

Metroplex Christian Hockey Association (MCHA) Rules Guide – Summer 2010

MCHA follows USA Hockey rules with a few exceptions. Please note the following rules:

1) Goal Caps:

- a. MCHA D, C, and Elite C (all rinks) – No player is eligible to score more than 3 goals per game, including OT, in both regular season and playoffs. If a player who has reached this cap scores again; the goal is disallowed, and the face off should go to the defensive zone of the offending team at the end zone faceoff spot. Please note that players who have reached the goal limit are eligible to participate and score in the shootout.

2) Profanity and Physical Play:

- a. Profanity: The MCHA requests that the officials ensure that profanity is not a part of the MCHA game. Please give a maximum of one warning per game, and then issue unsportsmanlike penalties as necessary.
- b. Physical Play: The MCHA is a Christian-run outreach ministry tasked with reaching out for Jesus Christ through the sport of Ice Hockey. However, our players (Christian or non-Christian) are human beings playing a competitive sport, and can get caught up in the bravado just like anyone else. We recognize the importance of the official in ensuring control of a game, and ask that the officials help us maintain the highest standards to make sure we are able to better accomplish our outreach objectives through fun and safe play. Each captain and player is held accountable to our MCHA Code of Conduct, which is available online at www.mchaonline.com. This document addresses the expectations that we have with each player and team in our league.

3) Run Time/Mercy Rule

- a. Run time: Scorekeeper should initiate run time at ten minutes remaining in the 3rd period only if the goal difference between the two teams is 6 (or more goals). If the difference reaches 4 (or less), then the scorekeeper should be utilizing standard clock management.

4) Substitution Rules

- a. In order to strengthen the relationships between teams and players, the MCHA allows teams to utilize registered players from other teams to participate if said team is short players. These players must be presented by the captain to the scorekeeper before the game and identified on the score sheet.

5) Overtime Rule

- a. MCHA Regular season games do not end in ties. The game goes immediately to a 5 on 5 shoot out; followed by a sudden death shootout to follow as necessary. **In playoffs, teams play a 6 minute running clock OT period followed by regular season shootout rules if necessary.**

6) Pre and Post-Game Communication:

- a. Pre-Game: Each of the captains and their leaders are expected to introduce themselves to each other before the game.
- b. Post-Game: Each player from both teams is expected to participate in handshake line, and well as a post-game prayer at the middle of the ice. We ask our players to remove their helmets to make this more personal.

In addition, we ask that you do not call any rink-specific rules that are outside of USA Hockey or the guidelines above. Thank you for your efforts!