

NORTH BAY AND DISTRICT GIRLS HOCKEY 27TH ANNUAL TOURNAMENT



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EVENTS



Browse easily through this online calendar for local festivals, events and activities in and around North Bay! You can sort events by date, special interest category, organizer name or venue.

EATS



Whether you are looking for a delicious cup of coffee, local craft beer, outdoor patio, or a gourmet food experience, North Bay has something to satisfy your gastronomic craving.

DRIFTSCAPE



Driftscape is a digital storytelling platform allowing you to conveniently discover North Bay by browsing local attractions, self-guided tours, upcoming events and itineraries to enhance your visitor experience.

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The Discover North Bay magazine will provide you with a more detailed story about the diverse offerings in the city including local attractions, accommodations, and unique experiences.

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NORTH BAY
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November 6, 2025

The North Bay & District Girls Hockey Association welcomes you to the North Bay & District Area for our 27th Annual Girls Hockey Tournament. Girls hockey is on the rise in North Bay and we are thrilled to have you join us for our 2025 U11-U18 rep tournament.

The NBDGHA prides ourselves on being able to offer unique experiences to the teams who travel North and for those who may not get the same experiences within their home associations. We believe that seeing female coaches, athletes, and officials at the next level is an important part of highlighting the growth of the female game and allows our youth athletes to see there are a number of different pathways in sport that they can aspire to be.

Friday night we will pause all tournament games, allowing all participating players and their families to have the opportunity to watch an Ontario University Athletic (OUA) Women's Hockey Game. The Nipissing Lakers Women's Hockey team will also be on site at all arenas throughout the weekend, they will be handing out all tournament medals, and offering dressing room tours on Saturday November 8th to visiting teams.

We would like to thank our many volunteers who have put countless hours into making sure this event is successful for all in attendance. As well as our many sponsors for their continued support.

Wishing all teams the best of luck this weekend!



7N1D NOAHSTRONG Most Sportsmanlike Player of the Game

Beginning in 2022 the NBDGHA in Partnership with 7N1D NoahStrong provides a Most Sportsmanlike Player of the Game Award to a player from each team following each game. The Most Sportsmanlike Player of the Game Award will be presented following each game, after players shake hands each team will line up on their respective blue lines where the Most Sportsmanlike Player from each team for that game will be awarded.

When coaches are selecting their Most Sportsmanlike Player of the Game we ask that you please keep Noah's Affirmations in mind (I am kind, I am strong, I am helpful, I am a leader, I can do hard things, I can reach my goals, I am resilient, I am brave, I am loved). We are encouraging players, coaches, and supporters to visit noahstrong.ca to take the pledge today.



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NORTH BAY
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U11A

North Bay Junior Lakers #6253

Sault Ste.Marie Junior Greyhounds #4000

Durham West Lightning #302

Carleton Place Cyclones #7458

Collingwood Lightning #6148

North Halton Twisters #2535

DAY	Arena	TIME	TYPE	HOME TEAM	AWAY
November 7	West Ferris	9:00 AM	Round Robin	North Bay Junior Lakers	Carleton Place Cyclones
November 7	West Ferris	10:00 AM	Round Robin	Durham West Lightning	Sault Ste.Marie Jr. Greyhounds
November 7	West Ferris	11:00 AM	Round Robin	North Halton Twisters	Collingwood Lightning
November 7	Pete Palangio Kelly	3:15 PM	Round Robin	Sault Ste.Marie Jr.Greyhounds	North Bay Junior Lakers
November 7	West Ferris	4:00 PM	Round Robin	Carleton Place Cyclones	North Halton Twisters
November 7	West Ferris	5:00 PM	Round Robin	Durham West Lightning	Collingwood Lightning
November 8	West Ferris	11:00 AM	Round Robin	North Bay Junior Lakers	North Halton Twisters
November 8	West Ferris	12:00 PM	Round Robin	Carleton Place Cyclones	Durham West Lightning
November 8	Pete Palangio Demarco	1:00 PM	Round Robin	Sault Ste.Marie Jr.Greyhounds	Collingwood Lightning
November 8	West Ferris	4:00 PM	Round Robin	Durham West Lightning	North Bay Jr.Lakers
November 8	West Ferris	5:00 PM	Round Robin	Carleton Place Cyclones	Collingwood Lightning
November 8	West Ferris	6:00 PM	Round Robin	North Halton Twisters	Sault Ste.Marie Jr.Greyhounds
November 9	Pete Palangio Kelly	9:15 AM	Semi-Final 1	1st Overall	4th Overall
November 9	Pete Palangio Kelly	10:15 AM	Semi-Final 2	2nd Overall	3rd Overall
November 9	Pete Palangio Demarco	2:00 PM	Championship	Winner Semi-Final 1	Winner Semi-Final 2



