



MCHA - Rules & Code of Conduct

1. METROPLEX CHRISTIAN HOCKEY ASSOCIATION OVERVIEW

- 1.1. The Metroplex Christian Hockey Association (MCHA) is an independent, Christian-led adult (18+) hockey organization. While Christian beliefs, principles, and discipleship are the focus of this league, MCHA is not a private church league or a “Christian-only” league; it is open to all people, regardless of their beliefs, and exists to share Christ’s love with the greater hockey community.
- 1.2. MCHA values sportsmanship, camaraderie, and fair and equitable play. As MCHA acquires new players or teams, MCHA allows such players and/or teams into the league with good faith that all players will act and play to the standards set forth in this document.
- 1.3. The duty of the MCHA is to uphold these standards on a reactive basis after an MCHA game is complete to keep future game play as competitive, safe, and equitable as possible. MCHA is not responsible for any player’s or team’s actions before, during or after a game.
- 1.4. MCHA follows all USA Hockey rules and has additional requirements as outlined herein. MCHA requires each participant to read and accept all rules in this guide; playing in MCHA constitutes acceptance of all rules in this guide.
- 1.5. MCHA is a member of Texas Amateur Hockey Association (TAHA), the local USA Hockey Affiliate. MCHA abides by and acts in accordance with the Articles of Incorporation and By-Laws of TAHA, all duly adopted and published policies, procedures, rules and regulations of TAHA, and decisions of the Board of Directors of TAHA.. Further, MCHA is guided by the following core values of USA Hockey and TAHA:
 - Sportsmanship - Foremost of all values is to learn a sense of fair play. Become humble in victory, gracious in defeat. MCHA will foster friendship with teammates and opponents alike.
 - Respect For The Individual - Treat all others as you expect to be treated.
 - Integrity - MCHA seeks to foster honesty and fair play beyond mere strict interpretation of the rules and regulations of the game.
 - Pursuit Of Excellence At Individual, Team And Organization Levels - Each individual MCHA captain, player, officer, and administrator should seek to perform each aspect of the game to the highest level of his or her ability.
 - Enjoyment - It is important for the hockey experience to be fun, satisfying and rewarding for the participant.
 - Loyalty - MCHA aspires to teach loyalty to the ideals and fellow individual members of the sport of hockey.
 - Teamwork - MCHA values the strength of learning to work together. The use of teamwork is reinforced and rewarded by success in the hockey experience.



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2. CODE OF CONDUCT

2.1. Player and Spectator Conduct

- 2.1.1. No player participating in an MCHA sanctioned event shall clutch, shove, strike, or threaten a referee, player, spectator, or league official for any reason, on or off the ice surface. Violations will lead to suspensions without a refund.
- 2.1.2. No player participating in an MCHA sanctioned event shall refuse, dispute, or argue against a referee or official's decision. Only the designated team Captain or Alternate Captains may discuss, in a polite, nonthreatening, respectful manner, a ruling with an official for the purpose of clarifying the rule or the effects of such a call.
- 2.1.3. No player participating or spectator watching an MCHA sanctioned event shall use obscene gestures or vulgar language at any time, even though the gestures or swearing/vulgar language may not be directed at a particular individual or team. Any non-compliant player may be issued a warning or provided disciplinary actions by MCHA beyond the official's on-ice ruling.
- 2.1.4. A spectator, who can be positively linked to a participating team, can cause such team further repercussions, as stated in the USA Hockey Rule Book, and MCHA reserves the right to provide disciplinary actions beyond the official's on-ice ruling. Furthermore, MCHA reserves the right to ask any noncompliant spectator to leave the Contest Area until further notified by an MCHA official. The team Captains and Alternate Captains are responsible for the players on their bench, as well as the spectators linked to their players
- 2.1.5. No player or spectator shall cause damage to the rink or facility in which MCHA sanctioned event is being played; any damage caused will result in a fine paid to the facility and offending players will be suspended until the facility has confirmed the fine is paid in full. Teams are responsible for cleaning up all trash in their respective locker rooms.
- 2.1.6. No player participating in an MCHA sanctioned event shall arrive at the Contest Area under the influence of alcohol or drugs. In addition, no player participating in an MCHA sanctioned event shall consume alcohol while in the Contest Area.
- 2.1.7. Furthermore, MCHA supports USA Hockey's Rule 109b, discussing the use of alcoholic beverages on the player's bench. MCHA reserves the right to submit disciplinary actions beyond the official's on-ice ruling for players who appear under the influence of alcohol or drugs immediately before or during an MCHA sanctioned event.
- 2.1.8. All players, substitutes, and spectators are expected to uphold the standard of play specified in the USA Hockey Rules and Regulations Manual in addition to the MCHA Code of Conduct. In the case where the MCHA Code of Conduct does not discuss unique situations, the USA Hockey



