



The Capital Sports Spring 4-on-4 Youth Tournament *Presented by the Ottawa Senators Summer Hockey Camps*

RULES AND REGULATIONS

Playing Rules

1. Playing rules will be standard within the game of hockey, except as noted.
2. Mouth guards, neckguards and full equipment is **mandatory** if players are required to wear them in their "home" districts.
3. A "**change of possession**" is defined as: All players of opposing team must retreat past the offensive blue line as to allow the other team to begin a fresh play with the puck. If the players with control do not attempt to advance the puck out of their zone within 5-seconds, the defending team may attack.
 - a. Change of possession occurs for any of the following instances: offside/icings, goals, and penalties.
4. If a goal is scored, a whistle will blow, and a **change of possession** will occur. The scoring team must backup to their offensive blue line and allow defenders to have control and start to break out.
5. On offside, referee will signal DELAYED OFFSIDE. If the offending team touches the puck, the whistle will sound and the defending team will be allowed to bring the puck out over the blue line (**change of possession**).
 - a. **NOTE:** There will be no offside or icing called at the **IP level ONLY**
6. If the puck is iced, the whistle will blow, and the defending team gets control of the puck and the opposing team must allow them to gain control (**change of possession**).
7. Body checking (for clarification purposes): Body checking is **NOT** permitted at any level. Indirect contact is allowed. No direct board contact is allowed. No contact is permitted when moving in the opposite direction.
8. Game Length: Games will consist of 1x22-minute running time period, with a two-minute warm-up to start. The warm-up will start as soon as the Zamboni doors close, or as soon as the previous game's teams have left the ice.
9. Line changes: A buzzer will sound every 90-seconds to signify a line change for the **IP level only**. All other levels will change on the fly.
10. Time-Outs: NO time-outs are permitted at any time.
11. Penalties:
 - a. *Penalty Shots* --- wherever possible, the player fouled should take the penalty shot, unless he/she is injured and deemed unable to do so.
 - b. *All Minors* --- penalty shot is awarded. The puck is placed close to the blue line and the attacker should move quickly to make the shot. The defending team players must back away at this time to allow an undefended and unpressured shot. On a missed shot, the defending team gets control of the puck and the opportunity to start play. The offender must go off the ice (to his/her team bench).

- c. *Game Ejections* --- any player receiving three penalties of any kind in a single game (not just stick infractions) will be ejected from that game.
 - d. *Majors --- misconducts & hitting from behind*: Suspended from the game and may be subject to further discipline (suspension, or tournament ejection). Penalty Shot awarded.
 - e. *Intent to injure and fighting*: Suspension from the remainder of the tournament. Penalty Shot awarded.
 - f. *Co-incident penalties*: Both players will be sent off the ice. No penalty shot(s) awarded to either team. The puck is then given to whichever team had possession last.
12. Goalies must handle the puck if they decide to make a play on it. They are **NOT** permitted to freeze the puck OUTSIDE the crease area. If so, a minor penalty (penalty shot) will be assessed.
13. Overtime: Overtime will only be played in playoff and championship games if regulation time produces a tie. Overtime shall consist of:
- a. One sudden-death 3-Minute running-time period with teams playing three (3) skaters plus a goaltender.
 - b. If still tied, a shootout with three (3) skaters from each team. The coach of each team will provide the game officials with the list of three players immediately following the final overtime period. The team that scores the most goals with these three skaters will be declared the winner. The HOME team will have the option of shooting first or last. Once the order is determined, it will remain the same for all future rounds of shootout. A player from one team will go, followed by a player from the other team, and so on until all three (3) designated players have gone.
 - c. If still tied, a sudden-death shootout will take place with one player from each team. Each shooter must not have participated in any prior round of the shootout.
 - d. Repeat step above until no skater remains that has not yet participated from either team. In the event that one team runs out of players, they will work in reverse order selecting the player that has most recently shot to participate next. Teams will continue in this shooting order as such until a winner is declared.
14. Round Robin Standings: Standings will be based on points: two (2) points for a win, one (1) point for a tie, and zero (0) points for a loss.
15. Tie-Breaker, Round Robin: If tied in points, standings (seedings) will be determined based on the following order:
- a. The head to head result involving the teams tied (two-way ties only).
 - b. The team with the most wins in round robin play.
 - c. The highest differential between goals for and goals against in round robin play. Goals for minus goals against figure (with a maximum factor of 7 goals from any single game).
 - d. The team with the lowest number of goals against (using adjusted scores for any max 7-goal spread situations).
 - e. The team with the most goals scored in round robin play (using adjusted scores for any max 7-goal spread situations).
 - f. The team with the lowest number of penalties.
 - g. Coin toss by the tournament coordinator or a designated representative.
16. Stick Measurements: Teams are **NOT** allowed to request the measurement of any stick during tournament games. If they feel any dangerous equipment is being used, they may point it out to the game officials who could then use their discretion to correct the situation.
17. Game Misconduct Penalties: Any player receiving a game misconduct penalty in the last ten (10) minutes of play will automatically be suspended for the next game, plus any additional games as determined by the tournament committee.
18. Fighting Penalties: Any player receiving a penalty for Fighting will automatically be suspended for the **remainder** of the tournament.
19. Suspensions: Any player/coach/team official who receives a penalty that is considered to be a suspendable offence (M, GM, GRM, MP, etc.) will be required to serve the entire duration of such