U11B

North Bay Jr.Lalers #6248

Timmins Falcons #8503

Russell Coyotes #7304

Kapuskasing Jaguars #7050

Smith Falls Cubs #6622

Temiskaming Shores Puckhounds #7851

Ottawa Valley Thunder #4310

DAY	Arena	TIME	TYPE	HOME TEAM	AWAY
November 7	West Ferris	8:00 AM	Round Robin	North Bay Jr.Lakers	Timmins Falcons
November 7	Pete Palangio Demarco	8:00 AM	Round Robin	Temiskaming Shores Puckhounds	Smith Falls Cubs
November 7	Pete Palangio Kelly	8:15 AM	Round Robin	Russell Coyotes	Ottawa Valley Thunder
November 7	West Ferris	12:00 PM	Round Robin	Kapuskasing Jaguars	Timmins Falcons
November 7	West Ferris	1:00 PM	Round Robin	Ottawa Valley Thunder	Temiskaming Shores Puckhounds
November 7	West Ferris	2:00 PM	Round Robin	North Bay Jr.Lakers	Smith Falls Cubs
November 7	West Ferris	3:00 PM	Round Robin	Kapuskasing Jaguars	Russell Coyotes
November 8	West Ferris	8:00 AM	Round Robin	North Bay Jr.Lakers	Temiskaming Shores Puckhounds
November 8	West Ferris	9:00 AM	Round Robin	Russell Coyotes	Timmins Falcons
November 8	West Ferris	10:00 AM	Round Robin	Ottawa Valley Thunder	Smith Falls Cubs
November 8	West Ferris	1:00 PM	Round Robin	Kapuskasing Jaguars	North Bay Jr.Lakers
November 8	West Ferris	2:00 PM	Round Robin	Russell Coyotes	Smith Falls Cubs
November 8	West Ferris	3:00 PM	Round Robin	Ottawa Valley Thunder	Timmins Falcons
November 8	West Ferris	7:00 PM	Round Robin	Kapuskasing Jaguars	Temiskaming Shores Puckhounds
November 9	Pete Palangio Demarco	10:00 AM	Semi-Final 1	1st Overall	Lowest Remaining Seed
November 9	Pete Palangio Demarco	11:00 AM	Semi-Final 2	2nd Overall	Highest Remaining Seed
November 9	Pete Palangio Kelly	3:15 PM	CHAMP	Winner Semi-Final 1	Winner Semi-Final 2



U13B Pool A**North Bay Jr.Lakers #6247****Smith Falls Cubs #6624****Stittsville Rockets #4944****Kapuskasing Jaguars #7051****Timmins Falcons #8500****East Ottawa Stars #2466****U13B Pool B****Sudbury Lady Wolves #1082****Central York Panthers #14****Temiskaming Shores Puckhounds #7845****Ottawa Valley Thunder #4301****Collingwood Lightning #6146****Huntsville Sting #4580**

