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18th Annual Capital House League Championships Weekend 1

January 13-15, 2023

*Presented by the West End Hockey League*

TOURNAMENT RULES AND REGULATIONS

Playing Rules

1. Playing rules will be those recognized by the HEO MINOR (Hockey Eastern Ontario), 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 Checking (for clarification only): Is **NOT** permitted at any level.
4. Game Length: **All divisions**: Games will consist of 2 x 22:30 mins halves
5. 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.
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) HEO MINOR code of discipline is available at [www.HEO Minor.on.ca](http://www.odmha.on.ca) .
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.

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 Coordinator 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. Teams must bring with them their official branch issued team roster or player cards, along with proof of age and identity for all players.
6. 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.
7. 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.
8. 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.
9. Teams may be ejected from tournament play with no refund or compensation of any kind if they are found to be responsible for damage to tournament facilities (including host hotels) or unacceptable dressing room conditions.
10. No outside Food & Beverage is permitted inside the Sensplex facilities.
11. No alcoholic beverages or “tailgating” is permitted on Sensplex facilities property.
12. 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.
13. Teams should also read and understand the building rules and regulations that are located in the front lobby of the Sensplex facilities.
14. 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.