the OhioHealth Chiller or OhioHealth Ice Haus. These facilities are billed as family entertainment centers and failure to uphold this standard is unacceptable and will not be tolerated. Violators may be subject to a disciplinary committee review.

The following guidelines are to be adhered to at all times while at the OhioHealth Chiller and OhioHealth Ice Haus:

- Foul language will not be tolerated
- Players are to treat all facility members with respect
- Players are to dress in the locker rooms only
- Ice access is not allowed until the start of your game
- No one is allowed on the ice until the Zamboni doors are closed

### **ALCOHOL POLICY**

**Consumption of alcohol in the locker rooms, parking lots or other locations at the OhioHealth Chiller and OhioHealth Ice Haus is prohibited.**

**In the event it is reasonably suspected that a player is participating under the influence of alcohol or drugs, he/she will be subject to immediate ejection from the facility and face possible suspension.**

### **DRUG POLICY**

Drug abuse at the OhioHealth Chiller and OhioHealth Ice Haus is also strictly forbidden and violators will suffer expulsion from the CAHL and will be subject to prosecution.

**In the event it is reasonably suspected that a player is participating under the influence of alcohol or drugs, he/she will be subject to immediate ejection from the facility and face possible suspension.**

### **LOCKER ROOM POLICY**

Locker rooms are automatically assigned to each team; however, the locker rooms will remain locked.

To obtain a key, teams must sign out the key by presenting a set of car keys to the front desk attendant. The key holder is responsible for the condition of the locker room.

Please take every precaution with your valuables. Even if the locker room is locked, you are advised to use the personal lockers located at each rink. **Remember, the OhioHealth Chiller and OhioHealth Ice Haus is not responsible for lost or stolen property.**

### **VANDALISM POLICY**

As members of the CAHL you are required to keep our facilities vandalism free. Any player / team found vandalizing any area of the rink will be suspended immediately and indefinitely and subject to a disciplinary committee review and may suffer expulsion from the CAHL. In addition, violators will be responsible to pay for all damage sustained.

### **GO PRO POLICY**

It is the policy of Chiller LLC that Go Pro (and similar type) cameras are **not allowed** to be carried or worn by customers on the ice.

Customers wishing to photograph or video must do so from outside the rink boards. They may mount their cameras on the rink glass to enable hands-free photography/video-taping if the mounting can be done safely and securely.

Chiller-employed professionals may use photography and video-taping equipment, with prior approval, for the purposes of providing feedback while teaching during classes, camps and clinics.

### **GOALIE POOL**

In the event that a team is aware that they will not have a goalie available to them for an upcoming game, the captain can contact the Commissioner for a goalie request. The Commissioner may be able to give you some goalie phone numbers.

In the event a goalie is not available, the team must skate with (6) skaters.

### **UPPER TIER RULE**

Each C team is allowed to have (2) players from a higher division on their roster. The purpose of these players is to help guide, organize, and help a team reach a higher level of understanding of the game. These players are not to be used as "ringers." Any upper tier player that is being used as a ringer will be asked to leave the team. It is also the Commissioner's right to move players at any time of the season that does not belong in a certain level of play. It will be up to each team to find a replacement if a player(s) is asked to leave your team.

In the case the Upper Tier player is shooting to get a rebound and the goalie moves away from the net to give up a goal intentionally to get a face off in the center ice then the face off will be not taken in the center ice, but in the defensive zone of the goalies team.

### **DEFINITION OF UPPER TIER PLAYER:**

Any player, regardless of skill, who plays in a league above is and will be considered an upper tier player. Additionally, because a player does not play in an upper tier does not make them eligible to play in any level he/she wants. That player will be judged by skill level and should be counted as an upper tier player if better than the level playing in.

### **C WEST:**

The two upper tier players allowed on each team may only be credited with a goal if their team is down (losing) by two or more goals. Any goal scored not within these rules will be disallowed and the face-off will take place at center ice.

### **C EAST**

Teams in the C East leagues are only allowed to have two upper tier players as well but they are allowed to score at anytime.

### **C2**

No C2 teams are allowed to have upper tier (B) players on their roster. Teams are allowed to use B level goalies, but they must be designated on roster as goalies.

### **D**

No D teams are allowed to have upper tier (C) players on their roster. Teams are allowed to use C level goalies, but they must be designated on roster as goalies.

### **E**

No E teams are allowed to have upper tier (D) players on their roster.

### **SUSPENSIONS AND FINES**

#### **Team Infractions**

Playing with non-rostered player - \$75 and forfeit game  
Alcohol in the locker room - \$75 per player and forfeit game

#### **Fighting**

Game misconduct = 2 to 5 weeks suspension and up to 75 dollar fine.

In the instance of a second game misconduct for removing helmet or gloves prior or during the altercation, then the fine will be doubled as well as the length of suspension.

Second suspension for fighting within two sessions will result in to a 300 dollars fine and 6 weeks



suspension.

**Abuse of officials**

Game misconduct - one to five weeks suspension and up to 25 dollar fine.

Match penalty (threat /physical attack on the referees) - one session suspension to indefinite suspension + 100 dollar fine.

**Kicking penalty**

Game misconduct or match penalty - 3 weeks to one session suspension and up to 75 dollar fine.

**Holding or grabbing face mask**

Game misconduct - one to five weeks suspension and up to 35 dollar fine.

**Head Butting**

Game misconduct = one to five weeks suspension and up to 35 dollar fine.

**Checking from behind**

Game misconduct - one to five weeks suspension and up to 35 dollar fine.

**Injury\***

Match or game misconduct – one game to a one session suspension – up to 75 dollar fine.

**Playing under the influence of alcohol or drugs**

One to six weeks suspension and up to 75 dollar fine.

Second occurrence – indefinite suspension.

\*Definition of an Injury: Player in the need of medical attention

The league commissioner will determine the length of the suspension based on the particular incident or the severity of the action.

**The Commissioner will use the fines to book the ice to create opportunities within the community for under-privileged children (teach them how to play hockey) and also for other charity events within the community. All the fined players will be notified when such an event will take a place and all of the info will be available on our website.**