The Chill
ALASKA HOCKEY



2026-27 | PLAYER GUIDE

NOT THE COMPLETE RULEBOOK

USA Hockey, ASHA and the current The Chill (Chugach Hockey League) governing documents, policies, supplemental rules and published league directives remain controlling. If this guide and a controlling rule differ, follow the controlling rule and contact the Commissioner.

WELCOME TO THE CHILL



Dear Players,

Welcome to The Chill—and thank you for choosing to be part of our hockey family.

Whether you are stepping onto the ice for the first time, returning to the game after years away or beginning another season as an experienced player, you belong here. The Chill was built around a simple belief: adult hockey should be one of the best parts of your week.

We want you to compete hard, develop your game and enjoy the satisfaction of winning. But The Chill is about more than the final score. It is about teammates who support one another, opponents who share our love of hockey, officials and volunteers who make every game possible, and friendships that extend well beyond the rink. That is what we mean by The Chill Way: Team First. Encourage. Attitude. Make It Better. Play for one another. Welcome new players. Compete with passion while keeping the game in perspective. Respect your teammates, opponents, officials and rink staff—and leave every locker room, bench and rink better than you found it.

This guide provides the essentials you need to understand how The Chill operates, what is expected of every participant and where to turn when you have a question or concern. It is not a replacement for the complete rulebook, but it should help all of us begin the season with a common understanding and a shared standard.

The Chill has grown because of its people—our players, captains, coaches, deputy commissioners, officials, scorekeepers, volunteers, families and supporters. I am tremendously grateful for the time, trust and enthusiasm each of you brings to our league.

I am proud to serve as your Commissioner, and I understand why we keep coming back to the rink. Hockey challenges us, connects us and reminds us that we are part of something larger than ourselves. Thank you for being part of The Chill. Compete hard, respect harder, take care of one another—and let’s make this our best season yet. See you at the rink!

Brad Spees
Commissioner
The Chill | Alaska Hockey
Built Different. Built Here.

START HERE

The Chill | Alaska Hockey

Whether this is your first season on skates or your fiftieth, we're glad you're here. Hockey should be one of the best parts of your week: organized, competitive and welcoming, with players leaving the rink glad they came.

THE SIMPLE STANDARD

Compete hard. Respect harder. Help make every game a good one.

The Chill Way: T.E.A.M.

TEAM FIRST	"We, not me." Play for teammates, celebrate their success and pick them up after mistakes.
ENCOURAGE	Build people up - teammates, opponents and newer players. Help everyone feel welcome.
ATTITUDE	Play to win and compete with passion, while keeping recreational hockey in perspective.
MAKE IT BETTER	Respect people and facilities. Leave the bench, locker room and rink better than you found them.

Respect is not optional

- Officials have the final call on the ice. Ask appropriate questions through the captain, then play the next shift.
- No abusive, threatening, discriminatory, harassing or retaliatory conduct - in person, online or through team communications.
- Respect teammates, opponents, scorekeepers, rink staff, spectators and league volunteers.
- Report safety, harassment or serious conduct concerns promptly to a captain, coach, deputy commissioner or the Commissioner.



PLAYER READINESS

Before You Take the Ice

THE SIX-POINT PLAYER CHECK	
REGISTERED	Current USA Hockey membership, completed league registration and waiver, and good standing with the league.
IDENTIFIED	Bring a current, unaltered ASHA player photo ID card and present it to the scorekeeper when required.
ELIGIBLE	You must be properly rostered or approved as a substitute and not serving a suspension, ban or active ASHA sanction.
EQUIPPED	Wear all USA Hockey-required protective equipment. Helmet and facial protection must be properly attached; full face protection is strongly encouraged and required where league rules specify.
UNIMPAIRED	Never participate while intoxicated or impaired. Alcohol is never permitted on a player bench.
MATCHED	Wear a numbered team jersey. Your name and jersey number must be correct on GameSheet; duplicate skater numbers are not allowed in one game.

Bring to every game

- ASHA photo ID card; both light and dark jerseys when available; complete protective gear; water bottle; and a ready-to-play attitude.

If something is wrong

- Do not step onto the ice and hope it gets sorted out later. Tell your captain or coach before warmups.
- Never use another player’s card, identity or roster entry. Never invite a walk-on player.

SAFETY FIRST

Players and pucks stay off the ice until the resurfacing doors are closed. Cameras, headphones and similar devices may not be worn while playing.