DAY	Arena	TIME	POOL	HOME TEAM	AWAY
November 7	Pete Palangio Kelly	10:15 AM	Pool A	North Bay Jr.Lakers	Smith Falls Cubs
November 7	Pete Palangio Demarco	11:00 AM	Pool A	Timmins Falcons	East Ottawa Stars
November 7	Pete Palangio Kelly	11:15 AM	Pool A	Kapuskasing Jaguars	Stittsville Rockets
November 7	Pete Palangio Demarco	12:00 PM	Pool B	Sudbury Lady Wolves	Central York Panthers
November 7	Pete Palangio Kelly	12:15 PM	Pool B	Collingwood Lightning	Huntsville Sting
November 7	Pete Palangio Demarco	1:00 PM	Pool B	Temiskaming Shores Puckhounds	Ottawa Valley Thunder
November 8	Sturgeon Falls	9:00 AM	Pool A	Stittsville Rockets	North Bay Jr.Lakers
November 8	Sturgeon Falls	10:00 AM	Pool A	Smith Falls Cubs	Timmins Falcons
November 8	Pete Palangio Kelly	10:15 AM	Pool A	East Ottawa Stars	Kapuskasing Jaguars
November 8	Pete Palangio Kelly	8:15 AM	Pool B	Ottawa Valley Thunder	Sudbury Lady Wolves
November 8	Pete Palangio Demarco	9:00 AM	Pool B	Central York Panthers	Collingwood Lightning
November 8	Pete Palangio Kelly	9:15 AM	Pool B	Huntsville Sting	Temiskaming Shores Puckhounds
November 8	Sturgeon Falls	2:00 PM	Pool A	Kapusaksing Jaguars	Smith Galls Cubs
November 8	Sturgeon Falls	3:00 PM	Pool A	Stittsville Rockets	Timmins Falcons
November 8	Pete Palangio Demarco	3:00 PM	Pool A	North Bay Jr.Lakers	East Ottawa Stars
November 8	Pete Palangio Demarco	2:00 PM	Pool B	Central York Panthers	Ottawa Valley Thunder
November 8	Pete Palangio Kelly	2:15 PM	Pool B	Sudbury Lady Wolves	Huntsville Sting
November 8	Pete Palangio Kelly	3:15 PM	Pool B	Temiskaming Shores Puckhounds	Collingwood Lightning
November 8	Sturgeon Falls	7:15 PM	Consolation	6th Pool A	6th Pool B
November 8	Sturgeon Falls	8:15 PM	Consolation	5th Pool A	5th Pool B
November 9	West Ferris	8:00 AM	Quarter Final 1	1st Pool A	4th Pool B
November 9	Pete Palangio Kelly	8:15 AM	Quarter Final 2	2nd Pool A	3rd Pool B
November 9	Pete Palangio Demarco	8:00 AM	Quarter Final 3	1st Pool B	4th Pool A
November 9	West Ferris	7:00 AM	Quarter Final 4	2nd Pool B	3rd Pool A
November 9	Pete Palangio Demarco	12:00 PM	Semi-Final 1	Winner QF 1	Winner QF 4
November 9	Pete Palangio Kelly	12:15 PM	Semi-Final 2	Winner QF 2	Winner QF 3
November 9	Pete Palangio Kelly	4:15 PM	Championship	Winner Semi-Final 1	Winner Semi-Final 2



U15A

North Bay Jr.Lakers #6255

East Ottawa Stars #2472

Cambridge Roadrunners #2210

Ancaster Avalanche #5059

Huntsville Sting #4584

Smith Falls Cubs #6627

Clarington Flames #3909

DAY	Arena	TIME	TYPE	HOME TEAM	AWAY
November 7	Powassan	8:00 AM	Round Robin	Ancaster Avalanche	Clarington Flames
November 7	Memorial Gardens	9:00 AM	Round Robin	North Bay Jr.Lakers	East Ottawa Stars
November 7	Powassan	9:15 AM	Round Robin	Cambridge Roadrunners	Smith Falls Cubs
November 7	Powassan	12:00 PM	Round Robin	Huntsville Sting	Ancaster Avalanche
November 7	Powassan	1:15 PM	Round Robin	Clarington Flames	Cambridge Roadrunners
November 7	Powassan	2:30 PM	Round Robin	Smith Falls Cubs	North Bay Jr.Lakers
November 7	Powassan	3:45 PM	Round Robin	East Ottawa Stars	Huntsville Sting
November 8	Memorial Gardens	9:15 AM	Round Robin	East Ottawa Stars	Ancaster Avalanche
November 8	Powassan	10:45 AM	Round Robin	Cambridge Roadrunners	Huntsvilles Sting
November 8	Memorial Gardens	12:00 PM	Round Robin	North Bay Jr.Lakers	Clarington Flames
November 8	Memorial Gardens	1:15 PM	Round Robin	Smith Falls Cubs	Ancaster Avalanche
November 8	Memorial Gardens	5:00 PM	Round Robin	Cambridge Roadrunners	North Bay Jr.Lakers
November 8	Memorial Gardens	6:15 PM	Round Robin	Clarington Flames	East Ottawa
November 8	Memorial Gardens	7:45 PM	Round Robin	Huntsville Sting	Smith Falls Cubs
November 9	Memorial Gardens	9:30 PM	Semi-Final 1	1st Overall	4th Overall
November 9	Powassan	9:30 PM	Semi-Final 2	2nd Overall	3rd Overall
November 9	Memorial Gardens	3:00 PM	CHAMP	Winner of Semi-Final 1	Winner of Semi Final 2



