



10th Annual Capital Gold Rush
Presented by the Gloucester Rangers
September 20-22, 2024.

TOURNAMENT RULES AND REGULATIONS

Playing Rules

1. Playing rules will be those recognized by HEO Minor (Hockey Eastern Ontario Minor), except as noted.
2. **Neckguards & Mouthguards:** Players are required to wear neck guards for all tournament games if their own district requires that they do in league play.
3. **Body Contact** (for clarification only): Is permitted from U14 through to U16. U12 and U13 divisions will be non-contact.

4. Game Length:

- a. Periods and running times to be used:
 - i) **U12 & U13:** Games will consist of 3 x 12-minute stop-time periods.
 - ii) **U14 & U15:** Games will consist of 2 x 12, 1 X 15-minute stop-time period
 - iii) **U16:** Games will consist of 1 x 12, 2 X 15-minute periods w/ a flood after every two periods of play

A curfew clock may apply to regulation time only in round robin play at the discretion of the tournament coordinator (games may be curfewed by rink staff at external / non-Sensplex facilities). The tournament committee reserves the right to impose a curfew clock on Playoff games as well, in the case of an extended injury or other prolonged delay.

- a. After intermissions (mid-game floods – for applicable divisions) teams should go directly to their bench - no warm-up is permitted at this time.
- b. If, at the beginning of the third period or at any time during the third period, a team is ahead by five or more goals, straight running time shall commence on the game clock. If the goal differential is seven goals at any time during the first or second period, running time shall also commence. If at any point the margin is reduced to two goals or less, stop-time play shall resume. This rule is in effect for all games including round robin, playoffs, and championship games.

5. **Time-Outs:** One (1) thirty (30) second time out will be permitted per game, per team.
6. **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 5-Minute stop-time period with teams playing three (3) skaters plus a goaltender.
 - b. If still tied a shootout with 3 skaters from each team. The coach of each team will provide the game officials with the list of these three players immediately following the final overtime period. If a player was penalized during overtime and there is still time remaining in his penalty at the end of overtime, that player is not eligible to participate in the shootout. 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 3 designated players have shot.
- c. If still tied a sudden-death shootout with one player from each team. Each shooter must not have participated in any prior round of the shootout.
 - d. Repeat the step above until all skaters have participated. In the event that teams utilize all available skaters, they will then work in reverse order, with the player that has most recently shot to participate next. The shootout will continue in this way until a winner is declared.
 - e.
7. **Round Robin Standings:** Standings will be based on points: two (2) points for a win, one (1) point for a tie, no points for a loss.
 8. **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 or if one team has beaten all others they are tied with).
 - b. The team with the most wins in round robin play.
 - c. The highest ratio of goals for divided by goals for plus goals against $[GF/(GF + GA)]$ (up to the 5th decimal)
 - d. The team with the lowest number of penalty minutes accumulated in round robin play.
 - e. The team with the lowest number of goals against
 - f. The team with the most goals for
 - g. Coin toss by the tournament coordinator or a designated representative.

Note: in the event that three or more teams are tied, there will be no reverting back to a previous tie- breaking step as each seed is determined. Should two of three teams still be tied after a tie breaker, those two teams will continue down the list of tie breakers, and the single team will either be eliminated (if they fell below the other two teams) or be skipped above (if they stood above the other two teams). Furthermore, please note that the highest ratio tie breaker heavily favors fewer goals against as opposed to higher goals for.

9. **Game Misconduct Penalties:** Any player or team official receiving a game misconduct penalty will be penalized at a MINIMUM according to the HEO Minor code of discipline, but may be penalized further by the tournament committee or a higher governing body. This will involve at least a ONE- GAME suspension for all Game Misconducts. (it is recommended that all out of district teams consult their own code of disciplines to determine their suspensions if they are in excess of what is assessed by the tournament committee – failure to do so could result in further sanctions by home branches) HEO Minor code of discipline is available at www.heominor.ca .
10. A player of the game or hardest worker award may be awarded at the conclusion of each game. No player may win the player of the game more than once during the round-robin portion of the tournament.
11. For playoff and championship games, the home team will be the team with the highest seeding after the round robin portion of the tournament.
12. ALL levels will shake hands at the end of the game.

General and Administration Rules

1. **ZERO Tolerance: Taunting, berating or inappropriate behavior towards any players, officials, staff, or tournament volunteers will NOT be tolerated under any circumstances by parents, players, team officials or other spectators.** The Sensplex facilities reserve 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. Referee's Decisions: All referee's decisions are **FINAL and may not be appealed**. Per HEO Minor Rules, video may not be used by referees to help determine any decision.
3. Protests: All protests must be accompanied by a \$200.00 deposit that will be returned only if your protest is successful. A protest will only be heard if it is brought to the attention of the Tournament Coordinator or their delegate within fifteen (15) minutes of completion of the game in question. Video may not be used during protests or appeals. A hearing and ruling will be completed prior to the team's next scheduled game. All decisions made by the Tournament Committee are final and **MUST** be respected.
4. In the event of a suspended game by way of forfeiture or forfeit, the score shall be recorded as zero for the loser and three (3-0), or the greater margin of victory at the time of the forfeiture, for the winner.
 - a. Should a team who previously forfeited a game during the tournament be in contention for a playoff spot, that spot will be automatically forfeited should it come down to a tiebreaker whereby the goal ratio becomes the deciding factor.
5. Teams must bring with them their official branch issued team roster. Scheduled Game times are approximate. **TEAMS MUST BE PREPARED TO START THEIR GAMES NO LESS THAN 15 MINUTES BEFORE THEIR SCHEDULED START TIME. Teams not prepared to start at least 15 minutes ahead of their scheduled time, may receive a delay of game penalty or forfeit their game at the discretion of the tournament committee.** It is strongly recommended that teams plan their arrival at the rink as if their game time is 15 minutes earlier than scheduled.
6. Check In: One (1) team representative must check-in to the registration desk, no less than one hour before the team's first scheduled game. He or she will be required to fill out a tournament check-in form. The team representative will then be required to check-in to the tournament desk before each game.
7. Team officials are responsible for the conduct and supervision of all of their team's participants at all times (including their own). No shooting, stickhandling, or passing of any objects is permitted anywhere in the facility other than the ice surfaces! Any pre-existing damage or severe mess in dressing room must be reported immediately when found.
8. Teams may be **ejected from tournament play** if they are found to be responsible for damage to tournament facilities (including host hotels) or unacceptable dressing room conditions.
9. No outside Food & Beverage is permitted inside the Sensplex facilities.
10. No alcoholic beverages or "tailgating" is permitted on Sensplex facilities property.
11. Teams should also read and understand the building rules and regulations that are

located in the front lobby of the Sensplex facilities.

12. **Team Warm-Ups:** Note that due to concerns with the safety of their patrons, the Sensplex facilities do not permit 'running' in public areas of their facility.
13. **The tournament committee / coordinator 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 as they see fit.**