HOW WE PLAY

Game Night at a Glance

FORMAT	5-on-5 adult recreational hockey. Three 15-minute periods; running clock except for a stop clock during the final two minutes of the third period.
REGULATION TIE	Four-minute, 4-on-4 sudden-death overtime. If still tied, the game proceeds to a shootout.
3-2-1 POINTS	3 - regulation win; 2 - overtime/shootout win; 1 - overtime/shootout loss; 0 - regulation loss.
NO CHECKING	Body checking and intentional physical contact are not allowed.
NO SLAP SHOTS	No slap shots at any level. Follow the current league interpretation and the officials' call.
NO FIGHTING	**Fighting and violent conduct carry automatic discipline; league and cross-league suspensions are honored.**
THREE PENALTIES	A player receiving three penalties in one game is ejected for the rest of that game. Additional discipline may apply.
GOAL LIMIT	Cheechako players may score no more than two goals in a game. Sourdough players no more than three goals. There are no goal limits in Alpine or Summit. Excess goals do not count.
WARMUP	Warmup begins at the scheduled time or once resurfacing is complete and rink doors are closed, according to current rink/game procedures.

Play the next shift

Good officials make judgment calls; good players make plays and mistakes. A missed call is not permission to retaliate, argue abusively or escalate. Captains are the designated on-ice communication link.

REMEMBER

Penalties and suspensions are cumulative and may carry into playoffs, the next season, other Chill teams, and affiliated leagues as applicable.

USE ONLY WHEN TRULY NEEDED

Substitute Players

The substitute system keeps games playable without turning subs into roster-building or competitive advantage. The current published Substitute Player Policy controls.

WHO	Registered Chill players only. A game-day sub must already be rostered as a regular player on another Chill team. Current USA Hockey, league waiver and valid ASHA photo ID required.
WHEN	**Only when fewer than 10 regular rostered skaters are available. Add only enough eligible game-day subs to reach 10 total skaters, plus a goaltender.**
DESIGNATED SUBS	Pre-registered designated team substitutes appear on that team's official GameSheet roster and may play even when more than 10 skaters are participating.
LEVEL	Substitutes must be eligible for the applicable division. Playing down without league approval is not permitted.
CHECK-IN	Present photo ID when required and use the correct name and jersey number in the game lineup before participating.
GOALTENDERS	When a regular goalie is unavailable, use only a goaltender from The Chill's registered and approved substitute-goaltender list.
NO WALK-ONS	No unregistered players, rink-side additions or “my friend can fill in tonight.” The scorekeeper cannot approve players or make roster changes.

UNAUTHORIZED OR INELIGIBLE PLAYER

Using an unauthorized or ineligible player results in a forfeit. Using an unregistered player results in forfeiture of that game and the team's next regularly scheduled league game.

KEEP ROSTERS MEANINGFUL. KEEP TEAMS TOGETHER.

NO SUB-O-RAMA.

Fair rosters | Team chemistry | Clean game nights

RIGHT PLAYER. RIGHT TEAM. RIGHT LEVEL.

Eligibility & Competitive Balance

Division placement

The league assigns and may adjust players or teams to protect safety, parity and the quality of play. Be candid about experience and ability. Playing down without approval is not permitted.

THE CHILL PLAYER PATHWAY	
SUMMIT	Advanced / High intermediate
ALPINE	Intermediate
SOURDOUGH	Intermediate/Experienced Novice
CHEECHAKO	Novice/Beginner

APPROVED PLAY-DOWN EXCEPTIONS

In limited circumstances, the Commissioner may allow a Summit or Alpine player with a longstanding connection to a team to remain on that team in a lower division.

This exception comes with an important responsibility: the player must adjust their game to the pace, skill level and recreational character of the lower division. Approved players are expected to promote competitive balance, player safety and an enjoyable experience—not dominate play.

A skilled player who does not appropriately adjust may be subject to progressive action:

A warning from an official or league representative.

A two-minute minor penalty for unsportsmanlike conduct.

Removal from the game.

Continued failure to adjust may result in the player's exception being withdrawn or additional league discipline.

When you are rostered on both teams in a matchup

You play for only one team for the entire game.

REGULAR SEASON	1) Team dressing fewer eligible skaters; 2) if tied, team for which you have played fewer regular-season games; 3) if tied, team lower in the standings; 4) if still tied, preseason Primary Team designation.
PLAYOFFS	1) Team for which you played more regular-season games; 2) if tied, higher percentage of that team's scheduled games; 3) if still tied, Primary Team designation. Once eligibility is established, you may not change teams during playoffs.