U15B

North Bay Jr.Lakers #6249

Huntsville Sting #4581

Lindsay Lynx #6026

North Halton Twisters #2519

Bancroft Jets #7403

Ottawa Valley Thunder #4304

DAY	Arena	TIME	TYPE	HOME TEAM	AWAY
November 7	Pete Palangio Demarco	9:00 AM	Round Robin	North Bay Jr.Lakers	Huntsville Sting
November 7	Pete Palangio Kelly	9:15 AM	Round Robin	Bancroft Jets	Ottawa Valley Thunder
November 7	Pete Palangio Demarco	10:00 AM	Round Robin	North Halton Twisters	Lindsay Lynx
November 7	Pete Palangio Kelly	1:15 PM	Round Robin	Ottawa Valley Thunder	North Bay Jr.Lakers
November 7	Pete Palangio Demarco	2:00 PM	Round Robin	Huntsville Sting	Bancroft Jets
November 7	Pete Palangio Kelly	2:15 PM	Round Robin	Ottawa Valley Thunder	Lindsay Lynx
November 8	Pete Palangio Demarco	10:00 AM	Round Robin	North Bay Jr.Lakers	North Halton Twisters
November 8	Pete Palagio Demarco	11:00 AM	Round Robin	Huntsville Sting	Bancroft Jets
November 8	Pete Palangio Kelly	11:15 AM	Round Robin	Ottawa Valley Thunder	Lindsay Lynx
November 8	Sturgeon Falls	4:00 PM	Round Robin	Huntsville Sting	Lindsay Lynx
November 8	Pete Palangio Demarco	6:00 PM	Round Robin	North Bay Jr.Lakers	Bancroft Jets
November 8	Pete Palangio Kelly	6:15 PM	Round Robin	North Halton Twisters	Ottawa Valley Thunder
November 10	West Ferris	11:15 AM	Semi-Final 1	1st Overall	4th Overall
November 10	Sturgeon Falls	12:15 PM	Semi-Final 2	2nd Overall	3rd Overall
November 10	Pete Palangio Demarco	3:30 PM	Championship	Winner of Semi-Final 1	Winner of Semi-Final 2



U18A
North Bay Jr.Lakers #1094
Timmins Falcons #8505
Sault Ste.Marie Jr.Greyhounds #4004
Smith Falls Cubs #6627

DAY	Arena	TIME	TYPE	HOME TEAM	AWAY
November 7	Memorial Gardens	1:00 PM	Round Robin	Smith Falls Cubs	Sault Ste.Marie Jr.Greyhounds
November 7	Memorial Gardens	2:30 PM	Round Robin	Timmins Falcons	North Bay Jr.Lakers
November 8	Powassan	12:00 PM	Round Robin	North Bay Jr.Lakers	Smith Falls Cubs
November 8	Powassan	1:15 PM	Round Robin	Sault Ste.Marie Jr.Gryhounds	Timmins Falcons
November 8	Powassan	5:00 PM	Round Robin	Smith Falls Cubs	Timmins Falcons
November 8	Powassan	6:15 PM	Round Robin	North Bay Jr.Lakers	Sault Ste,Marie Jr.Greyhounds
November 9	Memorial Gardens	10:45 AM	Semi-Final 1	1st Overall	4th Overall
November 9	Powassan	10:45 AM	Semi-Final 2	2nd Overall	3rd Overall
November 9	Memorial Gardens	4:30 PM	CHAMP	Winner Semi-Final 1	Winner Semi-Final 2