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Rules and Regulations Manual will be upheld. MCHA reserves the right to seek additional resources to properly manage any player, substitute, or spectator situation.

2.2. Anti-Discrimination Policy

- 2.2.1. MCHA is committed to equal competitive opportunity, taking into account ability, physical size and other athletic criteria, to amateur adult hockey players participating in league play.
- 2.2.2. MCHA prohibits any and all discrimination in its programs on the basis of race, ethnicity, color, national origin, ancestry, gender, sexual orientation, religious beliefs, political beliefs, age, socioeconomic status, marital status, language, disability, or immigration status.

2.3. Sexual Harassment Policy

- 2.3.1. Sexual harassment is defined as: Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when submission to such conduct is made either explicitly or implicitly a term or condition of participation in hockey; or submission to or rejection of such conduct by an individual is used as the basis for hockey participation and decisions affecting such an individual; or such conduct has the purpose or effect of unreasonably interfering with an individual's performance or creating an intimidating, hostile, or offensive hockey environment.
- 2.3.2. Any person who believes that he or she has been sexually harassed during an MCHA event may file either a formal or informal complaint with the MCHA Board of Directors. Confidentiality will be maintained to the fullest extent permitted.



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3. REGISTRATION & TEAMS

3.1. Player Registration

- 3.1.1. All players within MCHA are required to register via the HockeyShift online registration system, provide a current USA Hockey registration number, and disclose: their age, the highest/most competitive level at which they have skated, and any other leagues in which they are currently playing. Any information found to be incorrect or misleading will result in an indefinite suspension until resolved.
- 3.1.2. All players are expected to meet their financial commitments. Full payment or commitment to a payment plan must be provided at the time of registration prior to playing in MCHA. Any player's failure to meet their financial obligations to the MCHA will lead to a permanent suspension from MCHA until account receivables are cleared in full.
- 3.1.3. All players must be registered via HockeyShift and claimed by MCHA with USA Hockey for insurance purposes before they step on the ice. A list of all registered players is provided privately to captains. If a player is not on this list, they are **not** claimed with USA Hockey and thus **not** eligible to play.
- 3.1.4. Registration resets at the end of every MCHA season. All players and goalies (including substitutes) must register *each* season with a current USA Hockey number.
- 3.1.5. Registration closes mid-way through a season and rosters are locked at that time. Exceptions to this policy may be requested using the Registration Exception Request form that can be found on the MCHA website under the Hockey Resources page. Exceptions are at the discretion of MCHA and must be approved in writing prior to the registration occurring.
- 3.1.6. Players must register by 10:00 PM on Friday evening to be eligible to play in games the following Sunday. MCHA makes no guarantee that players who register after this cutoff time will be eligible to play the following Sunday.
- 3.1.7. Players may register for a full season or a half season. Half season registration assumes the player will play half of the regular season games and 1 playoff game. Use of half season players as substitutes beyond the number of games to which they financially contributed is at the discretion of the captain.
- 3.1.8. Captains may choose to pay with a Team Fee (in which the captain pays a single fee, and is reimbursed by the players on the team). All players on the team must still individually register to ensure that waivers are signed and needed player info is captured; players on a team paying by team fee will be provided a discount code to zero out the fee on their individual registration once the team fee has been paid.