Playoff eligibility

Playoff rosters and qualifications are verified under the current rulebook and published season policies. Captains should confirm eligibility before the postseason; never assume that regular-season participation automatically makes a player playoff-eligible.



SET THE TONE

Leadership Roles

ONE LEAGUE - SHARED RESPONSIBILITY	
DEPUTY COMMISSIONERS	Be present when possible; observe and support; share useful information with the Commissioner; support officials; remain fair and consistent; model The Chill Way. Deputies do not overturn calls or intervene in on-ice disputes.
COACHES	Develop players, build team culture, set expectations, provide constructive feedback, communicate, compete and lead by example.
CAPTAINS	Lead the team; communicate with the coach, league and officials; verify lineup and substitute eligibility; support and include players; address issues early; represent The Chill well.
ALTERNATES	Support the captain and assume the captain's responsibilities when designated. Make the responsible leader clear to the scorekeeper and officials.
PLAYERS	Arrive prepared, communicate availability, know the essentials, support teammates, follow leadership and raise concerns respectfully.

Captain's game-night checklist

- Confirm attendance early and use substitutes only within the current policy.
- Verify every player is eligible, correctly identified and entered on GameSheet with the right jersey number.
- Identify the acting captain/alternates and serve as the officials' communication link.
- Set the tone: calm the bench, address behavior early and avoid relitigating judgment calls.
- Report significant injuries, match penalties, eligibility concerns or serious incidents promptly.

BE PART OF THE SOLUTION

Communication, Problems & Questions

Start with the right person

SCHEDULE / ATTENDANCE	Player -> captain or coach
TEAM ISSUE	Player -> captain or coach; escalate to deputy commissioner or Commissioner when needed
ON-ICE CALL	Captain -> on-ice official, respectfully and at the appropriate time
ELIGIBILITY / SUB	Captain or coach -> league before the player participates
SAFETY / HARASSMENT	Promptly contact a captain, coach, deputy commissioner or Commissioner. Urgent safety issues should be raised immediately.
ROSTER / PAYMENT	Captain or affected player ->Commissioner

Good communication looks like this

- **Early, direct, factual and respectful - preferably before a small issue becomes a large one.**
- **Focused on what happened, who was involved, when it occurred and what help is requested.**
- **Not a public argument, social-media pile-on or attack on an official, opponent or teammate.**

When in doubt

Pause before participating. Ask your captain or the league. A short eligibility question before a game is far better than a forfeit, suspension or avoidable safety problem.

SAVE THIS PAGE

The 60-Second Quick Start

BEFORE EVERY GAME	
1. REGISTER	USA Hockey current; league registration and waiver complete; dues/status in good standing.
2. BRING ID	Current ASHA photo ID card - never altered and never borrowed.
3. CHECK IN	Correct team, legal roster/sub status, name and jersey number on GameSheet.
4. GEAR UP	Complete protective equipment, legal helmet/facial protection and numbered team-color jersey.
5. PLAY SAFE	No checking, intentional contact, slap shots, fighting or participation while impaired.
6. KNOW THE LIMITS	Three penalties means game ejection; Cheechako two-goal limit; Sourdough three-goal limit, substitute and playoff rules apply.
7. KNOW 3-2-1	3 points for a regulation win; 2 for an overtime/shootout win; 1 for an overtime/shootout loss; 0 for a regulation loss.
8. RESPECT PEOPLE	Teammates, opponents, officials, scorekeepers, staff, volunteers and spectators.
9. USE YOUR CAPTAIN	Captains communicate with officials and the league and verify substitutions/eligibility.
10. SPEAK UP	Report safety, harassment, discrimination, retaliation and serious conduct concerns promptly.
11. MAKE IT BETTER	Team first. Encourage. Great attitude. Leave the game and rink better than you found them.

RESPECT EACH OTHER | RESPECT THE GAME | HAVE FUN

Questions? Contact your captain, coach, deputy commissioner or The Chill Commissioner.

THE CHILL WAY - FOR PLAYERS

The Chill
— ALASKA HOCKEY —

THE CHILL WAY
★ For Players ★

At The Chill, how we play matters just as much as winning.
These four principles guide our actions on and off the ice.
Live them. Every shift. Every game.



T — TEAM FIRST.
"We, not me."

