

SUMMARY OF UPDATED CAHA RULES, POLICIES, and PROCEDURES

EFFECTIVE 11/10/25

NOTE: these do not include all of the changes in bylaws or policies. Please refer to www.carolinahockey.org for more information.

8.0 DISCIPLINE

8.5 Progressive Suspensions for Fighting (Rule 615) – Whereas a player is assessed a major and game misconduct penalty under Rule 615 (Fighting), they are subject to the following progressive discipline:

(a) Youth Hockey Programs - for the purposes of this rule, the USA Hockey season is from September 1 to August 31.

- First Offense - Player will serve the one (1) game suspension mandated by USA Hockey plus **and additional one (1) game suspension mandated by CAHA (total 2 game suspension).**
- Second Offense - Player will serve the three (3) game suspension mandated by USA Hockey **plus an additional three (3) game suspension mandated by CAHA (total 6 game suspension).**
- Subsequent Offenses - Player shall be suspended until a hearing is conducted by the proper authorities under Rule 410 Supplementary Discipline.

(b) Adult Hockey Programs – for the purposes of this rule, the USA Hockey season is from September 1 to August 31. These suspensions are the minimum that Adult leagues may impose. Adult leagues may add game suspensions at their discretion.

- First Offense - Player will serve the one (1) game suspension mandated by USA Hockey plus **an additional four (4) game suspension mandated by CAHA (total 5 game suspension).**
- Second Offense - Player will serve the three (3) game suspension mandated by USA Hockey **plus an additional three (3) game suspension mandated by CAHA (total 6 game suspension).**
- Subsequent Offenses - Player shall be suspended until a hearing is conducted by the proper authorities under Rule 410 Supplementary Discipline.

8.11 Match Penalty Schedule for Game Suspensions – USA Hockey has established suspension range recommendations for match penalties. These suspension ranges serve to create consistency in the application of suspensions involving players or team officials assessed match penalties. The following procedure **shall** be followed by the proper authorities as determined by the Affiliate in each instance when a match penalty is assessed.

Any Match Penalties assessed under Rule 601(e.1) (Physical Assault of Official) and Rule 601(e.3) Uses language that is hateful or discriminatory in nature are **excluded from this policy**. Original jurisdiction in any hearing resulting from a match penalty assessed under either of these rules shall **reside with the Affiliate** and are governed by USA Hockey's "Resolutions of Disputes, Arbitration and Suspensions" section of the current USA Hockey Annual Guide.

For the purpose of this policy, there shall be three levels of standardized suspension. They are:

Level 1 – Match penalties assessed under the below rules have **a recommended range of a 6-10 game suspension.**

- Rule 305(b) Dangerous Equipment
- Rule 601(e) Abuse of Officials and Other Misconduct (This includes all match penalties)

- assessed under this rule except 601(e.1) Physical Assault of an Official
- Rule 602(a) Attempt to Injure or Recklessly Endanger an Opponent

Level 2 – Match penalties assessed under the below rules have a recommended range of a 4-8 game suspension.

- Rule 603(c) Boarding
- Rule 606(b) Butt-Ending
- Rule 607(e) Charging
- Rule 608(c) Checking from Behind
- Rule 619(b) Head Butting
- Rule 620(c) Head Contact
- Rule 634(d) Slashing (Swinging Stick During Altercation)
- Rule 635(b) Spearing

Level 3 – Match penalties assessed under the below rules have a recommended range of a 3-5 game suspension.

- Rule 601(e.3) Abuse of Officials and Other Misconduct Hateful/Discriminatory Language
- Rule 604(e) Body Checking- Competitive Contact Category
- Rule 609(c) Cross-Checking
- Rule 611(c) Elbowing
- Rule 615(c) Fighting (Helmet Removal)
- Rule 621(c) High Sticks
- Rule 622(c) Holding an Opponent
- Rule 623(c) Hooking
- Rule 627(b) Kicking Opponent or Puck
- Rule 628(c) Kneeing
- Rule 633(a or b) Refusing to Start Play
- Rule 634(c) Slashing
- Rule 639(c) Tripping/Clipping/Leg Checking/Slew Footing
- Rule 640(e) Unnecessary Roughness (Roughing)

9.0 BY-LAWS AND/OR POLICIES WHICH MUST BE ADOPTED BY REGISTERED MEMBER ASSOCIATION

9.15 Registered Member Association shall adopt Policies as required by USA Hockey as set forth in the current USA Hockey Annual Guide, including, but not limited to:

A. Zero Tolerance	A. Use of Mailing Lists
B. Sexual and Physical Abuse	B. Whistleblowers Policy
C. USA Hockey Safe Sport and Background Screening Policy Locker Room Supervision	C. Conflict of Interest Policy
D. Hazing	D. Documents and Records Retention Policy
E. Consumption/Use/Abuse of Mood Altering Substances	E. Social Media
	F. Travel Policy
	G. One-to One Interaction

9.44 REGISTRATION

Each Association shall designate one person to manage all registration for that Association and to receive and distribute to their Association all USA Hockey and CAHA notifications and publications.

