

Cochrane Hockey in the Rockies 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. This tournament will follow Canadian Hockey and Alberta Hockey rules.
3. This tournament is non-checking.
4. No timeouts.
5. Round Robin game times are 90 minutes – 3 minutes for warm-up, three 20 minute stop time periods. Should time be running tight in the 3rd period, with 5 minutes left off scheduled ice time, the clock will be dropped to 2 minutes run time. This will allow time for awards. Committee reserves the right to make adjustments to the format of games.
6. For points in the round robin games:
 - Win = 2 points
 - Tie = 1 points
 - Loss = 0 points
7. To break any ties after round robin:
 - a. Head to Head Game Results
 - b. Point differential - to a maximum of +5 or -5 per game. (There is no reason to ever run the score up.)
 - c. Lowest Penalty Minutes
 - d. Coin Toss
8. Finals game times are 105 minutes – 3 minutes for warm-up, three 20-minute stop time periods. If any of the final games are tied after 3 periods, the game will be decided in a shootout. Home team will decide who shoots first. The shootout will involve 3 skaters each. If still tied after 3 skaters, then it will alternate skaters – sudden death style – until a winner is decided. No player can go a second time until all players have had a turn.
9. Tournament Committee reserves the right to make adjustments to the format of tournament and games.
10. For each game, including finals, each team will pick their own MVP winner. Teams will line up on the blue line after the game and coaches will present MVP to their own team.
11. 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.
12. The referee's decisions are final in all matters pertaining to the rule interpretations, assessments of penalties and awarding of goals and assists.
13. Any players and/or coaches that receive a referee write up will not be allowed to participate in any further games until a ruling is received from Hockey Alberta.
14. Any player who receives 2 majors could result in players being suspended from the tournament.
15. Team officials are responsible for their team's conduct on and off the ice and must ensure their players conduct themselves in a sportsmanlike manner at all times.
16. 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.
17. Dressing rooms must be left clean at the end of each game.
18. After all these rules and regulations, please remember to have fun!