21st Annual Capital Mid-Season Showdown

Presented by the Stittsville Rams

November 27th – November 29th, 2026

TOURNAMENT RULES AND REGULATIONS

Playing Rules

1. Playing rules will be those recognized by **HEO (Hockey Eastern Ontario),** except as noted:
2. **Neck guards & Mouthguards:** Players are required to wear neck guards & mouthguards at all times during play if their own district requires that they do in league play.
3. It is the **TEAMS RESPONSIBILITY** to report any suspensions received in league play / other tournaments that carrier over to this tournament. Failure to do so could result in further sanctions by home branches.
4. The home team shall wear **WHITE** & the away team shall wear **DARK**.
5. **Body Checking (for clarification only):** Is ONLY permitted in U14, U15, U16 & U18 divisions.
6. Game Length:
    a. Warm-Up:
        i) **ALL DIVISIONS:** 2:30-minutes
    b. Periods:
        i) **U10 & U11:** Games will consist of 2 x 10, 1 x 12-minute stop-time periods.
        ii) **U12 & U13:** Games will consist of 1 x 10, 2 x 12-minute stop-time periods.
        iii) **U14 & U15:** Games will consist of 3 x 12-minute stop-time periods.
        iv) **U16 & U18:** Games will consist of 2 x 12, 1 x 15-minute periods stop-time periods.
    c. In situations of extreme delay, a curfew clock may apply to regulation time at the discretion of the tournament coordinator or a designate should it be required to help keep the tournament within its allotted ice times.
    d. In the event of a slowly played game, the final period may be switched to running time at the discretion of the tournament coordinator or a designate. Also, the Tournament Committee MAY eliminate the running clock for any game as tournament games get ahead of schedule and time permits (note that the running clock may be re-implemented at any time should the pace of the game warrant such a move).
    e. In situations where games are running late, warm-ups may be shortened, and player of the game ceremonies may be cut in an effort to get back on-time. Coaches will be given the player of the game award to hand out in the room.
    f. After intermissions (mid-game floods – for applicable divisions) teams should go directly to their bench - no warm-up is permitted at this time. Teams are to ice their starting players only.
    g. 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 (2) goals or less, stop-time play shall resume. This rule is in effect for all games including round robin, playoffs, and championship games.

i) Please note that when running time is in effect ALL PENALTIES will be amended to reflect such e.g. minor penalties will be 3mins, double minors will be 6mins, majors will be 7mins and misconducts will be 12mins.

7. Time-Outs: Each team is permitted one (1) thirty (30) second time out in **ALL GAMES**.
8. 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.
9. 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 goals against.
    e. The team with the most goals for.
    f. The team with the lowest number of penalty minutes accumulated in round robin play.
    g. The team with the most shutout periods (periods with zero goals allowed).
    h. The team who scored the fastest goal in any of their preliminary round games.
    i. 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.

10. Tie-Breakers, Playoff Games: Overtime & Shootouts will only be played in playoff and championship games if regulation time produces a tie. **NO OVERTIME OR SHOOTOUT IN CONSOLATION GAMES.**
    a. Overtime: One sudden-death 5-Minute stop-time period with teams playing three (3) skaters plus a goaltender. Teams DO NOT change ends for this fourth period.
    b. Shootout: If still tied after overtime, a best of 3 shootout will commence. The coach of each team will provide the game officials with the list of these three players immediately following the final overtime period.
        i) Players will shoot one at a time with the HOME team choosing whether they shoot first or last.
        ii) If a player was penalized during overtime and there is still time remaining in their penalty at the end of overtime, that player is not eligible to participate in the shootout **AT ANY TIME**.
        iii) If still tied after the best of 3, a sudden-death will commence. Each shooter must not have participated in any prior round of the shootout (best of 3). Whichever team shot first in the previous round, will once again shoot first.
        iv) Repeat point iii) until no skater remains that has yet to participate. At this point, the shootout will continue in reverse order, starting with the player who has most recently shot. Teams will continuously work up and down their list of shooters until a winner has been declared.
11. Affiliate Players:
    a. Teams MUST follow their home districts' affiliation policies including but not limited to, total number of games eligible to affiliate with one team, maximum number of affiliate players allowed to be used in a game etc. Failure to do so could result in further sanctions by home branches.

b. All affiliate players MUST be listed on the Official Branch Issued Roster provided to the tournament committee prior to the start of the team's first game.
c. Affiliate players **DO NOT** need to play in a round robin game to be eligible for playoffs. Any affiliates approved by a team's home branch and sanctioning body is eligible provided they are listed on the Official Branch Issued Roster provided to the tournament committee prior to their first game.
d. Players are permitted to be rostered on multiple teams provided their primary team is a lower caliber than their affiliate team and the teams are playing in different divisions in the tournament. No player is permitted to be rostered on more than one team participating in the same division.