(i) Every Association with a House program must create an official USA Hockey 1-T Roster for all coaches in each age group and program. All coaches will be listed on a 1-T Staff roster created for each program or age group where USA Hockey requires coaches with credentials. This includes rosters for Learn To Play, Learn To Skate, 6U, 8U, 10U, 12U, 14U, 16U, 18U, Girls, and any age group combined programs. Rosters must be completed 4 weeks after the beginning of each House session.

(j) Every Association with a House program must create an official USA Hockey 1-T Roster for all Locker Room Monitors in each age group and program. All Locker Room Monitors will be listed on a 1-T Staff roster created for each program or age group where USA Hockey requires Locker Room Monitors. This includes rosters for Learn To Play, Learn To Skate, 6U, 8U, 10U, 12U, 14U, 16U, 18U, Girls, and any age group combined programs. This does not include Adult. Rosters must be completed 4 weeks after the beginning of each House session.

(k) Any House program that fields a team in any age group or combined age groups that will travel to another location for a game, tournament, or other hockey event must create USA Hockey 1-T Team Rosters or Supplemental Rosters. This excludes the travel between facilities for House programs with more than one facility.

(l) Every Association must create an official USA Hockey 1-T Roster for all Locker Room Monitors for every Tier I, Tier II, Girls, and Travel team. All Locker Room Monitors will be listed on a 1-T Staff roster created for each team. These are due at the same time as the standard USA Hockey 1-T team roster for players and coaches.

(o) Beginning in the 2026-2027 season, no non-National Bound Travel/Rec (Youth or Girls) roster shall have more than two (2) out-of-affiliate players. Any out-of-affiliate players allowed to roster on these CAHA Travel/Rec rosters must reside only in VA, TN, or GA.

(p) An out-of-affiliate player is defined as 1) an un-emancipated minor whose parents' or guardian's primary residence is outside of the states of North Carolina or South Carolina, 2) a player who has reached the age of majority with legal residence (more than 50% of the calendar year) outside of the states of North Carolina or South Carolina. Additionally, no player may create a residence for the purpose of playing hockey. Temporary or limited guardianships are not permitted or recognized by CAHA as residence in the states of North Carolina or South Carolina.

9.20 GOVERNANCE – effective with the 26-27 season

9.21

(a) Government and Responsibility For-Profit Associations: It is recommended that the government and authority of Registered Member Associations be vested in a Board of Directors composed of at least five (5) representatives, as determined by Registered Member Association, who should be representative of the Registered Member Association and its programs and fundamentally fair to all the participants/members of the Registered Member Association. The burden of showing fundamental fairness to participants shall be on the Registered Association Member. It is recommended that the terms of directors and officers be staggered. If the Participant Program is operated by a Managing Agent or Officers, the above responsibilities shall be equally applicable to them.

(b) Government and Responsibility Non-Profit Associations: It is required for non-profit Associations that the government and authority of Registered Member Associations be vested in a Board of Directors composed of at least three (3) representatives, as determined by Registered Member Association, who should be representative of the Registered Member Association and its programs and fundamentally fair to all the participants/members of the Registered Member Association. The burden of showing fundamental fairness to participants shall be on the

Registered Association Member. It is required that the terms of directors and officers be staggered and not one person may hold multiple positions at one time. The Board of Directors is required to use Robert's Rules of Order for all Board meetings, Annual Meetings, and Committee Meetings. If the Participant Program is operated by a Managing Agent or Officers, the above responsibilities shall be equally applicable to them.

10.0 TIER I

10.7 Any Association or organization applying for Tier I status must agree to field teams in their first year, a minimum of 3 of the age groups offered by USA Hockey: 13O, 14U, 15O, 16U, and 18U. In year 2 of existence as a Tier I program, the Tier I program must field a minimum of 4 of these age groups in Tier I. If a 13O team is fielded by a program, that 13O team must register as a Tier I roster, but does not need to declare national bound status. In the event an Association applies for, and is granted Tier I status, and then fails to field a Tier I team at any of the required age classifications that Association *may* be prohibited from applying for Tier I status the following season.