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3.2. Player Leveling

- 3.2.1. MCHA provides managed skill-level divisions to ensure equitable levels of play. See Section 6, Skill Guidelines, for details on the divisions; each player must register in the appropriate skill-level division following these guidelines. If a player registers in a division for which they are explicitly ineligible per the Skill Guidelines, they will have their registration canceled and will receive a refund less any credit card processing fees paid by MCHA for the canceled registration.
- 3.2.2. MCHA reserves the right to make its own judgment about players' appropriate skill-level divisions (based on player performance and registration data) and to move players to the appropriate skill-level divisions at any time before the beginning of a season or during a season. If the player elects to exit league play in lieu of playing in the appropriate skill-level division, then MCHA is not obligated to issue the player a refund.
- 3.2.3. A player who has been moved by MCHA leadership to a higher skill-level division than the level in which they originally registered is not eligible to register in the lower skill-level division in future seasons unless they receive dispensation from the league to do so.
- 3.2.4. If MCHA does not have a high enough skill-level division to provide parity for a player, MCHA reserves the right to remove the player from the league. Such players will have their registration canceled and will receive a refund less any credit card processing fees paid by MCHA for the canceled registration.
- 3.2.5. Players are allowed to register **above** their appropriate skill-level division, provided that their play in the higher level does not create an unsafe situation or have a negative impact on the hockey experience at the higher level. Play at the higher level is at the discretion of the captain of the higher skill-level division team.
- 3.2.6. MCHA will not proactively move players to a lower skill-level division than the level in which they originally registered. Movement down to a lower skill-level division is a discussion to be had between the player and captain; in the event a captain and player agree is appropriate for the player to move down, MCHA will facilitate finding a roster spot for the player at a lower skill-level division if possible.
- 3.2.7. Players may not register in multiple divisions. Players who register in multiple divisions will have their 2nd registration canceled and will receive a refund less any credit card processing fees paid by MCHA for the canceled registration.



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3.3. Team Roster Sizes

- 3.3.1. Each MCHA team must maintain a minimum roster size of 13 full season players, a captain and a goalie (two half season players count as one full season player). Rosters are limited to 20 total players, a captain, and a goalie.
- 3.3.2. Free Agents may express interest in playing with MCHA using the Free Agent Request form that can be found on the MCHA website under the Hockey Resources page. Free Agents will be allocated to a team in their desired division (when roster space allows) by league staff, who will coordinate with captains to identify the appropriate team and direct the Free Agent to register with that team.
- 3.3.3. Should a team be unable to meet the minimum roster requirement, MCHA reserves the right to directly allocate Free Agents to the team and/or to dissolve the team and reallocate the players to another team. No refunds will be given.



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4. GAME PLAY

4.1. Game Format

- 4.1.1. MCHA games are 5v5, with a 3-minute warmup, 3 x 15-minute Stop Time periods, and a 1 minute break between each period. The clock moves to running time if a team is trailing by 5 or more goals in the 3rd period. The clock returns to stop time if the goal differential is reduced to 4 or fewer.
- 4.1.2. Each team must field a minimum of 5 skaters and a goalie (or 6 skaters and no goalie) to play a game. If a team has fewer skaters or drops to 4 skaters or fewer during the game (e.g., due to injury or ejection) then the team must forfeit.
- 4.1.3. Games forfeited due to lack of players will not be rescheduled; in case of a forfeit, the available players may use the scheduled ice time for a drop-in style scrimmage (no referees and no scorekeepers). Repeated forfeits may result in dissolution or removal of a team from the league at leadership discretion.
- 4.1.4. During the regular season, in the event of a tie game at the end of 3 periods, the game moves to a best-of-3 shootout. If the tie is not resolved with the first 3 players, the game moves to a sudden death shootout. All players on the bench must shoot once before any player can shoot again (regardless of whether the two teams have a different number of players on the bench).
- 4.1.5. During the playoffs, in the event of a tie game at the end of 3 periods, the game moves to a 6-minute Run Time sudden death overtime period. If the game remains tied after the overtime period, the game moves to the same shootout format as the regular season.

