



**The 8th Annual Mini Cougar Cup Initiation FUN Days
Presented by the Gloucester Cougars,
Saturday, March 25th, 2023**

FUN DAY RULES AND REGULATIONS

Playing Rules

1. Each team will ice SIX players at a time TOTAL (or Five if a goalie is being used). Should both teams have particularly large teams, they may agree to add ONE (1) additional player to increase the average ice time for each player.
2. Goaltenders: Goaltenders will only be dressed in games where specified. Please consult the schedule posted online to see if your team will be using a goaltender.
3. Game Length: Scrimmages will consist of one 48-minute session. This time will start as soon as the ice crew has left the ice
4. Line-Changes: A buzzer will sound approximately every **2 minutes** to signal time for a line change. The on-ice instructor of each team should work to get his current line off the ice at the bench as quickly as possible. As these players are assembled beside their designated bench, the off-ice volunteer should be sending the next SIX players (or Five if a goalie is being used) onto the ice to begin their shift. Coaches should work to ensure that line changes take no more than 20 seconds. No formal face-off is required to start new shifts. An on-ice helper may simply push the puck away for the players to go after to begin their shift.
5. There will be ALL WINNERS & NO LOSERS. No score is to be kept by either team. The fun day is all about having fun in a great hockey environment. Team officials are asked to reinforce this throughout the day.

General and Administration Rules

1. **ZERO Tolerance: Taunting or berating of any players, staff, or tournament volunteers will NOT be tolerated under any circumstances by parents, team officials or other spectators.** 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. Again, this event is ALL for the fun of the players involved._

2. Scheduled game times are approximate. Teams should be prepared to start no less than five minutes before their scheduled scrimmage time._

3. Check In & Rosters: One (1) team representative must check-in to the registration desk, no less than 45-minutes before the team's first scheduled game. Teams may only use players who are registered with their association & Hockey Canada.

4. Each team has been aligned to scrimmage with those teams whose profile most closely resembles their own. Please note that this alignment was done using information provided by each team, and assembled by our experienced committee members. The goal was to provide the most evenly matched scrimmages for all teams, however lop-sided results DO happen. Should a team find themselves in such a matchup, they are encouraged to work with the coach of the other team and the on-ice facilitator provided by the FUN day to give all players the best experience possible (e.g. adding one player to the weaker team each shift, etc.). Adjustments may only be made in EXTREME circumstances._

5. Supervision: Players must be supervised by parents or team officials at all times._

6. Teams should read and understand the building rules and regulations that are located in the front lobby of the Bell Sensplex._

7. 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 Fun Days!_