12th Annual Capital Dukes House League Showdown – Weekend 1

Presented by the Cumberland Minor Hockey Association

November 20th – November 22nd, 2026

JAMBOREE 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 jamborees that carrier over to this jamboree. 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 **NOT** permitted in any divisions.
6. Game Length:
    a. Warm-Up:
        i) **U9**: 1:30-minutes
    b. Periods:
        i) **U9**: Games will consist of 2 x 24-minute run-time periods. Games will be split ice with 4 different teams playing in each hour time block (2 different teams per half).
            - Buzzer will sound every 90-seconds to indicate a line change.
            - Skill Competition Rules and Format will be sent to team contacts 1-2 weeks prior.
    c. In situations of extreme delay, a curfew clock may apply to regulation time at the discretion of the jamboree coordinator or a designate should it be required to help keep the jamboree within its allotted ice times.
    d. 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.
7. 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 jamboree committee prior to the start of the team's first game.
    c. 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 jamboree. No player is permitted to be rostered on more than one team participating in the same division.
8. Stick Measurements: Teams are NOT allowed to request the measurement of any stick during jamboree 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.

9. **Penalties:** Minor penalties are noted by the official raising their arm to indicate a penalty will be called. At the end of the shift, the referee will notify the coach of the player, and the infraction. The offending player will sit off the next shift, but the team will play at even strength. If the offending team controls the puck after the infraction, the official will blow the whistle to ensure the non-offending team gets control of the puck. Should an infraction occur that would regularly result in a player being ejected from the game (GM, GRM, MP) the player will be removed from the remainder of the game. The HEO Minor Code of Discipline will apply to all players and bench staff.
10. **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 jamboree 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.**
11. 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.
12. 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 jamboree. Coaches will be asked to select their team's player of the game (See "Playing Rule" 6. point d. for more information).

General and Administration Rules

1. **ZERO Tolerance: Taunting or berating of any players, officials, staff, or jamboree 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 jamboree committee is unable to use video review to appeal or alter in any way a referee's decision. The jamboree 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" 10. 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 Jamboree 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 Jamboree Committee are final and **MUST** be respected.
4. No "select" teams are permitted to compete in any HEO sanctioned jamboree. Eligible players must be registered members of the team, or affiliated players.
5. Teams must bring with them their Official Branch Issued Roster showing proof of eligibility for all players used, including potential affiliated (See "Playing Rule" 6. for more information on affiliate players).
6. 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 jamboree sanctioned by a different branch (HEO). **WITHOUT AN APPROVED TRAVEL PERMIT YOUR WILL NOT BE ALLOWED ON THE ICE.**

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 jamboree committee.**
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 and provide the required documentation. They will also be required to fill out a digital jamboree check-in form. The team representative will then be required to check-in to the jamboree desk to complete their gamesheet prior to each game. **We use paper gamesheets for HEO sanctioned jamborees.**
9. 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.
10. **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 jamboree 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.
11. Teams may be **ejected from jamboree play** if they are found to be responsible for damage to jamboree 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. **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).
15. **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.
16. **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.
17. **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.
18. Teams should also read and understand the building rules and regulations that are located in the front lobby of the Sensplex facilities.
19. **The jamboree 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 jamboree.**