4.2. Playoff Format

- 4.2.1. All teams are eligible for playoffs and have a path to a championship game, regardless of regular season performance. Players must play a minimum of 4 regular season games with their team¹ to be eligible for playoffs.
- 4.2.2. Teams are ranked for playoff seeding based on the number of points accrued during the regular season: a win (regulation or shootout) is 2 points, a shootout loss is 1 point, and a regulation loss is zero points. The following are tiebreakers: lowest team PIM, head-to-head record, total goals for, goal differential.
- 4.2.3. MCHA playoffs have a 2-game guarantee and use a Round-1 double elimination format: each team can recover from a loss in their *first* playoff game; a loss *after* their first game eliminates the team from the playoffs. MCHA playoffs do not include consolation games.

¹ Players who are eligible for playoffs are marked with a check mark in HockeyShift.



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4.2.4. The format for a 4-team bracket is shown below.



4.2.5. Mixed-roster Fellowship Games may be held on the same Sunday as Championship games if ice availability allows. All registered players in good standing are eligible to sign up for a Fellowship Game at no additional cost on a first-come, first-serve basis; teams eliminated from the playoffs will have the first opportunity to sign up. Prospective players for future seasons may also be invited to play in Fellowship Games, but must still register via the online HockeyShift system and have their USAH number claimed by MCHA before they can play.

4.3. Equipment & Jerseys

4.3.1. The following equipment is required of all players in all MCHA games: hockey helmet with a chin strap, elbow pads, hockey gloves, shin pads, hockey pants, protective cup, hockey skates, hockey stick, hockey socks, and a hockey jersey.

4.3.2. The following equipment is optional but is *highly* encouraged for player safety: face mask or cage for helmet, shoulder pads, and neck guard. Players who elect to play without this equipment do so at their own risk.

4.3.3. The home team wears a dark-colored jersey. The visiting team wears a white or light-colored jersey². Each player's number must be the same on both their light and dark jerseys and must be correctly reflected on the game sheet.

4.3.4. All teams are encouraged to have matching jerseys to foster camaraderie, a sense of team belonging and to avoid any disagreement on jersey colors. Teams are responsible for acquiring and providing their own jerseys.

² Note: on-ice officials are the final authority on what constitutes a "light-colored" or "dark-colored" jersey.



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4.4. Goal Caps

- 4.4.1. No player is eligible to score more than 3 goals per game, including during overtime.
- 4.4.2. If a player exceeds the goal gap, the goal will be disallowed, and the ensuing faceoff will be placed in the offending player's defensive zone.
- 4.4.3. Players who have reached the goal cap limit **are** eligible to participate in a shootout.

4.5. Substitute Players

- 4.5.1. During the regular season, teams are authorized to use substitute (or "borrowed") players from other teams in their division or a lower division to bring their team to 12 players (not including the goalie). Captains, chaplains, and board members are exempt from this limitation and are encouraged to sub with teams in any division to build community across the league.
- 4.5.2. It is the captain's responsibility to ensure that use of substitute players (other than other captains) does not push their team beyond 12 players. If a rostered player tells the captain they are OUT for a game, but still shows up after the captain has already arranged a sub, the captain must decide who will play in that game: the sub or the rostered player. Teams cannot use substitute players if they already have 12 or more skaters.
- 4.5.3. A captain must notify the opposing captain of any substitute players and clearly label substitute players on the game sheet handed in to the scorekeeper prior to the start of the game.
- 4.5.4. Teams may not use substitute players during playoffs.

