



2026 Ottawa Girls Hockey February Freeze Tournament Rules (updated 10 Feb)

1. Hockey Canada and OWHA rules shall apply.
2. All U9-U22 games will consist of 3 periods (10 minute, 10 minute and 12 minutes), stop time. Games may be curfewed to stay on schedule.
3. There will be a three (3) minute warm-up prior to each game. Games will begin immediately upon completion of the warm up. The officials will instruct the time keeper to blow the buzzer with one (1) minute remaining in the warm-up, at which point the teams are to get prepared to start the game.
4. All U7/Fundamentals games will consist of two half ice mini games of 22 minutes each. Teams switch opponents after the first mini game. Buzzers will be sounded every 90 seconds for a change. No scores are kept.
5. All teams MUST be available to play 15 minutes prior to the scheduled start time.
6. The OWHA minimum suspension guidelines will be enforced. All suspensions will be enforced according to the current OWHA Rules.
7. Players will shake hands after each game, with gloves on.
8. Player of the game will be chosen by their own team's coaches and will be given out on the ice following each game. In case a game is curfewed or the tournament is running behind schedule then the player of the game may be awarded in each team's locker room after the game.
9. If the goal spread at any time reaches 5 goals, the clock will run until the spread is reduced to 3 goals, then stop time will resume. Penalties during run time will be assessed as 3 minutes.
10. The goal differential displayed on the score board shall not exceed 5. Goal differentials recorded in the tournament standings shall not exceed 5. For example, if a game finishes 9-2 then it will be recorded as a 7-2 game in the standings. **If a team repeatedly defeats other teams by a very large margin then the tournament organizers may need to implement adjustments for the sake of fair play.**
11. During Elimination & Championship games, One - 30 second timeout will be allowed for

each team in any time during regular time or overtime.

12. There is NO TIMEOUT in Round Robin Games.

13. A maximum of 19 players, including 2 goaltenders may be registered **for each game** with each team. Teams may have additional players on the roster (eg. U7, DS or non-OWHA teams) **but only 19 players may dress for each game.**
14. A player may only participate with one designated team in a tournament and may only participate in one tournament on any date. Exceptions may be made for injuries sustained to goalies which may be moved in accordance with OWHA rules for special circumstance goalie affiliation.
15. To be eligible to participate in the tournament, the player's name must appear on the team's approved OWHA roster. Quebec based teams will submit a roster approved by the provincial governing body.
16. Teams will be awarded 2 points for a win, 1 point for a tie and zero (0) points for a loss.
17. Standings after the round robin will be calculated on the basis of the points awarded as per rule # 12. In the event of a tie, the following criteria will be used to break the tie:
 - a) Most wins
 - b) Winner between the tied teams when they played head to head. (Applies to 2 way ties only, if 3 or more teams tied move to next tie breaker)
 - c) Percentage as calculated by dividing team's total "Goals For" by the SUM of the team's "Goals For and Goals Against". $GF / (GF+GA) = \%$
 - d) Fewest Goals Against.
 - e) Most Goals For.
 - f) Fewest Penalty Minutes.
 - g) Coin Toss.
 - h) Follow Tie breaking rules in Order.

Once a Tie Breaking Rule has been used or is not applicable it cannot be used again.

18. Elimination and Championship games are played to a winner. In the event of a tie at the end of regulation time a Sudden Victory five (5) minute overtime will commence. Teams will play 3 on 3 PLUS Goalies. Players may be changed at any time. Goalies may be "pulled" at any time and a substitute player from the bench may be used. If still tied, a shoot out will occur.
19. Shoot Outs: Teams do not change ends for Overtime or Shoot Outs. Each team must designate 3 shooters (S1, S2, S3) following the overtime period. Any player serving a penalty at the end of overtime will not be eligible to participate in the shoot out. All players except

shooter and goalies will be on the bench. Once a player has shot, they will go to the penalty box. Shooters will shoot one at a time starting at centre ice, until all 3 designated shooters from each team have gone. If still tied, each team will designate one shooter at a time until there is a winner. A player may not shoot for a second time until all players on the game sheet (except goalies) have shot.

20. Teams are encouraged to bring alternate jerseys. Home teams must wear dark coloured jerseys where possible. In the event of a conflict, the home team must change their jerseys. Visiting teams will advise opposing team of any conflict 30 minutes prior to game time. Alternate jerseys may be used as required. Note: when a conflict involves an OGHA Team, the OGHA team will change jerseys.
21. Flooding of the ice will occur at the end of each game or between periods as required and may be deferred at the discretion of a tournament official.
22. It is the team's responsibility to ensure a clean dressing room is left upon completion of their game. All teams are requested to vacate the dressing room 30 minutes or less after their game is completed
23. The decisions of the Tournament Officials are final!!

2026 Ottawa February Freeze OVERTIME RULES – for Elimination & Championship Games

- Elimination and Championship games are played to a winner.
- In the event of a tie at the end of regulation time a SUDDEN VICTORY FIVE (5) MINUTE OVERTIME will commence.
- Teams will play 3 on 3 plus goalies. Players may be changed at any time. Goalies may be “pulled” at any time and a substitute player from the bench may be used.
- If still tied, a shoot out will occur.
- Each team MUST designate 3 shooters (S1, S2, S3) AFTER completion of regulation time
- Any player(s) serving a penalty at the end of overtime will not be eligible to participate in the shoot out. The coach must designate a shooter(s) to take her place(s) immediately at the end of regulation time.
- All players except shooter and goalies will be on the bench TO START.
- Shooters will shoot one at a time starting at the centre ice red line.
- Once a player has shot, they will go directly to the penalty box.
- All 3 designated shooters from each team will shoot.
- If still tied, each team will designate one shooter at a time until there is a winner. A player may not shoot for a second time until all players on the game sheet (except goalies) have shot. If a penalty occurs during the 5 - Minute Stop Time overtime, the teams play 4 on 3. If a second penalty is called on the SAME TEAM and the first penalty has not expired, then it will be treated as a delayed penalty and will commence when the first penalty expires. The Maximum a Team may be at a disadvantage is 4 on 3.