



2026 Ottawa Girls Hockey February Freeze Tournament Rules

1. Hockey Canada and OWH rules shall apply.
2. All games will consist of 3 periods (10 minute, 10 minute and 12 minutes), stop time.
EXCEPTIONS: U7 will consist of a 5 minute warmup followed by 3 periods (12 minute – 12 Minute – 12 Minute) Run Time.
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 clock will not be stopped. The officials will begin the fair play initiative with two (2) minutes remaining in the warmup. The officials will instruct the time keeper to blow the buzzer with one (1) minute remaining in the warmup, at which point the teams are to get prepared to start the game.
4. All teams MUST be available to play 15 minutes prior to the scheduled start time.
5. The OWH minimum suspension guidelines will be enforced. All suspensions will be enforced according to the current OWH Constitution, By-laws, and Regulations & Rules.
6. Players will shake hands after each game, with gloves on.
7. If the goal spread at any time of the third period reaches 5 goals, the clock will run until the spread is reduced to 3 goals, then stop time will resume. The exception is when a time penalty is to be served where stop time will resume for the duration of the penalty.
8. One - 30 second timeout will be allowed for each team in anytime during regular time or overtime, ONLY during Elimination, Quarter, Semi & Championship games. There is NO TIMEOUT in Round Robin Games.
9. A maximum of 19 players, including 2 goaltenders may be registered with each team.
10. A player may only participate with one designated team in a tournament and may only participate in one tournament on any date.
11. To be eligible to participate in the tournament, the player's name must appear on the team's approved OWH roster. In accordance with OWH rules a team may use up to 3 pick-up players to replace absent rostered players who were not suspended. An OWH

"Tournament Pick-up Consent" form properly completed shall be submitted with tournament officials prior to the pick-up player participating in a game.

12. Teams will be awarded 2 points for a win, 1 point for a tie and zero (0) points for a loss.

13. 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) Winner between the tied teams when they played head to head. (Applies to 2 way ties only, 3 or more teams tied start with tied breaker 13b) b) Most wins.

c) Percentage as calculated by dividing team's total "Goals For" by the SUM of the team's "Goals For and Goals Against". $TGF / (GF+GA) = \%$ (See Chart) 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.

14. Elimination, Quarter final, Semi-final 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 4 on 4 PLUS Goalies. (See format for rules) 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.

15. Shoot Outs: Teams do not change ends for Overtime or Shoot Outs. Each team must designate 3 shooters (S1, S2, S3) directly onto the game sheet prior to the start of the game. 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.

16. Teams are encouraged to bring alternate jerseys. Home teams must wear light 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 Ottawa Team, the Ottawa team will change jerseys.

17. One team official must sign the game sheet prior to each game.
18. 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.
19. 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
20. The decisions of the Tournament Officials are final!!

2025 Ottawa February Freeze OVERTIME RULES – for Elimination, Quarter, Semi's and Championship Games

- Elimination, Quarter Final, Semi-final 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 4 on 4 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) on the game sheet prior to the start of the game.
- 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.