



## **2025 Manitoba All-Stars Super 7 Tournament RULES**

WMHA RULES WILL GOVERN WITH THE FOLLOWING MODIFICATIONS FOR THE TOURNAMENT

### **1. COMPOSITION OF TEAMS**

Each team will consist of 10 or 11 skaters, and 1 or 2 goaltenders. A maximum of 4 team leaders (Coaches/Manager/Trainers) will be allowed on the bench during a game. If you come to a game with 10 or less skaters and a goalie you will have to play with that amount. Substitute players are permitted but must be approved by the Tournament Director prior to the game.

### **2. PLAYERS' ELIGIBILITY LEVELS AND BIRTH DATES**

2017 - January 1 – December 31, 2017 OR YOUNGER

### **3. TEAM ROSTERS**

Each team has submitted a team list of players eligible to play. Changes or substitutions to this list must be sent to the Tournament Director prior to commencement of the games. No player registered in the Tournament will play on 2 different teams.

### **4. DRESSING ROOMS**

Dressing room assignments will be posted on the Main display board in the arena. Each team should be in their respective rooms at least 30 minutes prior to the posted start of their game.

If a dressing room key is not available, a key to the dressing room can be obtained from the arena office prior to each game. Any damage to the room will be charged to the teams using it. If there are any damages to the Dressing Room when you first enter please contact the arena attendant immediately.

### **5. COMPLETING THE GAME SHEET**

Game Sheets will be provided for each game and the coaches will fill them out prior to the start of the game and give to the Time Keepers. Visiting teams fill out the Game Sheets first. Starting line-ups will not have to be identified.

### **6. GAME START AND DURATION**

The intent is to start all games at the posted time. In the event that adjustments are required to the schedule they will be posted on the website and you will be notified by email. <http://www.manitobaallstars.com>

Teams must be prepared to play 10 minutes prior to the scheduled start time.

Games will consist of 12/12/15 minute periods stop time with a 2 minute break between periods while teams change sides. The clock will stop on whistles and there will be face offs at center ice after goals. This is regular hockey, no buzzers for shifts.

Warm-ups at the beginning of the game are 5 minutes.

Pulling the goalie is allowed at any time during the game.

### **7. ON ICE OFFICIALS**

All referees are approved and are under the direction of the Tournament Director. Any complaints should be directed to the Tournament Director.

### **8. PRE-GAME WARM-UP**

Teams are allowed a five (5) minute warm-up at the beginning of the game. Warm up pucks are provided. Teams must stay on their 1/2 of the centre red line during Warm-ups. Teams must be ready to begin the game as soon as the referee blows the whistle.

## **9. ICE FLOODS**

Ice floods will occur after every game only.

## **10. MANDATORY EQUIPMENT**

Helmets and full-face protectors are mandatory for all players. Mouth Guards and Throat Protection are also required. Players not conforming to these standards will not be allowed to play until the required equipment is in place. If a player, except a goaltender, loses his/her helmet during the play, that player must immediately stop and pick up his/her helmet and put it on, or leave the ice surface. All helmet straps must be reconnected prior to re-entering the game. If a goaltender loses his/her face mask play will be stopped immediately.

## **11. PENALTIES**

The clock will stop while the referee deals with any penalties. Players will be removed from the ice for 2 minutes or whatever the penalty determines.

## **12. ROUND ROBIN PLAY**

Each team plays 5 round robin games. After the round robin teams will be seeded 1-8.

There will be no overtime in the Round Robin games.

Points will be awarded as follows: Two (2) for a win, One (1) for a tie, None (0) for a loss.

All results will be posted each day on the Manitoba All-Star website – <http://www.manitobaallstars.com>

Playoffs will be posted on the website after the final Round Robin game on April 12, 2025.

## **13. PLAYOFFS**

The seeding of teams will be based on where they ended up after round robin play.

- Top 4 teams after Round Robin will play in the A side. Teams are seeded 1-4 after Round Robin play. The 1<sup>st</sup> place team will play the 4<sup>th</sup> place team, and the 2<sup>nd</sup> place team will play the 3<sup>rd</sup>. The winning teams will advance to the A side Championship Game. The losing teams are eliminated.
- Bottom 4 teams after Round Robin will play in the B side. Teams are seeded 5-8 after Round Robin play. The 5<sup>th</sup> place team will play the 8<sup>th</sup> place team, and the 6<sup>th</sup> place team will play the 7<sup>th</sup>. The winning teams will advance to the B side Championship Game. The losing teams are eliminated.

## **14. OVERTIME IN PLAYOFFS**

If teams are tied at the end of regulation time, there will be a one (1) minute break with no ice flood. After the break five (5) minutes will be put on the clock and played out running time. Teams will play 3x3 skaters and a goalie. The first team that scores shall be declared the winner at any point during the overtime. If there is still a tie after 5 minutes another five (5) minutes will be put on the clock and be played out 3x3 skaters and a goalie on the ice. Play will continue until a winner is declared. In the event that there is a penalty in overtime, the penalized team will play with 3 players and the other team will play with 4 until the penalty has expired.

## **15. TIE IN STANDINGS**

To determine team standings in the event of a tie, the following criteria shall be used:

- (a) Game between the two teams (who won is seeded higher).
- (b) Highest number of wins between tied teams.
- (c) If still tied, least goals against.
- (d) If still tied, best plus minus record based on goals for and against.  
The team with the best goal average would qualify. The goal average of a team is determined by dividing the total number of goals for by the total number of goals against.
- (e) If still tied, the team to qualify would be the team who scored the earliest goal in the game between the two tied teams.
- (f) If still tied, the team to qualify would be the team that received the least minutes in penalties.
- (g) If still tied after all previous methods have been applied, the winner will be decided by a single toss of a coin.

## **16. ICING AND OFFSIDES**

In effect – regular hockey. Also change on the fly is permitted.

## **17. BODY CHECKING**

There will be no body checking allowed.

## **18. TIME OUTS**

One 30 second T.O. per team is permitted.

## **19. AWARDS**

The A and B Champions and runner-up teams in the finals will receive "Super 7" custom medallions on ice. The winning teams will also be awarded the "Super 7" trophy for pictures in the Dressing Room only, and will return this trophy to the Tournament Director once done. POGs are done in the Dressing Rooms after the game.

## **20. PROTESTS AND GAMES**

Will only be allowed when the eligibility of a player is in question (i.e.) the player is too old.

The tournament committee reserves the right to adjust the playing time of any and all games. All teams affected will be advised of the time adjustments. The tournament committee also has the right to suspend play in any game. The tournament committee has the final say in all decision issues.

## **21. TOURNAMENT COMMITTEE**

Garth Lancaster	Super 7 Tournament Director
Jason Thompson	Manitoba All-Star Age Director/Website Manager
Sean O'Brien	Manitoba All-Star Age Director

The tournament committee has the final say in all decision issues.

**Most important rule for all players, coaches, and parents = HAVE FUN!**

**This is meant to be a fun competitive tournament.**