



2026 SGHA COMPETITIVE TOURNAMENT RULES

This tournament is conducted under the sanction of the Ontario Women's Hockey Association (OWHA) (Sanction #2526101) and operated in accordance with OWhA and Hockey Canada playing rules. Participation is open to properly registered competitive league teams, including teams affiliated with USA Hockey or other recognized governing bodies.

Teams travelling from outside Ontario may be required, upon request, to provide proof of a travel or tournament sanction issued by their governing body.

General Information

- All teams must be available to play at least 20 minutes prior to their scheduled start time.
- Teams are not permitted on the ice until at least one (1) on-ice official is present.
- All players must be properly registered with their applicable governing body (OWHA, USA Hockey, or another recognized association).
- The tournament will use the RAMP Gamesheet app for all games.
- A formal copy of the team's official, governing-body-approved roster must be submitted at tournament check-in.
- Teams registered outside OWhA will be supported by the Tournament Committee to ensure accurate roster entry and gamesheet completion.
- Pickup players must be entered in RAMP prior to their first game and may not participate in semi-final or final games unless they have played in at least two (2) round-robin games.
- Goalies may be used as pickup players only if a team's rostered goalie becomes injured during the tournament.
- Teams must register at the Tournament Desk prior to their first game at Cardelrec Recreation Complex, 1500 Shea Rd, Stittsville, ON.
- Any major or match penalties must be reported to stats@owha.on.ca within 24 hours or prior to the team's next scheduled game, whichever occurs first.

Game Length

- ☒ Games will consist of **three (3) periods: 10-10-12 minutes stop time**.
- ☒ A **three (3) minute warm-up** will precede each game. For scheduling purposes, the game clock will be set to **13 minutes**, with puck drop at **10 minutes**. Teams must be ready to play when the puck drops.

- All games will be played using stop time, except when a team leads by **five (5) or more goals**, at which point **running time will be used**.
- **Stop time will resume** once the goal differential is reduced to **two (2) or fewer goals**.
- Penalties remain **two (2) minutes in duration** during running time.
- Ice may be flooded after games at the **arena's discretion**.

Timeouts

- Each team is permitted one (1) 30-second timeout per game, applicable to round-robin, playoff, and championship games.

Standings and Points

- Win: 2 points
- Tie: 1 point
- Loss: 0 points

Tiebreakers

In the event of a tie in the standings, the following tie-breaking procedure will apply in the order listed:

1. Most wins
2. Head-to-head results (applies only when two teams are tied)
3. Goal differential (Goals For minus Goals Against)
4. Fewest goals against
5. Fewest penalty minutes (ten (10) minutes added for each misconduct penalty)
6. Earliest goal scored during the round-robin series
7. Coin toss

Once a tie-breaking step has been applied or bypassed, it will not be revisited.

If three (3) or more teams remain tied at any step, head-to-head results will not be used, and the next applicable tie-breaking criterion will be applied.

In all cases, the Tournament Committee reserves the right to resolve ties in accordance with OWHA guidelines should exceptional circumstances arise.

Overtime – Playoff & Championship Games Only

- If a playoff or championship game is tied at the end of regulation time, one (1) five (5) minute stop-time sudden-death overtime period will be played, four-on-four (4-on-4) plus goalies.
- Penalties assessed during overtime will result in four-on-three (4-on-3) or five-on-three (5-on-3) play, as applicable. Teams will return to even strength at the next whistle following the expiration of the penalty.

- If the game remains tied following the overtime period, a shootout will be used to determine the winner.
- Prior to the start of the game, each team must designate three (3) shootout players (S1, S2, S3). This information must be entered in the notes field of the RAMP Gamesheet app and provided to the scorekeeper.
- Any player serving a penalty at the conclusion of overtime is ineligible to participate in the shootout.
- Shootout attempts will alternate, one shooter at a time. No player may take a second shootout attempt until all eligible skaters listed on the gamesheet have taken a turn.

Jersey Colour Conflicts & Dressing Rooms

- **Home teams wear dark jerseys and away teams wear light jerseys.** In the event of a colour conflict, the **home team is required to change jerseys.** Teams are encouraged to bring pinnies or alternate jerseys to avoid delays.
- Teams must **leave dressing rooms clean and vacate within twenty (20) minutes** of the conclusion of their game.
- Dressing rooms **may not be used for team meetings.**

Discipline / Suspensions

- All major penalties, match penalties, and game misconducts must be reported to the OWHA in accordance with OWHA reporting requirements.
- Suspensions will be served in accordance with OWHA and Hockey Canada rules.
- The Tournament Committee reserves the right to impose additional discipline, including removal of a team, player, or team official from the tournament, in cases of serious misconduct.
- Any player or team official assessed a match penalty is ineligible to participate for the remainder of the tournament, pending OWHA review.
- On-ice officials' decisions are final and are not subject to appeal.

Withdrawals & Cancellations

- A \$100 administrative fee applies to any team withdrawal after payment has been received.
- The OWHA Tournament Withdrawal Policy applies to teams withdrawing within twenty-eight (28) days of the event.
- In the event of facility closure or inclement weather that prevents games from being played, every reasonable effort will be made to reschedule affected games. If rescheduling is not possible, the game will be recorded as a 0–0 tie.