4.6. Substitute Goalies

- 4.6.1. All substitute goalies must be registered with MCHA before they step on the ice. A list of all registered goalies is provided to captains privately.
- 4.6.2. Teams may borrow a goalie from a team within or below their own division for both regular season and playoff games.
- 4.6.3. Registered substitute goalies are eligible to participate in playoffs after all other options have been exhausted.
- 4.6.4. In the event of a goalie emergency, captains are expected to work with their opposing captain and the league to attempt to find a suitable substitute. Teams may not use goalies from higher divisions as subs for regular season or playoffs unless no other suitable substitute can be found and both captains agree to the use of the goalie in writing prior to game start.



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4.7. Ineligible Players

- 4.7.1. Any team that uses an ineligible player will automatically forfeit the game played.
- 4.7.2. The captain is responsible for ensuring that only eligible players step on the ice, regardless of whether the captain is present at the game or not. Repeated use of ineligible players may result in suspensions of the captain at MCHA leadership discretion.
- 4.7.3. An ineligible player falls into any of the following categories:
- Any player that is not registered via the MCHA website at the time of the game.
 - Any player whose skill level has been determined by MCHA rules or evaluation to be above the level in which the game is played.
 - Any player in the playoffs who has not played the minimum number of regular season games.
 - Any player that is suspended from either MCHA or USA Hockey at the time of the game.
 - Any player that plays under false representation.

4.8. Pre & Post Game Communication

- 4.8.1. Captains and their cords of 3 are expected to introduce themselves to each other before the game. This also serves as an opportunity to discuss rosters and substitute players as applicable.
- 4.8.2. Sportsmanship is a key element of MCHA. To continue to foster a sense of community and sportsmanship, all players agree to line-up after the game and congratulate their opponent.
- 4.8.3. All players agree to meet at center ice for a post-game prayer, unless the game went into overtime, in which case the post-game prayer may be held off-ice. Players may choose not to participate in the prayer but are required to observe a moment of silence. In addition, officials are invited to participate in the post-game prayer if they wish.
- 4.8.4. Players are required to keep their helmets on until they meet in the prayer circle.



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5. PENALTIES, EJECTIONS & SUSPENSIONS

- 5.1.1. MCHA plays according to USA Hockey rules, with additional league-specific discipline noted in this section. The North Texas Hockey Officials Organization (NTHOA) is an independent, USA Hockey-sanctioned organization that officiates all MCHA games.
- 5.1.2. MCHA players (Christian or non-Christian) are human beings playing a competitive sport and can get caught up in the bravado just like anyone else. Therefore, MCHA asks that the officials issue penalties as necessary to help MCHA maintain the highest standards to make sure the league is able to better accomplish our outreach objectives through fun and safe play.
- 5.1.3. Any player who incurs three (3) penalties in the same game shall be immediately ejected from the game. This ejection is to cool down a game and does not include any additional penalty minutes recorded against the player's penalty total for the season, nor does it result in suspension in and of itself.
- 5.1.4. Indefinite suspensions issued for any of the reasons stated in the below sections remain in place until rectified by the offending player through MCHA's reinstatement process and will carry over into future seasons. No refunds will be issued for games missed during a suspension.
- 5.1.5. In compliance with USA Hockey rule 601, MCHA requests that the officials ensure that profanity is not a part of the game and to issue a maximum of one warning per game, followed by unsportsmanlike conduct penalties as necessary, up to and including Game Misconduct or Match penalties at the officials' judgment.
- 5.1.6. MCHA reserves the right to assess additional discipline at any time at leadership discretion. MCHA will make decisions based on best serving the ministry goals of the organization when reviewing penalties and suspensions.

5.2. Penalty Caps

- 5.2.1. Each player has per-season Penalty Minute Caps where additional disciplinary actions are assessed. Once the penalty minutes have been calculated, each player will be evaluated against the Penalty Minute Caps identified in this section.
- 5.2.2. These guidelines are presented to each player at the time of registration with MCHA, but MCHA reserves the right to modify the Penalty Minute Caps at any time at its sole discretion. Captains will be made aware of any modifications.
- 5.2.3. Penalty minutes carryover from the regular season into playoffs. All penalty minutes accumulated expire once the regular season and playoffs are over.