Play for your teammates, not just yourself. Celebrate their success, pick them up after mistakes and remember that everyone came to the rink to be part of a team.

E — ENCOURAGE.
Build people up..

Encourage teammates, opponents and newer players. Hockey is better when people feel welcome, supported and comfortable being part of the game.

A — ATTITUDE.
Compete hard. Keep it fun.

Play to win. Compete hard. Be passionate. But keep perspective—this is recreational hockey, and respect and sportsmanship matter more than the final score.

M — MAKE IT BETTER.
Leave the game better than you found it.

Help create the kind of hockey experience you want to be part of. Respect teammates, opponents, officials and the rink—and do your part to make every game a good one.

RESPECT THE STRIPES.
Officials will make good calls, missed calls and judgment calls—just like players make good plays and mistakes.
Play the next shift.

RESPECT THE GAME.
Different skills. Different backgrounds.
One league.

RESPECT EACH OTHER ★ RESPECT THE GAME ★ HAVE FUN

★ *Thanks for being part of The Chill. Let's have a great season!* ★

THE CHILL WAY - LEADERSHIP ROLES

The Chill — ALASKA HOCKEY —

★ THE CHILL WAY ★

OUR ROLES. OUR RESPONSIBILITY. OUR HOCKEY FAMILY.

DEPUTY COMMISSIONERS



BE PRESENT WHEN YOU CAN.
Attend games when possible—within your division or At-Large.

OBSERVE & SUPPORT.
Be another set of eyes and ears. Encourage players and teams and share useful observations with the Commissioner.

SUPPORT OUR OFFICIALS.
Game officials have the final call. Do not intervene in disputes or second-guess calls.

BE FAIR & CONSISTENT.
Support every team equally. Avoid favoritism—and approach concerns objectively and constructively.

LEAD THE CHILL WAY.
Model professional, positive and encouraging, conduct. Help set the tone for sportsmanship, respect, camaraderie and fun—on and off the ice.

COACHES



DEVELOP PLAYERS.
Focus on skill improvement, effort and hockey IQ. Provide constructive feedback and encourage growth at every level.

BUILD TEAM CULTURE.
Promote respect, accountability and teamwork. Set clear expectations and address issues early and fairly.

LEAD BY EXAMPLE.
Your attitude sets the tone. Show sportsmanship, respect the officials and represent The Chill with pride.

COMMUNICATE.
Keep players informed. Listen. Be approachable. Open, respectful communication builds trust and stronger teams.

COMPETE.
Compete hard, play smart and support each other every game.

CAPTAINS



LEAD YOUR TEAM.
Set the tone with effort, attitude and sportsmanship. Hold teammates accountable and represent your team with pride.

COMMUNICATE.
Be the link between your team, coach and the league. Communicate clearly, respectfully and in a timely manner.

