



Paramedics Hockey Tournament February 15th-16th, 2023 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 2 X 15 minute stop-time periods. As the Zamboni leaves the ice, the clock will be set to 2 minutes. This 2 minutes is to start on the hour. If a game has finished early, a longer warm up period is provided. If a game has started late, 2 minutes is still provided. The first period clock starts with the puck drop with 15 minutes stop time. At the conclusion of the 1st period, 15:30 minutes will be put on the clock and started right away (unless time-penalty is being served).
 - b. If at any time during the first or second period, a team is ahead by 7 or more goals running time shall commence. After switching to straight running time, the clock will only revert back to stop time if the margin is reduced to 2 goals or less. This rule is in effect for all games including round robin, playoffs, and championship games
 - c. 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. If the puck goes through the crease, it is still icing.
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 “all the way down”.
7. Red Line – there will be no red-line for two-line passes OR icing purposes.
8. Overtime: Overtime will only be played in playoff and championship games if regulation time produces a tie. Overtime shall consist of:
 - a. 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 captain 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. **Whichever team has had the fewest penalty minutes in the game, will have the option of shooting first or last. If the teams have the same number of penalty minutes in the game, the HOME team will shoot 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. Whichever team shot first in the previous round, will once again shoot first.

d. Repeat step above until no skater remains that has not yet participated from either team. In the event that one team runs out of players, they will work in reverse order selecting the player that has most recently shot to participate next, until the other team has also used every skater.

9. 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.

10. Forfeit Games: Will result in a 2-0 score

11. 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, or situations where one team has beaten all others they are tied with, only).

b. The team with the most wins in round robin play.

c. The highest total of goals for minus goals against. Note that a maximum spread factor of 7 goals will be used for each game (e.g. a 10-0 result will be posted as 7-0)

d. The highest ratio of goals for divided by goals for plus goals against $[GF/(GF + GA)]$ – still using factored scores

e. The team with the lowest number of penalty minutes accumulated in round robin play

f. The team with the lowest number of goals against

g. Coin toss by the tournament coordinator or a designated representative. The above rules will apply in sequence with no reverting back to determine placement of teams.

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 request the measurement prior to the game.

13. 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.

14. Game Misconduct Penalties: Any player receiving a game misconduct penalty in the last ten minutes of play, will automatically be suspended for the next game, plus any additional games as determined by the tournament coordinator, pending a review of the incident with the on-ice officials.

15. Gross Misconduct Penalties: Any player receiving a gross misconduct penalty at any time during a game, will automatically be suspended for the next meaningful game, and could be suspended for the remainder of the tournament at the discretion of the tournament coordinator.

16. 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.

17. For playoff and championship games, the home team will be the team with the highest seeding after the round robin portion in the tournament.

18. ****Equipment** (VERY IMPORTANT!):** All equipment worn by players must be CSA approved and goaltenders MAY NOT WEAR "cat's eyes" FACEMASKS, unless a waiver is signed

prior to participation. Non-CSA APPROVED helmets will not be allowed on the ice. Old style JOFA helmets (often called Gretzky helmet) which are not CSA approved will not be allowed (b); While on the ice, all players must wear a CSA approved helmet with the chin strap properly fastened under the chin. In addition, non-CSA certified goalie helmets and facial protectors will not be allowed (c); Goalkeepers in Adult Recreational Hockey 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.

19. 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. **ii)** Any player who is assessed three penalties in one game shall be ruled off the ice for the remainder of the game (Game Ejection Penalty). A double Minor penalty will be considered as two penalties. Misconduct penalties are included in the 3-penalty rule and are considered as one penalty. **ii)** There will be zero tolerance for fighting and acts with intent to injure. Referees have the authority to expel a player if they deem their actions were deliberate and in an attempt to injure another player.

20. Body Contact:

a. A Minor, double-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, pushes, shoves, stands in front of an opponent for the purpose of making contact and/or does not attempt to avert body contact with an opponent. When injury results from intentional body contact, a Major penalty shall be assessed.

b. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

21. High Sticking:

a. A Minor penalty shall be assessed to any player who checks an opponent or intimidates an opponent while carrying his stick above the normal height of the waist.

b. 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. (Note 1): A player who is assessed a Major penalty for intentionally contacting an opponent with a high stick or where injury results shall also incur a Game Misconduct under Rule 30.

c. A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent with a high stick.

22. Suspensions: ALL RULINGS on suspensions are final. They must be respected and MAY not be appealed.

23. **Slap shots (for clarification)** : Are NOT permitted at ANY divisions. For purposes of this rule, the height of the WAIST will be the determining factor. A face-off in the offending team's end will be assessed for violation of this rule. **A minor penalty for delay of game may also be assessed if the officials judge the act to be intentional.**

24. Playing under the influence: IS STRICTLY PROHIBITED! Referees will eject any player whom they believe to be playing under the influence of any substance, at any time without warning.

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 spectators, players, or team officials.** The Bell Sensplex 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. Referees have full support to award penalties as they see fit, up to and including expulsion from the game or tournament. This is a charity tournament and all participants are expected to act accordingly.

2. **ZERO Tolerance: Fighting or intent to injure.** Referees have the authority to expulse a player if they deem their actions were deliberate and in an attempt to injure another player.
3. All players must be at least 19 years of age to participate. Failure to comply with these rules may result in forfeiting of tournament games.
4. Photo ID (including proof of age) must be available at all times throughout the tournament, and must be shown if ever requested by any tournament official. Failure to provide identification at any time, may result in ejection from the tournament, as well as forfeiting of games.
5. Referee's and Tournament Officials Decisions: All referee's and tournament official's decisions are final and may not be appealed.
6. In the event of a suspended game by way of forfeiture or forfeit, the score shall be recorded as zero for the loser and two (2-0), 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.
7. All teams should have matching uniforms with numbers on the back.
8. Players must participate in at least ONE (1) round robin game, in order to be eligible for playoff game play, unless previous permission has been granted from the tournament committee.
9. Games will begin at their scheduled time. The first period will start as soon as the 2 minute warm-up is over. **A minor penalty for delay of game may be assessed at the discretion of the officials.**
10. In the event of a "jersey colour" conflict, the VISITING TEAM should make the change in sweaters whenever possible.
11. Check In: One (1) team representative must check-in to the registration desk, no less than forty-five (45) minutes before the teams' first scheduled game. He or she will be required to fill out a tournament check-in form.
12. Before each game, the team rep should check-in to complete the scores sheet for his/her team, and pick up dressing room key.
13. **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.**
14. Teams should also read and understand the building rules and regulations that can be found on the Bell Sensplex website at www.sensplex.ca.
15. **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.**