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5.3. Major Penalties

- 5.3.1. Any player who receives a penalty for fighting on or off of the ice surface will be issued an indefinite suspension from MCHA.
- 5.3.2. Any player who receives a body checking penalty will be issued a 1-game suspension from MCHA for the first offense and an indefinite suspension for additional offenses.
- 5.3.3. Any player who receives an abuse of Officials penalty will be issued a 2-game suspension from MCHA for the first offense and an indefinite suspension for additional offenses.
- 5.3.4. Any player who receives 3 major penalties (other than fighting) in a single season will be issued an indefinite suspension from MCHA.

5.4. Match Penalties

- 5.4.1. Per USA Hockey rule 405, any player who receives a Match penalty is suspended from participating in **all** USA Hockey games and practices (including but not limited to MCHA) until their case has been addressed by TAHA.
- 5.4.2. Once the player's case has been addressed by TAHA, MCHA will determine if additional suspension (beyond that imposed by TAHA) is warranted based on the specific circumstances of the infraction.

5.5. Suspensions

- 5.5.1. Any player who receives a suspension will begin serving that suspension at the next scheduled MCHA game for the respective division in which the suspension was earned. Any player who receives a suspension is not eligible to receive a refund for games missed due to that suspension.
- 5.5.2. Any player who attempts to participate in any MCHA game while suspended is subject to further disciplinary actions including possible indefinite suspension. In addition, suspension period(s) not fulfilled will carry over into subsequent season(s).
- 5.5.3. If a player is subbing for another team and receives a penalty warranting a suspension, that player must serve the suspension missing a game with the team on which they are rostered, not the team they were subbing for. Suspended players are not eligible to sub on other teams until their suspension has been lifted.
- 5.5.4. Any player who is indefinitely suspended must submit a written petition requesting to be readmitted to the league using the Petition for League Reinstatement form that can be found on the MCHA website under the Hockey Resources page. MCHA will review the petition and will



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determine whether and when to reinstate the player to league play. A ruling must be made within 30 days after receipt of petition.

- 5.5.5. Any player who is indefinitely suspended and who is not being reinstated for the remainder of the season may be replaced by a player on the Free Agent list for the remainder of the season at the discretion of the league. No refunds will be issued for players who are replaced due to infractions causing a season-ending suspension.
- 5.5.6. The below table provides a summary of the suspension guidelines that MCHA uses. All discretionary suspensions will be evaluated on a case-by-case basis and will be based on the severity of the misconduct.

Infraction	Discipline
3 penalties in a game	Ejection, but no additional suspension
Body checking	1 game for 1st offense - indefinite suspension for future offenses in a season
Abuse of Officials	2 games for 1st offense - indefinite suspension for future offenses in a season
25 penalty minutes in a season	1 game
35 penalty minutes in a season	Indefinite - 3 game minimum
Fighting	Indefinite - 3 game minimum
3 major penalties in a season	Indefinite - 3 game minimum
Abuse of MCHA staff	Indefinite - 3 game minimum
Match Penalty	Indefinite until TAHA hearing - at MCHA discretion once TAHA has issued a ruling
Fraudulent registration information	Indefinite until resolved
Unpaid registration	Indefinite until resolved



