



OTTAWA SENATORS®
HOCKEY PROGRAMS

Game Rules

Playing Rules:

1. Playing rules will be those standard within the game of Hockey, except as noted below.
2. Neck guards and full equipment is mandatory. Mouth guards are strongly recommended.
3. If a goal is scored or the goalie freezes the puck, the whistle will blow and a **change of possession** occurs. The scoring team must back off and allow defenders to start a break out.
 - a. When a “change of possession” occurs: All players of the opposing team must back off far enough to allow a member of the non-offending team to begin a fresh play with the puck. If the players with control do not attempt a break out within five seconds, the defending team may attack.
4. All divisions are body contact ONLY (for clarification purposes). Body checking is NOT allowed. Indirect Contact is allowed (no direct contact). No contact is permitted when moving in opposite direction from the player.
5. Games will consist of 1 x 22 minute running-time period, with a two minute warm-up to start.
6. NO time-outs are permitted at any time.
7. When the buzzer sounds to indicate a line change (every one minute and thirty seconds) the puck is considered dead. This means that any goals scored after the buzzer will not count. The players must change and a new set of players must enter the playing surface.
 - a. NOTE: the facilitator must touch the puck after the buzzer (allowing him/her to put the puck “back into play” after the line change is completed). Players are not allowed to come off the bench and take control of the dead puck before the facilitator has had time to retrieve it.
 - b. Players may also change on the fly.

Penalties:

1. *Penalty Shots* --- wherever possible, the player fouled should take the penalty shot.
2. *All Minors* --- penalty shot is awarded. The puck placed in the centre of the rink and the attacker should move quickly to make the shot. Players from the defending team must back away to allow an undefended shot on the goaltender. The puck is dead after the player has taken a shot towards the net. Once the shot has been taken, a change of possession occurs and the defending team will be allowed to break out.
3. *Majors --- misconducts & hitting from behind:* The player will be suspended from the game and may be subject to further discipline (suspension, or ejection from tournament). Penalty shot awarded.
4. *Intent to injure and fighting:* Suspension from the remainder of the tournament. Penalty shot awarded.
5. *Co-incident penalties:* Both players will be sent off the ice. No penalty shot(s) awarded to either team.
6. *Goalies* --- Cannot freeze the puck outside of the “crease area.” If so, it is a minor penalty (penalty shot).



Dressing Room Rules

Etiquette:

1. There will be two teams in each dressing room at any time. As teams will be sharing dressing rooms with their opponents, we ask that participants are reminded that the goal of this tournament is FUN and that all parents & participants must be respectful of opposing teams at all times. Disrespectful behavior may result in a suspension for an offending player or the ejection of an offending parent.
2. As dressing rooms are shared, participants are reminded not to leave any valuables in dressing rooms. The Bell Sensplex is not responsible for any lost, stolen, or damaged items.
3. Please note that programs staff are in place primarily to supervise the on-ice aspect of the tournament. Each parent is expected to be responsible for the supervision of their child at all other times, while adhering to the supervision and two-deep rules noted below.
4. We require two adults in any dressing room at all times. Adults should never be alone with individual minor hockey players in a locker room unless it is their own son/daughter (commonly referred to in minor hockey as the "two-deep" rule).
5. At the **Atom level and below**, mixed genders may change in the same room at the same time with the presence of two adults, provided participants in a co-ed situation either arrive in full equipment or wear at a minimum gym shorts or long underwear as well as a full t-shirt, all of which must be in good condition and without holes/tears. At the request of a parent or participant, the tournament coordinator will make an alternate changing room available for the use of female participants at any age level.
6. At the **Peewee level**, males and females shall always make use of separate changing rooms.