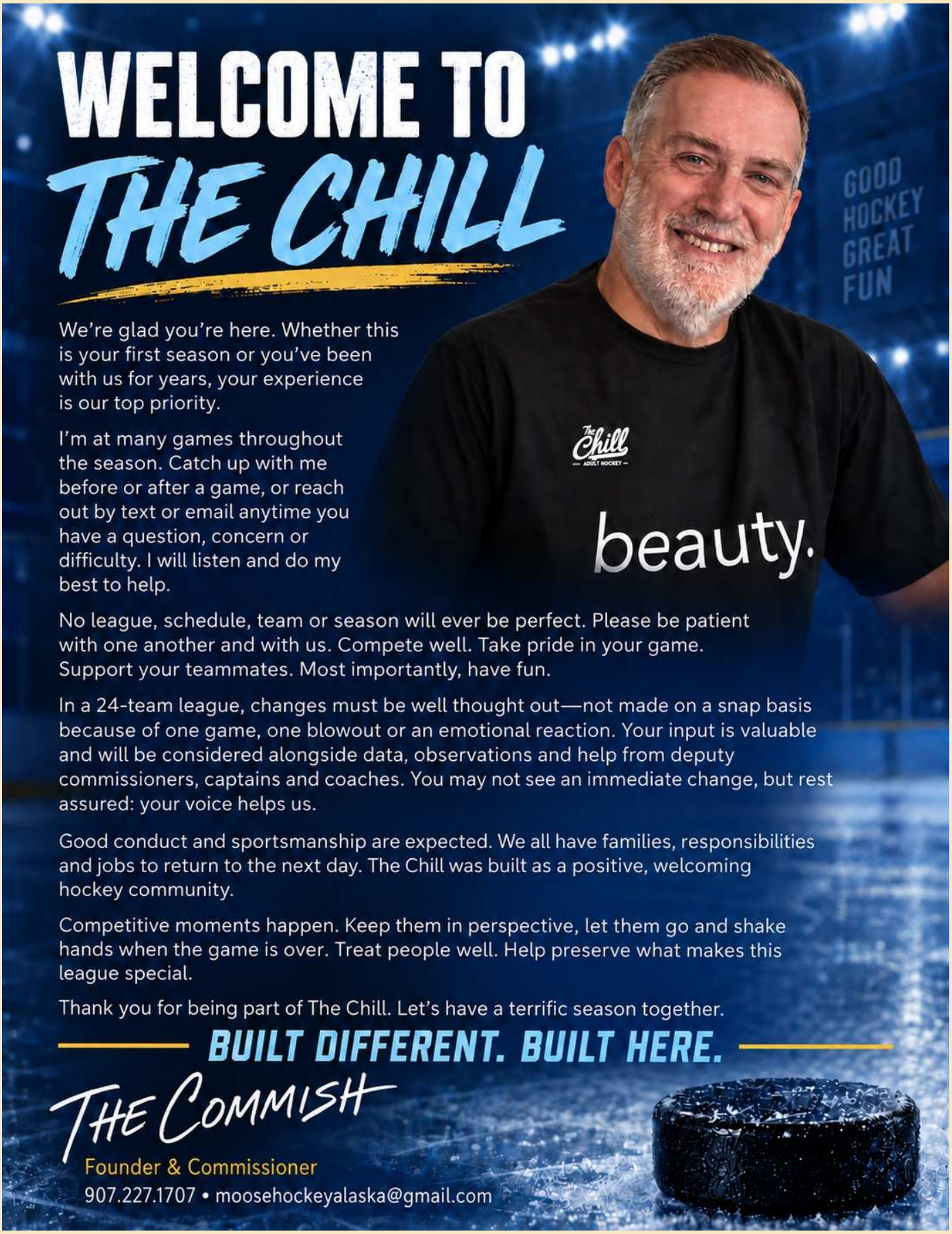
RESPECT EVERYONE.
Show respect to teammates, opponents, officials and rink staff—win or lose. Rep your team and The Chill the right way.

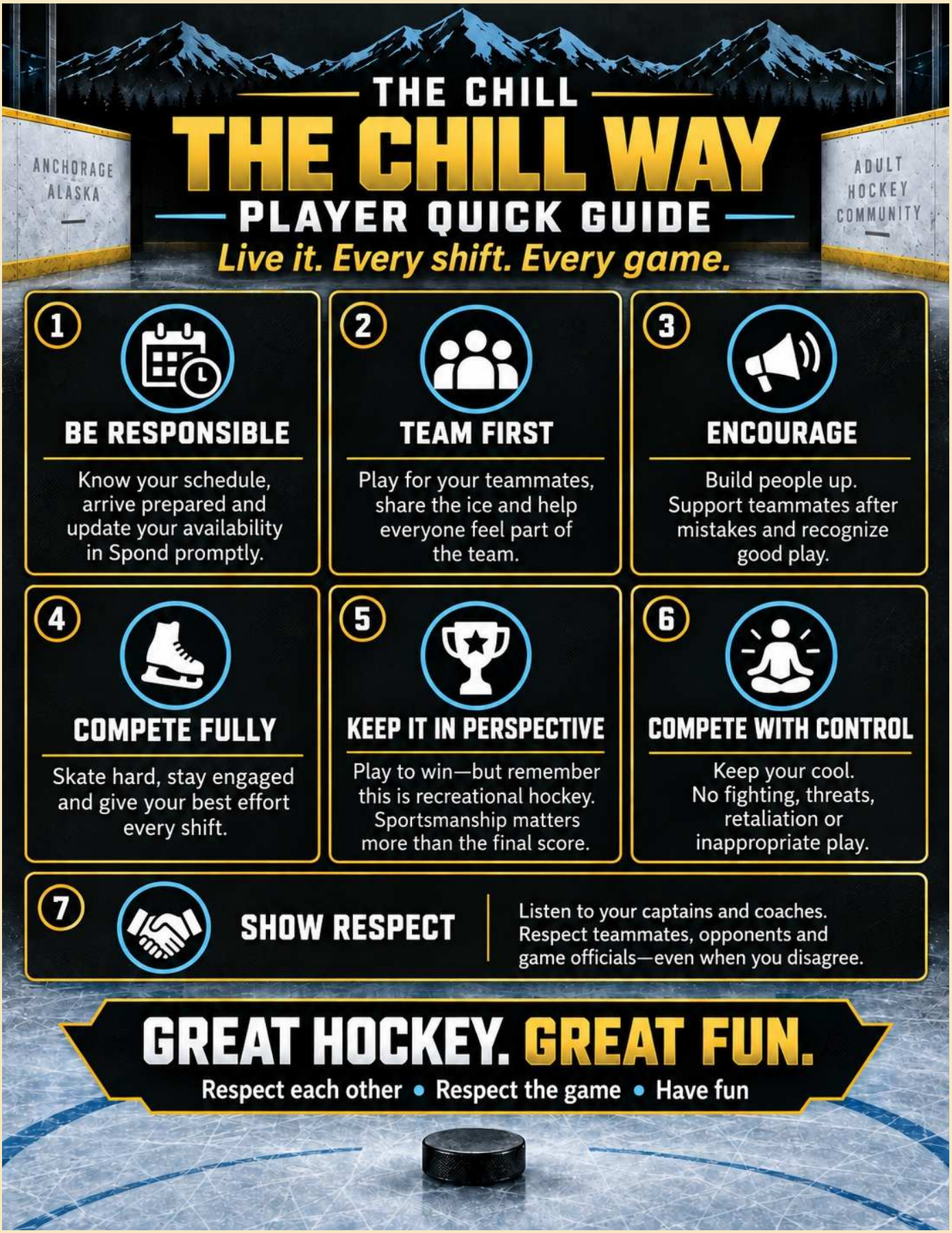
SUPPORT & INCLUDE.
Welcome new players. Encourage teammates. Make sure everyone feels valued and part of the team.