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5.6. Conduct Evaluations

- 5.6.1. MCHA captains may (as a last resort in addressing player behavior that fails to live up the league's code of conduct) petition the league for discretionary disciplinary action against individual players for conduct unbecoming of the MCHA using the Player Conduct Review form that can be found on the MCHA website under the Hockey Resources page.
- 5.6.2. This process allows MCHA leadership to become aware of and put appropriate action in place to address violations of the league code of conduct, and empowers captains with ownership to address the conduct.
- 5.6.3. Conduct that is unbecoming of the MCHA includes but is not limited to:
- Repeated violations of the MCHA code of conduct
 - Conduct that threatens player safety
 - Consistent instigation of on-ice conflict through words or actions
 - Consistent unsportsmanlike conduct on or off the ice
 - Detrimental representation of the league on or off the ice
- 5.6.4. Petitions will be reviewed and adjudicated by MCHA leadership. Assessment may include review of past game video, review of player penalty/suspension history, interviews with captains who joined the petition, interviews with affected players, and any other sources of data the league feels is appropriate.
- 5.6.5. MCHA leadership will decide what (if any) discretionary disciplinary action is warranted based on the review and nature of alleged conduct unbecoming of MCHA. Discipline may range from coaching with the MCHA Ministry Coordinator or leadership, to indefinite suspension from league play depending on the nature and scope of the conduct.



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6. SKILL & DIVISION GUIDELINES

6.1. Divisions

- 6.1.1. MCHA strives to provide a safe, enjoyable athletic experience with emphasis on friendly competition, camaraderie, sportsmanship, and divisional parity. Our goal is to foster a positive recreational environment for all players and spectators.
- 6.1.2. These player skill level divisions & guidelines were created as a tool to assist players, captains & leadership in determining what level best suits a players needs based on a variety of factors collected during registration. These are guidelines only (not hard limits) and MCHA leadership makes final leveling and eligibility decisions taking ministry factors into account.
- 6.1.3. MCHA has currently established two skill-level divisions: Silver and Bronze.
- 6.1.4. Silver is intended for intermediate players who played in semi-competitive youth levels, or who learned to play as adults and have built up sufficient skill and experience to have parity with such players. Silver is intended to be a blend of the C2/C3 divisions in past MCHA seasons or SPAHL.
- 6.1.5. Players actively Upper C or higher in SSHL or NyTex, who have done so in the past 12 months are generally ineligible for the MCHA Silver division, as are any players formerly rated as “B-exempt” with MCHA. Players actively playing Upper C in SPAHL will be assessed for eligibility on a case by case basis.
- 6.1.6. Bronze is a 35+ division intended for novice players who may have played organized youth hockey but did not play at competitive levels, who played a competitive youth level but are now 45+, or who learned to play as adults and have built up sufficient skill and experience to have parity with such players. Bronze is intended to be a blend of the D1/D2 divisions in past MCHA seasons or SPAHL.
- 6.1.7. Players actively playing any level of C in SSHL, SPAHL or NyTex, who have done so in the past 12 months are generally ineligible for the MCHA Bronze division. Players actively playing Lower C in SPAHL will be assessed for eligibility on a case by case basis

6.2. Skill Guidelines

- 6.2.1. The table below shows the guidelines for minimum age and youth experience background for each skill-level division. This table is to be interpreted as “a player who played [youth level] should be [x] years old before they are eligible to play in [division]”
- 6.2.2. MCHA recognizes that the caliber and competitiveness within these levels (e.g., Junior Hockey, College Club programs, High School programs) vary, as do the fitness levels of players as they age and will account for these variances when reviewing player backgrounds.



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Highest Youth Level Played	Silver Recommended Age	Bronze Recommended Age
AA/AAA Travel, Junior B/A, NCAA or Above	45	55
High School Varsity, College Club, A Travel	35	45
High School JV, B Travel, House League	25	40
No Youth Experience	18*	35

- 6.2.3. *Note: Players who are 18 must have also fully aged out of USA Hockey youth eligibility before they can play in any adult league in the TAHA region. For the 2025/2026 USA Hockey season, players must be born in 2006 or earlier to play in an adult league.

