



TRI-CITIES FEMALE ICE HOCKEY ASSOCIATION (TCFIHA)

2026 Tournament Rules & Regulations

Tournament Type: Regular Season PCAHA Sanctioned Tournament

Governing Body: Pacific Coast Amateur Hockey Association (PCAHA)

All games will be played in accordance with the rules and regulations of Hockey Canada, BC Hockey, and PCAHA, except where specifically noted herein.

Tournament Administration

Tournament Director: Christina Frame

Email: tournament@tricitiefemaleicehockey.ca

*All decisions made by the Tournament Director are **final and binding**.*

1. Eligibility & Registration

1. All players must be properly registered with Hockey Canada through their governing body. Tournament officials will verify all rosters with PCAHA.
2. Final team rosters must be approved prior to each team's first game. **No player additions will be permitted once the tournament has commenced.**
3. A maximum of twenty (20) players may be registered and dressed per game (18 skaters and 2 goaltenders).
4. Team officials are responsible for verifying their roster in Spordle Play prior to each game. Starting lineups are not required.
5. Special suspension rules will not apply to this tournament.
6. All referees are properly carded and certified.

Jersey Colours

- Home Team: Dark jerseys
- Visiting Team: Light jerseys
- In the event of a conflict, the **home team** must change jerseys if possible.

Bench & Ice Access

- Teams may not enter the ice surface until an on-ice official is present. Violation will result in a minor penalty.
 - Teams must bring their own dressing room locks.
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2. General Game Rules & Timing

- Teams must be ready to take the ice **a minimum of five (5) minutes** prior to the scheduled start time.
 - The five (5) minute warm-up begins when the referees step onto the ice.
 - A team failing to appear on the ice within ten (10) minutes of the scheduled start time will forfeit the game. The opposing team will be awarded two (2) points.
 - To maintain schedule integrity, tournament officials reserve the right to adjust playing time where necessary.
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3. Division-Specific Rules

U7 & U9 Divisions

1. All games will follow the PCAHA Half-Ice format.
2. Game slots are fifty-five (55) minutes to allow for safe transition between groups.

Game Format (subject to on-ice officials for ice-flow management):

- 5-minute warm-up
 - 24-minute running time with 2-minute buzzer shifts
 - 2 minute break
 - 24-minute running time with 2-minute buzzer shifts
3. Coaches are requested to assist with bumper setup and removal. Ice will be cleaned after every second game.
 4. **U9 teams:** will consist of mixed skill levels to facilitate two games per session.
 5. Games will be played 3-on-3 or 4-on-4, depending on team size.
 6. **U7 Only:** One (1) coach per team may be on the ice to assist players when required.
 7. No scores or standings will be recorded.
 8. Penalties serve as teaching moments. Infractions shall be explained to the player; no penalty box use.
 9. Players committing egregious infractions (e.g., checking from behind, cross-checking, body checking) will sit out the remainder of the game. A substitute player may participate in their place. No short-handed play.
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U11–U18 Round Robin Games - including U21 Games (1.25 Hours)

- Five (5) minute warm-up
- Three (3) stop-time periods

Period Lengths:

- Period 1 – 15 minutes
- Period 2 – 15 minutes
- Period 3 – 15 minutes

Time Adjustment – Third Period

If insufficient time remains to complete the third period as scheduled:

- *If more than ten (10) minutes remain on the arena clock:*
 - *Third period = Half of remaining time + two (2) minutes*
- *If less than ten (10) minutes remain:*
 - *Third period = Half of remaining time*

No overtime will be played in round robin games.

4. Medal Games

U11–U18 “C” Divisions – 1.25 Hours

- *Five (5) minute warm-up*
- *Three (3) stop-time periods (15–15–15)*
- *Third period time adjustment as outlined above*
- *No Overtime for Consolation Games*

If Tied After Regulation

1. *Two (2) minute rest at benches*
2. *Five (5) minute sudden-death overtime (3-on-3)*
 - *Penalized teams will not play with fewer than three (3) skaters plus a goaltender.*
 - *The non-penalized team may add a skater to a maximum of five (5) skaters plus a goaltender.*
3. *If still tied: NHL-style shootout*

Each team is permitted one (1) 30-second timeout during Medal Games only.

U11–U18 “A” Divisions – 1.50 Hours

- *Five (5) minute warm-up*
- *Three (3) stop-time periods*

Period Lengths:

- *Period 1 – 15 minutes*

- *Period 2 – 20 minutes*
- *Period 3 – 20 minutes*

***Third period time adjustments apply as outlined above.
Medal Game overtime procedures will follow the same format as U11–U18 “C” divisions.***

Mercy Rule for all games:

- *If a team leads by six (6) goals, the game will switch to running time.*
- *If the differential is reduced to five (5) goals, stop time will resume.*

5. Points & Standings (U11 and Above)

Points System

- *Win – 2 points*
- *Tie – 1 point*
- *Loss – 0 points*

(U7 and U9: No points or scores recorded.)

6. Tie-Breaking Procedures (Round Robin)

Upon completion of round robin play, teams will be seeded based on total points earned.

Two-Team Tie

- 1. Head-to-Head Result*
- 2. Most Wins*
- 3. Best Goal Average*

Formula:

Goals For ÷ (Goals For + Goals Against)

- *Maximum goal differential of +6 per game applies*
- 4. Fewest Penalty Minutes*
- 5. Coin Toss (conducted by tournament officials)*

Three or More Teams Tied

1. *Best Goal Average*
2. *Fewest Penalty Minutes*
3. *Coin Toss (conducted by tournament officials)*

Game standings and medal round schedules will be posted on the PCAHA website and/or TeamSnap Tournaments. Team officials are responsible for checking schedules. No phone calls will be made.

7. Awards

For U11–U18 divisions:

- *Each team will present one (1) **MVP Award** per game.*
- *Each team will present one (1) **Heart & Hustle Award** per game.*
- *Coaches will select recipients from their own team.*
- *Teams will line up on their respective blue lines for presentations.*
- *Sufficient time must remain at the conclusion of each game for award presentations.*

Power of Play Award

*All teams will present one (1) **Power of Play Award** recipient, selected by their coaches.*

This award recognizes a player who consistently demonstrates heart, sportsmanship, kindness, dedication, and leadership — embodying the true spirit and power of the game.

8. Conduct & Discipline

Abusive Language & Unsportsmanlike Conduct

Foul language and inappropriate conduct will not be tolerated. Officials are authorized to assess Gross Misconduct penalties, which may result in ejection from the game and/or tournament.

Fighting

Any player or coach receiving a Match penalty, Gross Misconduct, or Game Misconduct

for fighting will be suspended from the remainder of the tournament.

Spectator Conduct

The Tournament Committee reserves the right to remove any spectator exhibiting inappropriate behaviour.

Referee Decisions

All referee decisions are final. No protests will be heard regarding on-ice officiating decisions.

9. Facilities & Dressing Rooms

- *There is no equipment storage available at the arena.*
 - *Dressing rooms must be vacated no later than thirty (30) minutes following the scheduled game end time.*
 - *Coaches and managers are responsible for ensuring dressing rooms are left clean and orderly.*
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10. Cancelled Games

Games not played due to unforeseen circumstances will be recorded as a 1–1 tie.

Managers and coaches are responsible for monitoring the game schedule throughout the tournament, including final game times.

On behalf of the Tri-Cities Female Ice Hockey Association, thank you for participating in the 2026 TCFIHA Tournament. We look forward to a competitive, respectful, and enjoyable event for all participants.

If you have any questions, please contact:

Christina Frame

Tournament Director

tournament@tricityfemaleicehockey.ca