12. 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 bring it forward to the attention of the referees, whom will use their discretion in the matter.
13. **Suspensions:** Any player or team official receiving a suspension will be penalized at a MINIMUM according to the HEO code of discipline. All teams **MUST** report suspensions to their home sanctioning body and/or through their home branch systems for final confirmation. Teams **MUST** consult their own code of disciplines to determine their suspensions should they be in excess of what is assessed by the tournament committee – failure to do so could result in further sanctions by home branches. **NO APPEALS FROM YOUR TEAM'S HOME BRANCH WILL BE ACCEPTED DURING THE TOURNAMENT. THE TOURNAMENT COMMITTEE IS UNABLE TO REDUCE, RESCIND, ADD OR ALTER ANY SUSPENSION.**
14. Any player who receives three (3) stick-infraction penalties (cross-checking, high sticking, buttending, slashing, spearing) in the same game will receive an automatic game ejection.
15. A player of the game or hardest worker award will 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. Coaches will be asked to select their team's player of the game (See "Playing Rule" 6. point e. for more information).
16. For playoff and championship games, the home team will be the team with the highest seeding after the round robin portion in the tournament using the tie-breaking rules above.
17. ALL teams will shake hands at the conclusion of each game.

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 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. Home associations and branches WILL be informed of any violations by players, parents, or team officials from all teams.
2. Referee's Decisions: **All referee's decisions are final and may not be appealed.** The tournament committee is unable to use video review to appeal or alter in any way a referee's decision. The tournament committee is unable to administer or rescind any calls that fall under a referee's discretion including but not limited to, suspensions, penalties, overturned goals etc. (See "Playing Rules" 13. for more information).
3. Protests:
    a. Protests **DO NOT** apply to referee decisions (See "General and Administration Rules" 2. for more information).
    b. 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 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) for the winner. Should a forfeiture or forfeit occur mid-game, the score shall be recorded as the greater margin of victory at the time of the forfeiture, for the winner and loser. For example, a score of 5-1 will be recorded as 5-1 should a team be forced to forfeit mid-game.
    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 tie-breaker whereby the goal ratio becomes the deciding factor.
6. Teams must bring with them their Official Branch Issued Roster showing proof of eligibility for all players used, including potential affiliated (See "Playing Rule" 10. for more information on affiliate players).
7. Travel Permits: All non-HEO teams are **REQUIRED** to provide a valid travel permit at check-in prior to their team's first game. This form states that your home sanctioning body approves your team's participation in a tournament sanctioned by a different branch (HEO). **WITHOUT AN APPROVED TRAVEL PERMIT YOUR TEAM WILL NOT BE ALLOWED ON THE ICE.**
8. 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.**
9. 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 and provide the required documentation. They will also be required to fill out a digital tournament check-in form. The team representative will then be required to check-in to the tournament desk to complete their gamesheet prior to each game. **We use paper gamesheets for HEO sanctioned tournaments.**
10. Team officials are responsible for the conduct and supervision of all of their team's participants at all times. No shooting, stick-handling, 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. **Noise Makers:** It is STRICTLY FORBIDDEN for any automatic air horns or noise makers to be used in Sensplex Facilities. This includes, but is not limited to, compressed air horns, sirens, megaphones, etc. Cowbells, telescopic trumpets, and clackers are permitted. The tournament committee reserves the right to prohibit the use of any noise maker they deem to be in excess of volume or disruptive to the game. Their decision MUST be respected.
12. 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.
13. No outside Food & Beverage is permitted inside the Sensplex facilities.
14. No alcoholic beverages or "tailgating" is permitted on Sensplex facilities property.
15. **Team Warm-ups:** To ensure safety of all facility patrons, all warmups must be supervised by a team official, and no running or sports balls are permitted during warm-ups inside the facility. Additionally, please note that teams playing loud music in public locations within the facilities is NOT permitted. *****DUE TO OUR PRIVATE SCHOOL AT BELL, UNDER NO CIRCUMSTANCE ARE TEAMS TO CONDUCT WARM-UPS ON THE 2ND FLOOR DURING SCHOOL HOURS FIRDAY (9am-3:30pm).** Alternatives will be offered upon tournament check-in. Team officials are asked to enforce these rules and could face disciplinary actions for failing to do so (up to and including suspension of the head coach, or the full team's removal from the tournament).
16. **Walking on the Ice:** As per City of Ottawa regulations, please note that it is **FORBIDDEN** for coaches or parents to walk onto the ice before/after games or for handshakes. For the handshake, coaches are asked to remain on the bench, where players from the opposing team will skate to them after having shook hands with their skaters.
17. **Helmets:** As per City of Ottawa regulations, all players **MUST** keep their helmets on while on the ice surface. This includes, but is not limited to, handshakes lines, player of the game ceremonies, championship celebrations etc.

18. **Photography:** As per building policy, please note that it is forbidden to take pictures inside the locker rooms. Only personnel authorized by the Sensplex are allowed to take photos from the player bench areas during gameplay.
19. Teams should also read and understand the building rules and regulations that are located in the front lobby of the Sensplex facilities.
20. **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.**