suspension during the course of the tournament. Should this suspension not be entirely served by the end of the tournament, the suspension(s) will carry over to other Sensplex Tournaments and possibly other spring tournaments.

20. Any player who receives three (3) penalties of any kind in the same game will receive an automatic game ejection.
21. A player of the game or hardest worker award will be presented to each team following each game. No player may win the award more than once during the round-robin portion of the tournament.

General & Administrative Rules

1. **ZERO Tolerance: Taunting or berating of any players, officials, staff, or tournament volunteers will NOT be tolerated under any circumstances by parents, players, team officials or other spectators.** The Bell Sensplex reserves the right to eject any person whom it deems in its sole discretion to be acting in an improper manner and we accept no liability in connection with such ejections.
2. Maximum roster size of 10 players + Goalie, unless specific permission has been granted in advance.
3. No player may play for more than one team in the tournament.
4. No player may participate in even one game without a waiver form signed by his/her legal guardian submitted to the tournament committee
5. Teams must have matching uniforms with numbers.
6. Goaltenders (for clarification purposes): Are required at all levels including Novice.
7. This tournament is designed to be a very FUN and informal event for the kids participating. Please keep that in mind at all times!
8. Referee's Decisions: All referee's decisions are final and may not be appealed.
9. A team representative will be required to check in 45-minutes prior to the team's first game. The team representative will then be required to check-in to the tournament desk before each subsequent game.
10. Team officials are responsible for the conduct and supervision of all of their teams' participants at all times. No shooting, stickhandling, or passing of any objects is permitted anywhere in the facility other than the ice surfaces!
11. Team officials **MUST** notify tournament or arena staff of any pre-existing damage to dressing rooms **BEFORE** they go onto the ice for their games. Teams will be held financially responsible for any damage caused to rooms which have not been pointed out before their game.
12. Absolutely **NO** alcoholic beverages or "tailgating" is permitted on **ANY** Sensplex property.
13. Team Benches & Dressing Rooms: Teams may be required to provide a person to operate the penalty gate. No one, other than players, coaches and trainers are allowed in the dressing rooms and the hallways leading to the dressing rooms before and after games. A maximum of four coaches and one trainer are permitted. Please respect this rule and notify your parents that this will be enforced and their co-operation is appreciated.
14. Teams should also read and understand the building rules and regulations that can be found on the Bell Sensplex website at www.sensplex.ca.
15. **Sensplex Tournaments reserves the right to change or alter these rules at any time without prior notice in order to act in the best interests of the tournament.**

THE TOURNAMENT IS INTENDED TO BE 'JUST FOR FUN'!