Chevy Chase Hockey

House League Handbook

2026-2027 Season



Season Overview

Thank you for taking part in the 2026-2027 Chevy Chase Hockey House League. We are so excited to get the season started and to see the growth of each player throughout the season. The House League provides an opportunity for players of different ages and skill levels to participate in a fun and competitive environment where they can get better with each practice and learn the fundamental skills of Hockey. Please remember that in the House League all players are developing and learning. It is the job of each Coach, Parent and Player to create a positive atmosphere where our players are encouraged to make mistakes, try their best and remember that winning is not everything.

Throughout the season, we will constantly assess and evaluate the teams and the roster construction to ensure that the league is as balanced as possible. We believe that the best experience for all players is one where each team has the opportunity to be competitive on a game-to-game basis. With this in mind, it may require moving players from one roster to another to create competitive balance. We ask that all Players, Coaches and Parents be open and flexible in working with the league on these moves. This season we will have a trade deadline. No roster changes will be made after January 1st, 2027.

Schedule Updates for 2026/27

Based on registration numbers, we are planning to have 6 teams again for this coming season. This means the schedule will look very similar to the previous season.

On Thursdays, we will hold a practice for 4 of the teams (these teams will all be playing their games on Friday night). This will be a station-based practice, with all teams participating together. Immediately following that practice, we will hold a Thursday night house league game, involving the two teams that did not practice in the earlier slot. The Tuesday practice schedule will remain unchanged, with 3 teams practicing in each slot. Below is a sample schedule for the new Tuesday, Thursday and Friday. Please note teams are NOT yet currently locked into practice slots, the teams listed below are an example.

Tuesday	Thursday	Friday
House Team Practice 6:00pm to 6:50pm	**Zamboni**	**Zamboni**
Orange	**House Team Practice 6:30pm to 7:20pm**	
White	**Orange / White**	**House League Game**
Green	**Gold / Black**	**6:10 pm to 7:00 pm**
		Orange
House Team Practice 6:50pm to 7:40pm	Travel Practice: 7:00pm - 7:50pm	vs
Blue	10U Girls	**White**
Gold	12U Girls	
Black		**Zamboni**
Zamboni	**Zamboni**	**House League Game**
	House League Game	**7:10pm to 8:00pm**
	8:00pm to 8:50pm	**Black**
	Blue	vs
	vs	**Gold**
	Green	

Game Updates

- All house games will be played in 50 minute ice slots.
- All games will be running time, unless there is a 1 goal lead (or less) with 2 minutes remaining in the 3rd period.
- 3 periods of 13 minute running time.
- Tied games after 3 periods will result in a tie
- Standard Penalties and Rules will be assessed from the first game of the season.
- Thursday night games will have a hard stop at 8:50pm to clear the ice for team practices following the game.

Rules & Penalties

- All standard hockey penalties will be assessed for the entire length of the season.
- All penalties will be 1 min 30 seconds in length (running time).
    - Players will not be required to sit in the penalty box, but must remain on the bench during this time.
    - The clock will not stop for penalties so referees and players should not waste time setting up and changing lines during a power play.



- Penalized teams will play 4 on 5 until a goal is scored or the penalty time expires.
- All referees are to be treated by all players, coaches and parents with respect. Any violation of this may result in an unsportsmanlike conduct penalty assessed against the offending team.
- An individual player is only allowed to score a maximum of 3 goals per game.

- ICING PENALTY
    - Standard icing per USA Hockey rules will NOT be called

- However, if a team ices the puck 2 times in quick succession, the offending team will be assessed an Icing penalty.
- This rule is being implemented to discourage obvious cases of strategic icing to kill the clock at the end of a game.
- With only 50 minutes of game time, we will waste too much time calling icing and resetting the puck in the offensive zone.





Goalies

The goalie is the most important position on the ice. Without Goalies, games can not take place. While the house league will have a few returning goalies from last season, a majority of teams will have first time goalies. Coaches will always be looking for players to volunteer for goalie, however there will be a rotation instituted to ensure that all players will have the opportunity to give goalie a try. All members of the house league community should help to encourage and support our beginner goalies and help to create an environment where playing goalie is a fun and exciting experience, not a chore that everyone has to suffer through.

On Tuesdays, Coach Dave Bell will be running goalie practices during the house practice sessions. We highly recommend that house league goalies take advantage of this opportunity to help improve their understanding of the position. Multiple first-time house goalies from last season have now moved on to play goalie on travel teams!

If you are interested in learning more about goalie basics, some resources from USA Hockey can be found linked below.

Goalie Basics: https://www.usahockeygoaltending.com/page/show/866192-goaltender-basics

Goalie Equipment: https://www.usahockeygoaltending.com/page/show/866196-equipment

The Club is able to provide loaner goalie equipment to goalies in the house league.





Major Dates and Events

The House Season generally runs inline with the Rink schedule. There will be no House Games on Thanksgiving Weekend or the weekend between Christmas and New Years .

Start of the Season

We always hope to begin the season the first week of November, however that has proved more challenging year after year.

Please keep your eyes out for communication from the Skate Department or your house team coaches to get updates on changes to the rink schedule. The target date is November 10th.

House League Playoffs

All House playoff games will be played over the course of one weekend. There will be games played on Saturday and Sunday for the playoffs. Playoffs will take place on February 19th, 20th and 21st of 2027.



House League All-Star Game

We are bringing back the House League All-Star game for a 3rd season. Players will be selected by the individual team coaches to the All-Star team; Each All-Star will receive a custom All-Star jersey.

The All-Star game will be held on Saturday, January 30th at 6:20pm

There will be additional events that come up throughout the season. Be sure to keep an eye out for emails with opportunities to get more time on the ice!

Contacts

Once teams are selected, coaches will be reaching out to their teams individually to keep everyone in the loop. You can always reach out to your team's coaches directly. For any league questions or inquiries please reach out to Zach Sowinski at zsowinski@chevychaseclub.org.

With parents, players, coaches and refs all working together, we are set up to make this the most successful House season ever!





