

General Rules

Game definition: A game is composed of two 10-minute periods. The last minute of the game is in stop time. Each team is allowed one 30-second timeout per game.

Team roster: A team shall be composed of a minimum of four players and a maximum of seven players. Games are played three-on-three plus a goalie. Each team must choose a captain to represent their team who is responsible for communicating with the referee and/or organizers.

Team jerseys and names: Each team must have a name and each player must wear a jersey of the same colour. We have the right to refuse the name chosen. If two teams are wearing the same colour, the organizer will provide jerseys.

Equipment:

All players must wear sneakers that fully cover the toes.

Sticks: All sticks are allowed, no matter the type or model (plastic, graphite, wood, aluminum, etc.). The organizer and/or officials reserve the right to judge whether sticks are safe before each game.

All players must wear a protective helmet with a full-face shield and gloves.

It is strongly recommended that all players wear leg guards, jockstraps and mouth guards.

Game Rules and Regulations

Delaying the game

A team that delays the game loses the ball. The referee is responsible for deciding where play resumes. No obstacle can delay the game except if a player on the bench touches the ball intentionally and directs it toward the play. The opposing team has three seconds to resume play. Players must be at a distance of two metres for resumption of play. After three seconds, the game restarts automatically.

- Players cannot touch the ball with their stick if their stick is higher than the horizontal bar of the net;
- Players cannot close their hand over the ball;
- Hand pass is not allowed.



Penalties

Aggressive actions or attitudes either before, during or after games will not be tolerated. Players or teams that disregard the rules will be ejected from the tournament.

When a penalty is called, a penalty shot for the opposing team is given, followed by a faceoff at the centre. After a goal, the faceoff is at the center. If a penalty is given to each team at the same time, no players are withdrawn from play and no shots on goal are given.

Penalty shots

- · Hooking;
- Holding;
- Interference or tripping;
- High sticking (stick higher than the horizontal bar);
- One player extra during play (bench changes must be made within a two-metre limit);
- Abusive language;
- Delaying play;
- Only the captain may discuss with the referee. All other players will receive a two-minute penalty for delaying the game or for unsportsmanlike conduct;
- Goalies cannot freeze the ball outside a two-metre radius of the net;
- Tripping or interference of a player during a breakaway.

Two penalty shots

- Checking or spearing;
- Unsportsmanlike conduct.

Ejection from game + penalty shot

- Body check against the boards, assault or cross-checking;
- Kneeing or elbowing;
- A player with three penalties in one game is ejected from that game.

Tournament ejection + penalty shot

- Butt ending, threats, intimidation or fighting;
- Players must respect all rules and regulations and all organizers, or face ejection;
- A player who intimidates or shoves any organizer is liable to judicial or civil action.

Disallowed goal

• A player who interferes with the goalie (foot in the box).



Specific Rules and Regulations for the Playoffs

A team captain may request a timeout only once during a game. If the game is tied, overtime is played until a goal determines the winning team.

Frequently Asked Questions

When can I register my team and what is the registration fee per team?

Teams may register from Friday, May 10, to Friday, May 31.

Registration for a team of seven players (maximum) is \$35 per person. (All teams are guaranteed a minimum of three games during the tournament.)

Do I have to register as part of a team or can I register as an individual?

You can only register as part of a team.

What are the categories?

- Youth 7-9 years old
- Youth 10-12 years old
- Youth 13-15 years old
- Youth 16-18 years old

The age category is determined by how old the participant will be on December 31. Ex: If the participant is 15 at the time of the tournament but will be 16 before the end of the year, he will be placed in the 16-18 category.

The organizing committee reserves the right to verify identification during this event and reserves the right to disqualify any player or team who submits false information.

Are there limits to the number of teams in each category?

Yes. We work on a first-come, first-served basis, so register your team as soon as possible!

What can we win?

The winning teams have a chance to win a variety of prizes donated by our sponsors