6.3. Player Skill-Level Evaluations

- 6.3.1. Player skill-level evaluations may be requested by a captain for their own players or for players on opposing teams within their division using the Player Skill-Level Evaluation form that can be found on the MCHA website under the Hockey Resources page.
- 6.3.2. Skill-level evaluations will be carried out by an MCHA evaluator who will review player stats, and/or attend live games in order to rate a player on their passing, shooting, stick-handling, skating, positioning, and game system execution.
- 6.3.3. The MCHA evaluator may request that the player under evaluation sub in a higher skill-level division as part of the evaluation process. The restriction on use of substitute players when a team already has 12 skaters does not apply to evaluation subs requested by MCHA.
- 6.3.4. After the evaluation is complete, the player, their captain, and the captain who requested the evaluation will be informed of the player's evaluated appropriate skill-level divisions.

6.4. Exceptions

- 6.4.1. MCHA recognizes that skill levels change over time; a player may slow down as they age or recover from injuries, and conversely or a player's skill level may increase as they gain experience and grow their skills. The appropriate skill-level division for a player may change over time accordingly.
- 6.4.2. MCHA recognizes that exceptions to the 35+ age limit may be appropriate for ministry needs, especially for parent/child or other family relationships.



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- 6.4.3. Exceptions to the eligibility rules for each division, as well as the age & skill level guidelines will be handled on a case-by-case basis by the MCHA leadership in consultation with impacted captains.
- 6.4.4. Exceptions may be requested using the Registration Exception Request form that can be found on the MCHA website under the Hockey Resources page.



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7. DEFINITIONS

- 7.1. Body Contact - Contact that occurs between opponents during the normal process of playing the puck, provided there has been no overt hip, shoulder or arm contact to physically force the opponent off of the puck.
- 7.2. Captain/Alternate Captain - A Player officially designated as one of the team spokespersons. Goalies are not allowed to function as captains as captains must be able to meet referees to discuss game issues and to manage both on-ice and bench behavior of their respective team.
- 7.3. Competitive Contact - Contact that occurs between two or more skaters who are in the immediate vicinity of the puck and who are in the normal process of playing the puck. Physical contact is likely to occur between the players and is allowed provided the primary focus of the players is to gain possession of the puck.
- 7.4. Contest Area - Locker rooms, benches, internal lobby and interior viewing/seating areas in and around any rink. For the purposes of this document, the Contest Area does not include exterior areas, parking lots, or designated bar areas within a rink.
- 7.5. Free Agent - A prospective Player who wishes to play on an MCHA team, but does not have pre-existing contacts with a captain to identify an appropriate team that has roster space on which they can register.
- 7.6. MCHA - Metroplex Christian Hockey Association
- 7.7. Penalty Minute Cap - Maximum number of PIM that a player may accumulate during an MCHA season before supplementary disciplinary actions are assessed.
- 7.8. PIM - Penalties in Minutes
- 7.9. Player - An individual who has registered with MCHA, signed all needed forms, agreed to abide by all USA Hockey and MCHA rules, paid MCHA fees for a full or half season, and is included on a team roster.
- 7.10. Proper Authority - The governing body of a team or teams involved in penalties that require USA Hockey disciplinary action.
- 7.11. Run Time - A style of game play in which the game clock does not stop unless a timeout is called.
- 7.12. Sanctioned Event - An on-ice or off-ice event scheduled, managed, and/or coordinated by MCHA. This includes games, but also non-game events MCHA may choose to host including but not limited to: private drop-ins, exhibition games, tournaments, recruiting events, and service events.



MCHA - Rules & Code of Conduct

- 7.13. Spectator - An individual watching a game from within the Contest Area with no direct participation in the game.
- 7.14. Substitute - An individual who has registered with MCHA, signed all needed forms and waivers, agreed to abide by all USA Hockey and MCHA rules, paid MCHA fees, and plays on an MCHA team on which they are not rostered when that team has fewer than 10 players available.
- 7.15. Stop Time - A style of game play in which the game clock stops when an on-ice official whistles for a stoppage of play, and does not resume until play resumes.
- 7.16. TAHA - Texas Amateur Hockey Association, the USA Hockey affiliate within the Rocky Mountain District with responsibility for Texas and Oklahoma.
- 7.17. USA Hockey - The national governing body for organized amateur ice hockey in the United States.