



The 19th Annual Capital Midseason Showdown
presented by the Stittsville Rams & Sensplex Tournaments
Nov 29 – Dec 1, 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 & mouthguards at all times during play if their own district requires that they do in league play.
3. Body Contact (for clarification only): Is permitted at the U14 division and up only!
4. Game Length:
 - a. Periods and running times to be used:
 - i) **U10 & U11 B/A Divisions:** Games will consist of 2 x 10, 1 X 12 minute stop-time periods
 - ii) **U12 & U13 B/A Divisions:** Games will consist of 1 x 10, 2 X 12 minute 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 play shall resume. This rule is in effect for all games including round robin, playoffs, and championship games.
 - c. In the event slowly played game, the final period may be switched to straight time at the discretion of the tournament coordinator or a designate. The Tournament Committee may institute a curfew clock should it be required.
1. Time-Outs: One (1) thirty (30) second time out will be permitted in ALL games (round-robin & playoff).
2. 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 **three** 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 three 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 step above until no skater remains that has not yet participated from either team. At this point the shootout will continue in reverse order starting with the player who has most recently shot. The shootout will continue in this fashion until a winner is decided.
3. 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.
4. 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 $[GF/(GF + GA)]$
 - 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. 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.

5. Stick Measurements: Teams are NOT allowed to request the measurement of any stick during tournament games. If teams have a concern with an opposing player's stick, they must request the measurement prior to the game.
6. 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)
7. 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.
8. For playoff and championship games, the home team will be the team with the highest seeding after the round robin portion in the tournament.

General and Administration 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 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.
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 Manager or their delegate within fifteen (15) minutes of completion of the game in question. 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.

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 READY TO START THEIR GAMES ON TIME OR WITHIN THE 15-MINUTE WINDOW BEFORE, MAY FORFEIT SUCH GAMES AT THE DISCRETION OF THE TOURNAMENT COORDINATOR OR A DESIGNATED REPRESENTATIVE.**
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 office before each game.
9. For all levels of play, handshakes will occur at the conclusion of the game.
10. Team officials are responsible for the conduct and supervision of all of their team's participants at all times. 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.
11. 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.
12. No outside Food & Beverage is permitted inside the Sensplex facilities.
13. No alcoholic beverages or "tailgating" is permitted on Sensplex facilities property.
14. Teams should also read and understand the building rules and regulations that are located in the front lobby of the Sensplex facilities.
15. **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.
16. **The tournament committee 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.**