U18BB POOL A**North Halton Twisters #2531****Sudbury Lady Wolves #1094****Durham West Lightning #308****East Ottawa Stars #2482****U18BB POOL B****Bancroft Jets #7404****Burlington Barricudas #1623****Nepean Wildcats #2855****Whitby Wolves #4825**

DAY	Arena	TIME	POOL	TYPE	HOME TEAM	AWAY
November 7	Powassan	10:45 AM	Pool A	Round Robin	Sudbury Lady Wolves	Durham West Lightning
November 7	Memorial Gardens	11:30 AM	Pool A	Round Robin	East Ottawa Stars	North Halton Twisters
November 7	Pete Palangio Demarco	3:00 PM	Pool B	Round Robin	Whitby Wolves	Bancroft Jets
November 7	Memorial Gardens	3:45 PM	Pool B	Round Robin	Burlington Barricudas	Nepean Wildcats
November 8	Powassan	8:00 AM	Pool B	Round Robin	Bancroft Jets	Burlington Barricudas
November 8	Memorial Gardens	8:00 AM	Pool B	Round Robin	Nepean Wildcats	Whitby Wolves
November 8	Powassan	9:15 AM	Pool A	Round Robin	Durham West Lightning	East Ottawa Stars
November 8	Memorial Gardens	10:45 AM	Pool A	Round Robin	North Halton Twisters	Sudbury Lady Wolves
November 8	Powassan	2:30 PM	Pool B	Round Robin	Burlington Barricudas	Whitby Wolves
November 8	Memorial Gardens	2:30 PM	Pool B	Round Robin	Bancroft Jets	Nepean Wildcats
November 8	Powassan	3:45 PM	Pool A	Round Robin	Sudbury Lady Wolves	East Ottawa Stars
November 8	Memorial Gardens	3:45 PM	Pool A	Round Robin	Durham West Lightning	North Halton Twisters
November 8	Pete Palangio Kelly	8:15 PM	ELIM	Quarter-Final 1	1st Pool A	4th Pool B
November 8	Pete Palangio Demarco	8:00 PM	ELIM	Quarter-Final 2	1st Pool B	4th Pool A
November 8	West Ferris	8:00 PM	ELIM	Quarter-Final 3	2nd Pool A	3rd Pool B
November 8	Powassan	8:00 PM	ELIM	Quarter-Final 4	2nd Pool B	3rd Pool A
November 9	Memorial Gardens	8:00 AM	ELIM	Semi-Final 1	Winner Quarter Final 1	Winner of Quarter Final 4
November 9	Powassan	8:00 AM	ELIM	Semi-Final 2	Winner Quarter Final 2	Winner of Quarter Final 3
November 9	Memorial Gardens	1:30 PM	ELIM	CHAMP	Winner Semi-Final 1	Winner Semi Final 2



NIPISSING LAKERS WOMENS HOCKEY

U18B POOL A**North Bay Jr.Lakers #6250****Smith Falls Cubs #6630****Nipigon Elks #7277****Manitoulin Lady Panthers #5370****U18B POOL B****Nepean Wildcats #2866****Kapuskasing Jaguars #7054****Almaguin Gazelles #4242****Sudbury Lady Wolves #1095**

