



TCFIHA Tournament Rules & Regulations 2025

Tournament Type: Regular Season PCAHA Sanctioned Tournament
Governing Bodies: All games will be governed by PCAHA Playing Rules and PCAHA Regulations, with specific exceptions as noted below.

Tournament Director: Christina Frame
Contact Email: tournament@tricitiefemaleicehockey.ca

1. Eligibility and Registration

- **Roster Requirements:** Only approved players and team officials on Hockey Canada rosters submitted prior to the commencement of the tournament are eligible to participate.
- **Player Additions:** No player additions will be permitted without the approval of the Tournament Director.
- **Affiliate Players:** Affiliate players must be approved by the league manager prior to any game.
- **Team Composition:** Teams are limited to a maximum of 20 players (including goalies) and 4 coaching staff.
- **HCSP Attendance:** All teams must ensure a HCSP (Hockey Canada Safety Person) is in attendance for each game. If a team does not have an HCSP present, they must request the opposing team's HCSP to represent both teams.
- **Equipment Requirements:** CSA-approved face masks, helmets, and throat protectors are mandatory for all players, including backup goaltenders, during warm-ups, games, and while on the bench. USA teams must comply with USA Hockey equipment regulations.

2. Team and Game Preparation

- The team manager or official must sign in at least **30 minutes prior to the first game**.
- Teams must bring their own locks for dressing rooms.
- **Warm-up pucks** are also required by each team.
- **Jersey Colors:** The **home team** will wear **light-colored jerseys**, and the **visiting team** will wear **dark jerseys**. In the event of a jersey conflict, the home team must change colors if possible.
- **Restricted Area:** Only **arena personnel, referees, scorekeepers, and timekeepers** are permitted behind the timekeeper bench.

3. Game Rules and Timing

Teams must be ready to go on ice at least 5 minutes before the scheduled start time.

If a team doesn't show up to play on the ice within 10 minutes of the game start time, then they will forfeit the game and the opposing team will receive 2 points for the win.

The 5-minute warm up starts as soon as the referees get on the ice.

Division-Specific Game Format -

- U7 and U9 games will be played on half-ice.
- U7 and U9 Divisions will play 2 - 24-minute halves. A two-minute buzzer for line changes will be used for U7 & U9 games only.

Teams will be given a “Heart & Hustle” and “MVP” award for each game. For U11 to U18 only.

- All games must end with enough time for the presentation of the H&H award.
- Coaches will select players from their own team.
- At the conclusion of each game, each team will line-up on their respective blue lines for the player presentations.

ALL TEAMS will be given a “Power of Play” award.

- U7, U9 and U11 division awards are provided by McDonald's
- U13 - U18 division awards are provided by Engo.
- One player from each team will receive this award on ice after their last game.

U11-U18 “C” Divisions:

- **Round robin games (1.25hrs)** will be scheduled for 2 -15-minute **STOP** time periods however the length of the third period will be half the time left plus 2 minutes. Determined on the time remaining of the scheduled ice slot by the referees. The 3rd period will be **STOP** time. There will be no Overtime games in round robin play.

U11-U18 “C” Divisions:

- **Medal games (1.25hrs)** will be scheduled for 2 -15-minute **STOP** time periods however the length of the third period will be half the time left plus 2 minutes. Determined on the time remaining of the scheduled ice slot by the referees. The 3rd period will be **STOP** time.
- **Overtime** will be **RUNNING** time.

U13-U18 “Tier 1 & Tier 2” Divisions:

- **Round robin games (1.25hrs)** will be scheduled for 2 -15-minute **STOP** time periods however the length of the third period will be half the time left plus 2 minutes. Determined on the time remaining of the scheduled ice slot by the referees. The 3rd period will be **STOP** time. There will be no Overtime games in round robin play.

U13-U18 “Tier 1 & Tier 2” Divisions:

- **Medal games (1.5hrs)** will be scheduled for 1 -15-minute **STOP** time period, a 2nd 20-minute **STOP** time period and the third period will be half the time left plus 2 minutes. Determined on the time remaining of the scheduled ice slot by the referees. The 3rd period will be **STOP** time.
- **Overtime** will be **RUNNING** time.

If there is a goal differential of 5 goals or more at any time in the third period of a game (excluding medal games) the clock will start and remain running time for the duration of the contest, unless the goal differential is less than 5 at any time throughout the contest. Only then will the game go back to stop time.

No more than a 5-goal spread will be displayed on the scoreboard at any time.

Overtime (Medal Games Only)

- 3-on-3 sudden death overtime will be used if the score is tied at the end of the 3rd period.
- If penalties occur during 3-on-3, the teams will play 4-on-3 or 5-on-3, as appropriate.
- Minor penalties will be 2 minutes in duration.
- After all the penalties are over, 3 on 3 play will resume on the next stoppage of play.
- If the score is still tied after overtime, a 5-player shootout will follow.
- If the shootout ends in a tie, sudden death shootouts will continue, using the balance of the roster having an opportunity before the first initial 5 shooters are able to shoot again.

5. Game Points and Tie-Breaker System

- **Points System (U11 and above):**
 - **2 points for a win**
 - **1 point for a tie**
 - **0 points for a loss**
 - **U7 and U9:** No points or scores will be recorded.

Upon completion of the round robin, teams will be seeded based upon the points earned. In the event of a tie in the standings the following applies:

Tie-Breaking Criteria (If Teams are Tied):

1. **Most Wins**
2. **Head-to-Head Record**

3. **Goals For ÷ (Goals For + Goals Against)**
4. **Least Goals Against**
5. **Most Goals For**
6. **Least Penalty Minutes**
7. **Coin Toss**

Three or More Teams Tied:

1. **Goals For ÷ (Goals For + Goals Against)**
2. **Least Goals Against**
3. **Most Goals For**
4. **Least Penalty Minutes**
5. **Coin Toss**

Maximum Goal Differential: The maximum recorded goal differential in a game is **5**.

Cancelled Games Due to Act of God: Any games not played due to unforeseen circumstances will be recorded as a **1-1 tie**.

6. Penalties and Conduct:

- **Minor Penalties:** 2 minutes
- **Major Penalties:** 5 minutes (unless a PCAHA Rule is in effect)
- **Abusive Language:** Foul language and unsportsmanlike conduct will not be tolerated. Referees are authorized to issue **gross misconduct penalties** leading to ejection from the game and/or tournament.
- **Fighting Penalties:** Any player or coach receiving a **match penalty, gross misconduct, or game misconduct** for fighting will be suspended from further tournament play.
- **Spectator Conduct:** The Tournament Committee reserves the right to remove any spectator exhibiting inappropriate behavior.

7. Time-Outs

- Teams in **U11 and above** are allowed **one 30-second time-out per game**.
- **Overtime (Medal Games):** One additional 30-second time-out is permitted.
- Unused time-outs cannot be carried over to overtime.

Managers and coaches are responsible for checking the game schedule throughout the tournament and for the final game schedule as **NO PHONE CALLS WILL BE MADE**.

There is no storage area at the arena for the gear. Please have the dressing rooms cleared out no later than 1/2 hour after the game's end time. The coach/manager is responsible for making sure the dressing rooms are left in a good and clean condition.

Referee decisions will be considered final. No protests will be heard by the tournament committee on any referee decisions.

All decisions made by the Tournament Director are FINAL.

I would like to thank everyone for coming to our tournament and look forward to seeing you around the rink!

If you have any questions, please contact me at tournament@tricityfemaleicehockey.ca.

Yours in hockey,

Christina Frame, Tournament Director

TriCities Female Ice Hockey Association