



CMHA RHL Program – Player Expectations

Welcome to the CMHA Recreational Hockey League (RHL). Playing in the RHL is an opportunity to develop your skills, have fun with friends, and contribute to a positive team environment. As a player, your attitude, effort, and respect for others help shape not only your experience but also the success of your team and the league as a whole.

Below are the expectations, standards, and values that every RHL player is expected to follow throughout the season.

1. Player Expectations

On-Ice Expectations

- Attend all scheduled games and practices unless prior notice is given to your coach or team manager.
- Arrive on time and be ready to play, listen, and participate fully.
- Always give your best effort and maintain a positive attitude.
- Show respect to coaches, teammates, officials, opponents, and volunteers.
- Play fairly, follow the rules, and demonstrate good sportsmanship.

Off-Ice Expectations

- Support your teammates at all times—win or lose.
 - Be respectful and responsible in the dressing room, at the rink, and in the community.
 - Use social media appropriately and represent yourself and CMHA positively.
 - Communicate with your coaches if you are unable to attend practices or games.
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2. Coaching Staff Expectations of Players

Your coaches are committed to helping you learn the game, improve your skills, and enjoy your hockey experience. In return, players are expected to:

- **Be coachable:** Listen, try your best, and be open to feedback.
 - **Show teamwork:** Put the team first and support each other.
 - **Take responsibility:** Be accountable for your actions on and off the ice.
 - **Stay positive:** Encourage others, work hard, and have fun.
 - **Keep improving:** Come ready to learn and grow each week.
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3. Evaluations & Team Balancing

- **Arrival:** Players should arrive 30 minutes prior to their scheduled time for evaluations.
 - **Fair Play:** Evaluations are designed to create balanced teams so that games are competitive and fun for everyone.
 - **Attitude Counts:** Coaches and evaluators look for effort, teamwork, and sportsmanship in addition to skills.
 - **Jersey Information:** REP, RHL, Jr. Chaos (Female) & Intro to Hockey evaluations, players are required to bring both a black jersey and a white jersey to every evaluation skate. Jerseys must be plain, without names or logos, to ensure a fair and unbiased evaluation process.
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4. Attendance & Scheduling

- All practice and game schedules posted to the CMHA Website are considered final.
 - Players are expected to attend regularly and let their coach or team manager know in advance if they will be absent.
 - Respect team guidelines and be a positive representative of CMHA at all times.
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5. CMHA Core Values



We treat teammates, opponents, coaches and officials with dignity and kindness, both on and off the ice. Respect creates a team culture.

RESPECT

We give our best every shift, every practice, and every game. Success is built on consistent hard work.

EFFORT

We approach challenges with positivity, sportsmanship, and resilience. A strong attitude drives growth and team spirit.

ATTITUDE

We bring our best to every battle, no matter the score. Competing with heart strengthens character and teamwork.

COMPETE

We represent our community with pride and integrity. Every action reflects our commitment to the game and each other.

HONOR

6. Final Notes

Your time in the RHL is about more than hockey—it's about teamwork, respect, and having fun. Every shift you take and every action you make reflects on yourself, your team, and your association.

CMHA is proud to support your hockey journey and we look forward to seeing you grow both as a player and as a person.

If you have questions or need support, please reach out to your Manager or RHL Director.