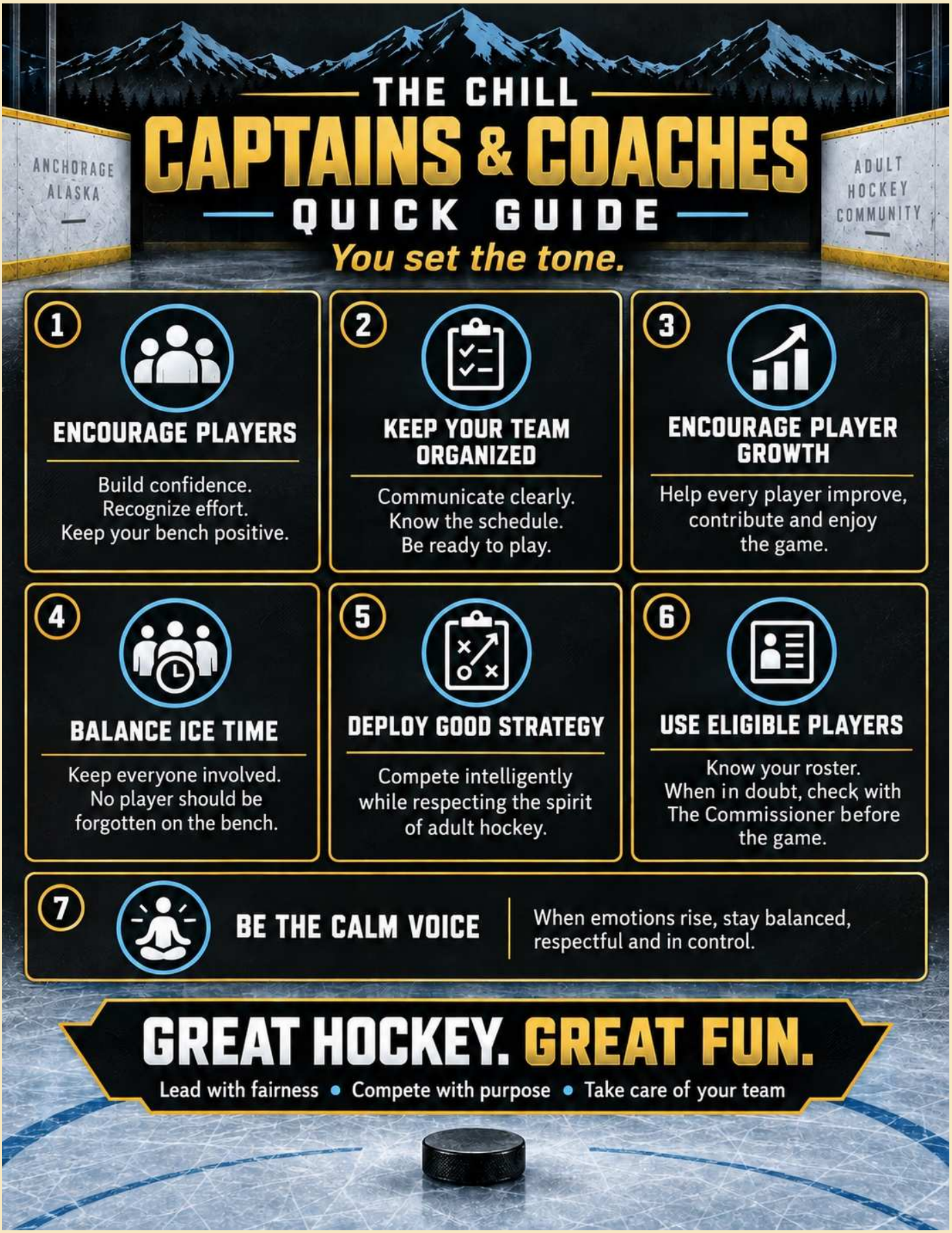
MAKE IT BETTER.
Leave the locker room, the bench and the rink better than you found them. Be part of the solution.