DAY	Arena	TIME	POOL	TYPE	HOME TEAM	AWAY
November 7	Sturgeon Falls	9:00 AM	Pool A	Round Robin	North Bay Jr.Lakers	Manitoulin Lady Panthers
November 7	Sturgeon Falls	10:00 AM	Pool A	Round Robin	Smith Falls Cubs	Kapuskasing Jaguars
November 7	Sturgeon Falls	11:00 AM	Pool B	Round Robin	Almaguin Gazelles	Sudbury Lady Wolves
November 7	Sturgeon Falls	12:00 PM	Pool B	Round Robin	Nipigon Elks	Nepean Wildcats
November 7	Sturgeon Falls	3:00 PM	Pool A	Round Robin	Manitoulin Lady Panthers	Smith Falls Cubs
November 7	Pete Palangio Kelly	4:15 PM	Pool A	Round Robin	Kapuskasing Jaguars	North Bay Jr.Lakers
November 7	Sturgeon Falls	4:00 PM	Pool B	Round Robin	Sudbury Lady Wolves	Nipigon Elks
November 7	Pete Palangio Demarco	4:30 PM	Pool B	Round Robin	Nepean Wildcats	Almaguin Gazelles
November 8	Pete Palangio Demarco	12:00 PM	Pool A	Round Robin	North Bay Jr.Lakers	Smith Falls Cubs
November 8	Pete Palangio Kelly	12:15 PM	Pool A	Round Robin	Kapuskasing Jaguars	Manitoulin Lady Panthers
November 8	Sturgeon Falls	12:00 PM	Pool B	Round Robin	Sudbury Lady Wolves	Nepean Wildcats
November 8	Pete Palangio Kelly	1:15 PM	Pool B	Round Robin	Almaguin Gazelles	Nipigon Elks
November 8	Pete Palangio Demarco	4:00 PM	ELIM	Quarter Final 1	1st Pool A	4th Pool B
November 8	Pete Palangio Kelly	4:15 PM	ELIM	Quarter Final 2	1st Pool B	4th Pool A
November 8	Pete Palangio Demarco	5:00 PM	ELIM	Quarter Final 3	2nd Pool A	3rd Pool B
November 8	Pete Palangio Kelly	5:15 PM	ELIM	Quarter-Final 4	2nd Pool B	3rd Pool A
November 9	Pete Palangio Demarco	9:00 AM	ELIM	Semi-Final 1	TBA	TBA
November 9	Sturgeon Falls	9:00 AM	ELIM	Semi-Final 2	TBA	TBA
November 9	Memorial Gardens	12:30 PM	ELIM	CHAMP	Winner Semi-Final 1	Winner Semi Final 2





North Bay Jr Lakers

Tournament Rules 2025



1. Hockey Canada and OWHa rules shall apply. All Teams Must Register at Headquarters **Pete Palangio Arena**. Any team using an OWHa Pickup Consent Form must bring this to Headquarters **BEFORE** your team's first game. Failing to do so may result in forfeiture of games
2. Games will consist of 10-10-12 stop time, except U15A, U18A, U18BB who will play 12-15-15 stop time.
3. There will be a 3-minute warm-up prior to each game. All games begin immediately upon completion of the 3-minute warmup. The clock will **NOT** stop at the 10-minute or 12-minute mark but will continue until the first stoppage of the game. The Games Officials are to give a Warning whistle to prompt teams as a reminder to get ready for face-off.
4. All teams **Must** be available to play up to 20 minutes prior to the scheduled start time. Except U18BB and U18B Quarter Finals and U13B playoff games, these games will all begin at their scheduled times to allow the required rest time between games.
5. The OWHa minimum suspension guidelines will be strictly enforced. All suspensions will be enforced according to the latest OWHa Constitution, By-laws, and Regulations & Rules.
6. Players will tap gloves after each game.
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.
8. **One-30 second time-out** will be allowed for each team **ONLY** during Quarterfinals, Semi-final, and Championship games. Overtime does not allow for an additional time out. There is **NO TIMEOUT** in Round Robin Games.
9. A player may only participate with **one** designated team in a tournament and may only participate in **one** tournament on any date.
10. To be eligible to participate in the tournament, the participant's name must appear on the team roster form submitted with the entry form. Changes to the roster must be made in writing and will not be permitted after registration prior to the first game. Players on Ontario teams must be registered with the OWHa. The OWHa "Pickup Consent" through RAMP will be honoured and must be included where necessary based on OWHa Rules.
11. Teams will be awarded 2 points for a win, 1 point for a tie and zero (0) points for a loss.
12. Standings after the round robin will be calculated based on 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. Average Goal Differential.
- d. Fewest Goals Against.
- e. Most Goals For.
- f. Fewest Penalty Minutes.
- g. Coin Toss.

