



2025 COCHRANE U9 TOURNAMENT

Sanction No: HA-24378755

The Cochrane U9 Tournament is fast approaching and we are looking forward to hosting your team! To help make the weekend runs as smooth as possible, we want to provide additional information and housekeeping information.

- Facilities:** Games will be at Spray Lakes Sawmills Family Centre
Address: 800 Griffin Rd E, Cochrane, AB

The Spray Lakes facility has lots of options to entertain the players between games (swimming pool, wall climbing, etc.). Please visit their website for more information: <https://www.slsfamilysportscentre.com>.
- Concession:** There is a Jugo Juice and Patsy's Concession at Spray Lakes.
- Schedule:** Our tournament web page has the tournament schedule and will be kept updated: www.hockeyintherockiestournaments.com
- Arrival:** When you arrive for your first game at Spray Lakes, please come to the raffle table area to check-in. One of the tournament coordinators will give you everything you need. Please promptly return the bin after your first game.
- Dressing Rooms:** Teams will be sharing a dressing room, so we encourage keeping the family traffic to a minimum. We would encourage your players to come pre-dressed, but for those out-of-town teams we understand if that is not possible.
- Awards:** Each team is supplied 1 H&H socks and 1 MVP hat per game to distribute to their own players of their choice on ice following each game. We will also provide Sportsmanship dog tags for the remaining players based on roster size. Each player will receive one prize at the tournament. All players will receive a Gold Medal after their final game.
- Raffle Table:** There will be a raffle table set up at Spray Lakes with awesome baskets, a SpinWheel, a Superdeker Challenge, Sucker Pull, Plinko Drop, Pick a Player, and more. Presales now open for the Yeti Liquor Draw and Coulee Outdoor fire pit bundle. Feel free to share with friends and family! Link below.
<https://forms.gle/UDxbL4Vbx79tccDU7>
- Game Details:** Each game will have two 24-minute periods of run-time with 1 1/2 minute shifts (90 seconds), with a 4 minute warm-up prior to the start of the game.
- Contact:** One of our tournament coordinators will be available throughout the weekend, please contact them via email or visit the raffle tables if you have any questions/concerns: u9hockeyintherockies2025@gmail.com



2025 COCHRANE U9 TOURNAMENT RULES

1. First and foremost, it is all about the kids, so let's make sure they have as much fun as possible!
2. Games will be cross ice, two games at a time. Teams will share the player benches for players not in play.
3. Each game will have two 24-minute periods of run-time with 1 1/2 minute shifts (90 seconds), with a 4 minute warm-up prior to the start of the game. No icing or offside. Face-offs to start each half.
4. 4 on 4 plus a goalie. Goaltender equipment is recommended.
5. Incidental contact may happen, but body-checking is not permitted.
6. One official per game.
7. Fair and equal ice time is designed to ensure that all players get the same opportunity to contribute, regardless of skill or ability. Shortening of the bench in an attempt to win games is not permitted. All players should receive fair and as close to equal as possible ice time.
8. Tournament Committee reserves the right to make adjustments to the format of tournament and games.
9. For each game, each team will pick their own MVP, H&H, and Sportsmanship winners. Teams will line up on the blue line after handshakes and coaches will present awards to their own team.
10. Only players listed on the submitted team rosters will be allowed to participate. No substitutions or additions are allowed without prior approval from the tournament committee.
11. Coaches are responsible for their teams conduct on and off the ice. Coaches and Players will always act in a sportsmanlike manner.
12. Parents, players and coaches all need to behave according to the Hockey Canada Code of Conduct. No verbal, mental or physical abuse will be tolerated.
13. Dressing rooms must be left clean at the end of each game.
14. These tournaments follow Canadian Hockey and Alberta Hockey rules.
<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/under-9/associations/game-play-rules>