



Heart & Stroke Hockey Tournament
April 5th to April 6th, 2025
Bell Sensplex – Ottawa, ON
TOURNAMENT RULES AND REGULATIONS

Playing Rules

1. Playing rules will be those recognized by Hockey Canada, except as noted, or as ruled upon by the Tournament Committee.
2. Game Length:
 - a. **All games** will consist of a two (2) minute warm up and 2 X 20 minute straight-time periods. As the Zamboni door closes and ice crew leave the ice, a two-minute warm-up will be started. For the 2nd period, the clock will start at 20:00 immediately at the conclusion of the 1st period and teams should line up to play.
 - b. A delay of game penalty may be assessed at the discretion of the referees if one team is not ready to begin a period on time.
3. Time-Outs: No time-outs are permitted.
4. Face-offs – The “fast” face-off system will be used, meaning that both teams must be lined up to play NO MORE than TEN (10) seconds after any whistle. After an initial warning, a minor penalty for delay of game may be assessed at the discretion of the referee.
5. Icing: No touch icing will be used. Should the puck go through the crease, it will still be called as icing. The icing marker is the defensive blue line, not the red line.
6. High-Sticking the Puck: If a player makes contact with the puck above the normal height of the shoulders, the whistle will be blown immediately with the face-off taking place at the nearest end zone face-off spot in the zone of the offending team.
7. Red Line – there will be no red-line for two-line passes
8. Round Robin Standings: Standings will be based on points: two (2) points for a win, one (1) point for a tie.
9. Forfeit Games: Will result in a 2-0 score
10. Tie-Breaker, Round Robin: If tied in points, standings will be determined based on the following order:
 - a. The highest total of goals for minus goals against.
 - b. The team with the most goals for
 - c. Coin toss by the tournament coordinator or a designated representative.
1. Upon conclusion of the round robin, the winning team for the tournament will be decided by playoff format.
11. Major Penalties: Any player receiving a MAJOR penalty will automatically receive a game misconduct. Any player receiving a second major penalty in the tournament will be suspended for the remainder of the tournament.
12. Fighting & Match Penalties: Any player receiving a penalty for Fighting or a Match Penalty for intent to injure will **automatically** be suspended for the **remainder** of the tournament. This may also result in a **LIFETIME BAN** from the Tournament.
13. **Equipment:** All equipment worn by players must be CSA approved. While on the ice, all players must wear a CSA approved helmet with the chin strap properly fastened under the chin. Goalkeepers shall be required to wear a CSA approved hockey helmet to which a CSA approved facial protector has been securely attached and not altered in any way. It is recommended that all goalkeepers wear a throat protector. All Goalkeepers must adhere to the Hockey Canada Goalkeeper Facemask Rule.
14. Penalties: **i)** Penalties assessed during running time will be 3 minutes for a Minor penalty, 7 minutes for a Major/Match penalty and 10 minutes for Misconduct penalties. During stop time play a Minor

penalty will be 2 minutes, a Major/Match penalty will be 5 minutes and all Misconduct penalties will be 10 minutes in length.

15. **Body Contact:** Boarding and Body Contact - A Minor or Major penalty, at the discretion of the Referee, based on the intent and the violence of the impact with the opposing player, shall be assessed to any player who intentionally bodies or shoves an opponent for the purpose of making contact and/or does not attempt to avert body contact with an opponent.
16. **High Sticking:** A player who accidentally or intentionally contacts an opponent above the normal height of the shoulders with a high stick shall be assessed a **double-minor** penalty, whether or not injury results.
17. **Slap shots:** Are **NOT** permitted in all divisions. The level of the knee will be used as the determination of a slap shot. Play will be stopped immediately with the ensuing face-off to take place at the nearest defensive zone face-off spot of the offending team.
18. **Overtime:** Will only be played in playoff games. Overtime shall consist of a shootout with 3 skaters from each team. The **VISITING** team shall shoot first.

General and Administration Rules

19. **Teams:** A minimum of 10 players plus a goalie is required to make a team. All teams must designate a Team Captain and an alternative representative that is responsible for all registration and paperwork (waivers).
20. **Team Jerseys:** Each team must have a set of matching primary and secondary jerseys with numbers on the back. Primary jerseys are expected to be used for all games except when they represent the visiting team and are required to be switched because of a colour conflict with the home team.
21. **Check In:** The Team Captain must check-in to the registration desk, no less than forty-five minutes (45 minutes) before the team's first scheduled game.
22. **Tournament Officials:** Tournament officials include both on-ice and off-ice officials and staff. All decisions by officials will be final. Abuse of any official, staff or volunteer will not be tolerated and may result in ejection from the building.
23. **Absolutely no alcohol is permitted to be brought into the dressing rooms, elsewhere in the facility OR on the grounds. Failure to comply could result in confiscation of alcohol, ejection from the property, reporting to the proper authorities and ejection of the ENTIRE TEAM from the tournament.**
24. **Waiver Forms:** All non-registered players must sign and submit a waiver form to their Team Captain prior to the player's first game.