11.0 TRYOUTS

(c) Youth Tier II, Girls Tier II, and all Travel/Rec tryouts may not be held nor may positions be offered to players until the fifth Friday following the completion of the USA Hockey National Championship Tournaments. Should the fifth Friday fall on the start date of the Southeastern District National Camp Tryout, Tier II Youth tryouts may begin on the Friday following the Southeastern District National Camp Tryout.

18.0 GIRLS HOCKEY

To encourage the growth of Girls hockey programs, CAHA allows the rostering of combined age groups limited to all-girls Travel/Rec (non-National Bound) teams. These teams may be formed to play other all-girl Travel/Rec (non-National Bound) teams with the same combined age groups.

18.1 The age groups that may be combined for all-Girls Travel/Rec (non-National Bound) teams include 8U and 10U, 10U and 12U, 12U and 14U, or 14U and 16U.

18.2 Under no circumstances are more than 2 consecutive age groups combined to form teams.

18.3 Similar to the CAHA Play-up policy, teams may use USA Hockey 1-T rosters when combining these teams and will use the highest age group as their designated age group. However, the approval process described in the Play-Up policy is not required for these teams.

18.4 Girls will be allowed to be dual rostered on a Travel/Rec non-National Bound all-girls Travel/Rec team roster and a non-National bound Youth Travel/Rec team.

18.0 SOUTHEASTERN DISTRICT AND NATIONAL CHAMPIONSHIP QUALIFICATION PROCESS

TIER I

19.4 When there is more than one (1) Tier I Youth team in any tournament bound age classification (13O, 14U, 15O, 16U, 18U) in the affiliate, each Tier I Youth team must play a minimum number of home and home (unless the teams agree otherwise) games each season against each of the other Tier I teams in their age classification in the affiliate. Beginning in the 2026-27 season, the requirement is 2 games. These games must be completed by January 1 and are required to qualify for the CAHA Tier I Youth State Tournament or the Southeastern District Tier I Youth Tournament. Any exceptions to this policy must be appealed in writing to the CAHA Tournament Committee by January 1.

TIER II

19.9 When there is more than one (1) Tier II Youth team in any tournament bound age classification (14U, 16U, 18U) in a state, each Tier II Youth team must play a minimum number of home and home (unless

the teams agree otherwise) games each season against each of the other Tier II teams in their age classification in their state. Beginning in the 2026-27 season, the requirement is 2 games. These games must be completed by January 15 and are required to qualify for the CAHA Tier II Youth State Tournament. Exceptions to this policy must be appealed in writing to the CAHA Tournament Committee by January 15.

- 19.10** Associations will notify CAHA with the name of the teams in each Tier II age group (14U, 16U, 18U) that are subject to this policy within 2 weeks of the first date of Tier II tryouts. The National Bound teams that are subject to this policy will be communicated to all Tier II Associations no later than 1 week after the deadline. Per 19.9, these teams are required to play 2 games per season against other National Bound teams in their state. If a team does not play the required games, they will not be eligible for the CAHA Tier II State Tournament. Teams are expected to comply with the requirement, and no circumstance will be accepted that excludes teams. Games lost to situations like bad weather or equipment failure at a rink are expected to be rescheduled as a priority for all team's schedules.

GIRLS'/WOMENS'S

- 19.21** When there is more than one (1) Tier I or Tier II Girls' team in any tournament bound age classification (14U, 16U, 19U) in the affiliate, each Tier I Girls' and Tier II Girls' team must play a minimum number of home and home (unless the teams agree otherwise) games each season against each of the other Tier I Girls' or Tier II Girls' teams in their age classification in the affiliate. Beginning in the 2026-27 season, the requirement is 2 games. Tier I Girls' games must be completed by January 1 and are required to qualify for the CAHA Tier I Girls' State Tournament or the Southeastern Tier I Girls' Tournament. Girls' Tier II games must be completed by January 15 and are required to qualify for the CAHA Tier II Girls' State Tournament or the Southeastern Tier II Girls' Tournament. Any exceptions to this policy must be appealed in writing to the CAHA Tournament Committee by January 1 for Girls' Tier I teams and January 15 for Girls' Tier II teams.
- 19.22** Associations will notify CAHA with the name of the teams in each Tier II age group (14U, 16U, 19U) that are subject to this policy within 2 weeks of the first date of Tier II tryouts. The National Bound teams that are subject to this policy will be communicated to all Tier II Associations no later than 1 week after the deadline. Per These teams are required to play 2 games per season against other National Bound teams in the affiliate. If a team does not play the required games, they will not be eligible for the CAHA Tier II State Tournament. Teams are expected to comply with the requirement, and no circumstance will be accepted that excludes teams. Games lost to situations like bad weather or equipment failure at a rink are expected to be rescheduled as a priority for all team's schedules.