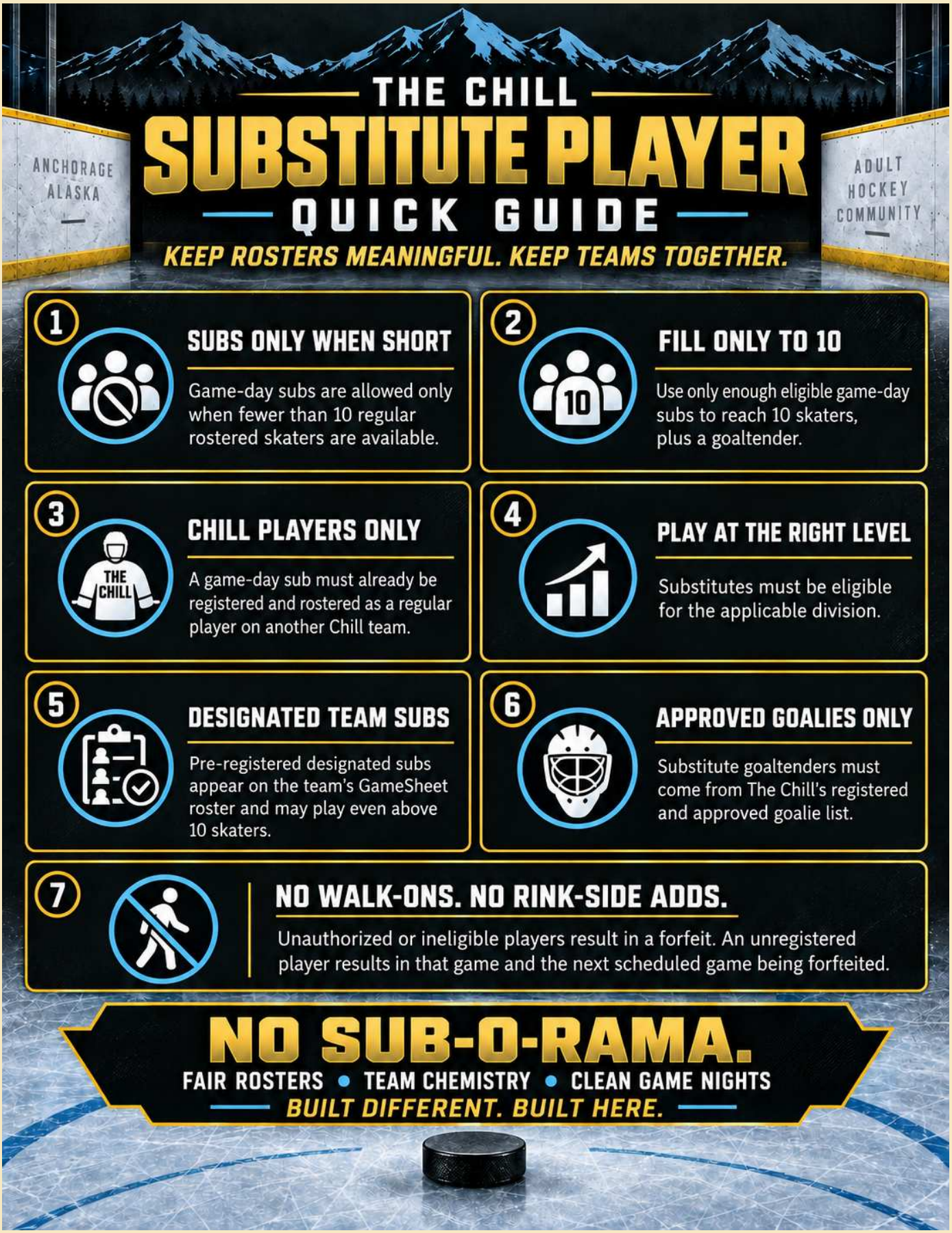
ONE LEAGUE ★ ONE STANDARD ★ ONE HOCKEY FAMILY ★ *Built Different. Built Here.*