Follow Tie breaking rules in Order. Once a Tie Breaking Rule has been used or is not applicable it cannot be used again.

- 13. Division specific criteria for advancing past the round robin portion of the tournament will be published once the number of teams in each division has been confirmed
- 14. **Elimination- Quarterfinals, Semi-Finals and Championship games** are played to a winner. Overtime and shoot-out rules are explained on the next page.
- 15. Home teams must wear dark 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. Pinnies may be used as required. House teams are requested to bring 2nd set of jerseys or pinnies to avoid conflict.
- 16. All players and team officials must sign the game sheet prior to each game.
- 17. Flooding of the ice will occur at the end of each game in most divisions, U15A, U18A and U18BB will flood every 2 periods or as required and may be deferred at the Tournament Committee's discretion
- 18. It is the team's responsibility to ensure a clean dressing room is left upon completion of their game. All teams must vacate the dressing room within 30 minutes after their game is completed
- 19. Game decisions made by the Referees are final with no appeals. Tournament Officials will only make decisions outside the responsibilities of the Referees.

Tournament organizers and committees are not liable or responsible for acts of god, injuries and unforeseen events causing the cancellation of any part of whole if this event.

Overtime Rules

- In the event of a tie at the end of regulation time a SUDDEN VICTORY FIVE (5) MINUTE OVERTIME will commence. Teams **WILL** change ends to begin the overtime.
- Teams will play **3 on 3 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 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
- Penalties do NOT expire at the end of regulation time.
- If still tied, a shoot-out will occur.
- Each team **MUST** designate 3 shooters (S1, S2, S3) with the arena convenor BEFORE 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 and **MUST** remain in the penalty box. 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 from both teams will shoot at alternating times, the home team will decide who shoots first
- Once a player has shot, **they will go directly to the penalty box**.
- This is a BEST of 3 Shootout.
- 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 signed (except goalies) have shot.



SCAN ME



No.	Player	Pos.
4	Selene Wozney	D
6	Tessa Kosec	D
8	Neha Gill	D
9	Mykelti Potts	F
11	Madysen Naumann	F
12	Megan Hayhurst	F
14	Abby Lunney	F
15	Haley Howe	F
16	Lana Duriez	F
17	Tahlia Fisher	F
19	Carlie Primomo	F
21	Sarah Kjemhus	D
22	Elizabeth Laberge	D
23	Taylor Yeo	F
27	Liberty Aime	F
40	Allie Lehmann	G
52	Grace Roynon	D
61	Hannah Brunton	D
68	Melissa Svienson	F
71	Claire Cheon	G
72	Anna Snyder	D
77	Ella Allen	D
84	Jordan Sladics	G
88	Peyton Gabruck	F
96	Jill Hennessy	F



No.	Player	Pos.
4	Taylor Thompson	D
6	Jaia Freer	D
7	Dawson Benson	F
8	Kalie Chan	D
9	Emma Lambert	F
10	Olivia Brassard	D
11	Jasmine Comeau	F
12	Sadie Watkins Southward	D
14	Abby Whitworth	F
15	Karelle Daigle	F
17	Christina Alexiou	F
18	Laralee Rizarri	F
19	Ashley Delahey	F
20	Emma Elders	F
21	Syd Johnston	D
22	Eden Gowing	F
23	Kaitlyn McKnight	F
24	Ryleigh Horlock	F
25	Madison Tiro	D
26	Petra Klimes	F
27	Scarlett Jones	F
28	Kassidy McCarthy	F
29	Taylor Delahey	F
30	Sarah-Lynn Gauthier	G
32	Lyla McKinnon	G
33	Carlee Vance	G
39	Jillian Matthews	G

Head Coach Darren Turcotte
Assistant Coach Kiara Jefferies
Assistant Coach Madison Solie
Goalie Coach Patrick Rochefort
Head Trainer Wayne Eyre

Head Coach Vicky Sunohara
Assistant Coach Kelly McDonald
Assistant Coach Kelly O'Hanlon
Assistant Coach Peter McBride
Assistant Coach Laura Ellis
Video Coach Carlee Campbell