



10th Annual Capital Volunteer Cup
Presented by the Cumberland Jr. Grads
October 25-27, 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 neckguards for all tournament games if their own district requires that they do in league play.
3. Body Contact (for clarification only): Is permitted at the U14+ divisions only. All other divisions will be non contact
4. Game Length:
 - a. Periods and running times to be used:
 - i) U10/U11 B/A Divisions:** Games will consist of 3 x 10, stop-time periods
 - ii) U12 /U13 B/A Divisions:** Games will consist of, 2 X 10 minute, 1 x 12 stop-time periods
 - iii) U14/U15 B/A Divisions:** Games will consist of 3 x 12 minute stop-time periods
 - iv) U16/U18 B/A Divisions:** Games will consist of 2 x 12, 1 x 15-minute stop-time periods
 - 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 pay 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.
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. 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 gone.
 - 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.
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 number of goals for
 - g. The team with the most number of periods with zero goals allowed
 - h. Coin toss by the tournament coordinator or a designated representative.

In the case of a round robin tie breaker involving a team who will have results from one game omitted by random draw, the same tie-breaking procedures for head-to-head games will be followed. If the team is tied with an opponent faced in a round robin game, the head-to-head result will take precedence, even if that was the game omitted by draw in their results.

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. Furthermore, please note that the tie-breaking order favors fewer goals against as opposed to goals for. Should a team be winning a game by a big margin, it is more favorable for them to shut down the opposition then to try and widen their lead.

9. Stick Measurements: Teams are NOT allowed to request the measurement of any stick during tournament games. If teams have a safety concern with an opposing player's stick, they must bring it up to the referees, who will use their discretion.
10. 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 .
11. A player of the game or hardest worker award may be awarded at the conclusion of each game.
12. For playoff and championship games, the home team will be the team with the highest seeding after the round robin portion of the tournament.
13. 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. No "select" teams are permitted to compete in any HEO Minor sanctioned tournament. Eligible players must be registered members of the team, or affiliated players.

5. 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.
6. Teams must bring with them their official branch issued team roster or player cards, along with proof of age and identity for all players. Players are required to carry their proof of age and identity on them at all times.
7. 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.
8. 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.
9. 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.
10. 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.
11. No outside Food & Beverage is permitted inside the Sensplex facilities.
12. No alcoholic beverages or "tailgating" is permitted on Sensplex facilities property.
13. Teams should also read and understand the building rules and regulations that are located in the front lobby of the Sensplex facilities.
14. 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.
15. The tournament 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.