THE COMMISSIONER'S NOTE




THE CHILL
THE CHILL WAY
PLAYER QUICK GUIDE
Live it. Every shift. Every game.
ANCHORAGE ALASKA
ADULT HOCKEY COMMUNITY
1
BE RESPONSIBLE
Know your schedule, arrive prepared and update your availability in Spond promptly.
2
TEAM FIRST
Play for your teammates, share the ice and help everyone feel part of the team.
3
ENCOURAGE
Build people up. Support teammates after mistakes and recognize good play.
4
COMPETE FULLY
Skate hard, stay engaged and give your best effort every shift.
5
KEEP IT IN PERSPECTIVE
Play to win—but remember this is recreational hockey. Sportsmanship matters more than the final score.
6
COMPETE WITH CONTROL
Keep your cool. No fighting, threats, retaliation or inappropriate play.
7
SHOW RESPECT
Listen to your captains and coaches. Respect teammates, opponents and game officials—even when you disagree.
GREAT HOCKEY. GREAT FUN.
Respect each other • Respect the game • Have fun


THE CHILL
CAPTAINS & COACHES
QUICK GUIDE
You set the tone.
ANCHORAGE ALASKA
ADULT HOCKEY COMMUNITY
1
ENCOURAGE PLAYERS
Build confidence.
Recognize effort.
Keep your bench positive.
2
KEEP YOUR TEAM ORGANIZED
Communicate clearly.
Know the schedule.
Be ready to play.
3
ENCOURAGE PLAYER GROWTH
Help every player improve, contribute and enjoy the game.
4
BALANCE ICE TIME
Keep everyone involved.
No player should be forgotten on the bench.
5
DEPLOY GOOD STRATEGY
Compete intelligently while respecting the spirit of adult hockey.
6
USE ELIGIBLE PLAYERS
Know your roster.
When in doubt, check with The Commissioner before the game.
7
BE THE CALM VOICE
When emotions rise, stay balanced, respectful and in control.
GREAT HOCKEY. GREAT FUN.
Lead with fairness • Compete with purpose • Take care of your team


THE CHILL
SUBSTITUTE PLAYER
QUICK GUIDE
KEEP ROSTERS MEANINGFUL. KEEP TEAMS TOGETHER.
ANCHORAGE ALASKA
ADULT HOCKEY COMMUNITY
1
SUBS ONLY WHEN SHORT
Game-day subs are allowed only when fewer than 10 regular rostered skaters are available.
2
FILL ONLY TO 10
10
Use only enough eligible game-day subs to reach 10 skaters, plus a goaltender.
3
CHILL PLAYERS ONLY
THE CHILL
A game-day sub must already be registered and rostered as a regular player on another Chill team.
4
PLAY AT THE RIGHT LEVEL
Substitutes must be eligible for the applicable division.
5
DESIGNATED TEAM SUBS
Pre-registered designated subs appear on the team's GameSheet roster and may play even above 10 skaters.
6
APPROVED GOALIES ONLY
Substitute goaltenders must come from The Chill's registered and approved goalie list.
7
NO WALK-ONS. NO RINK-SIDE ADDS.
Unauthorized or ineligible players result in a forfeit. An unregistered player results in that game and the next scheduled game being forfeited.
NO SUB-O-RAMA.
FAIR ROSTERS • TEAM CHEMISTRY • CLEAN GAME NIGHTS
BUILT DIFFERENT. BUILT HERE.

ASHA PHOTO ID REQUIRED



FOLLOW THE CHILL NETWORK

