

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.

EATSIO

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.

MAGAZINE 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.

Follow us **9** in @tourismnorthbay #discovernorthbav







The North Bay & District Girls Hockey Association welcomes you to the North Bay & District Area for our 1st Annual U9 Girls Hockey Tournament. Girls hockey is on the rise in North Bay and we are thrilled to add the addition of a U9 girls tournament to the North Bay Area to allow our U9 players the chance to play against other OWHA teams at home.

The North Bay & District GHA would like to thank our many sponsors who helped make this event possible, as well as the countless volunteers who dedicate their time towards girls hockey in the North Bay Area and beyond.

We hope teams will take the opportunity on Sunday Febraury 9th to ask questions, take photos, and get autographs from the Nipissing Lakers Women's Hockey team. USPORTS and OUA athletes will be onsite Sunday to handout medals to all our champions and finalists. They will also be attending in the upper lobby of the arena from 10am until 11:30am to meet players, answer questions and take photos. The Lakers Women's Hockey players and staff are great role models in our community who many of our Junior Lakers players look up to, we hope your teams will enjoy getting the opportunity to interact with them throughout the weekend.

Best of luck to all teams this weekend and we can't wait to see you around the rink!



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 and learn more about Noah's Story.

North Bay Jr.Lakers U9B #6240 4 Ely Burton 5 Lea-Rose Genier 8 Zoe Marcoux 9 Mariana Landry 12 Nora Morris 13 Charley Hampel 14 Navi Beard 16 Piper Louiseize 20 Morgan Hayne 24 Hazel Darby 34 Olivia Marshall 75 Peyton Losier 92 Freya Ware	East Ottawa Stars U9B #2440 1 Kelanie Guibord 3 Evyn Cullum 5 Maya Belanger 7 Mya Blais 9 Jacquelyne Dagenais 8 Onalee Cowden 10 Emma McKiel 12 Amy Levesque 14 Charlize Gentes 16 Lea-Maude Frappier 19 Charlie Dicaire 20 Teagan Yetts 21 Maissy Desjardins 23 Maelie Legault-Dorval 25 Molly Barter 27 Tehya Leduc 30 Arielle Clermont	Sudbury Lady Wolves U9B #1070 1 Sierra Sauve-Gadabushie 4 Mia Nolin 5 Chloe Patrick 6 Vivian Johnston 7 Mila Gianfrancesco 8 Gabriella Hodgins 9 Kenzie Mussen 10 Lucy Mussen 11 Abbey Bouffard 12 Dallas Pellow 14 Beth Ronchin 16 Cassie Miller 19 Shaeya Morrison 20 Hope Stockhaus 21 Adalyn Groleau 22 Audrey Christie 30 Clara Haapamaki	Temiskaming Shores U9B #7846 Hailey Adams Briar Bain Danica Barker Ellie Beaulieu Vanessa Beeson Millicent Briand Jailee Gosselin Rosie Jenkins Jordyn Langford Lilly Maga Andie Perry Sutton Zubyck
HC Brodie Beard AC Stephen Hayne AC Andre Landry T Tammy Darby M Crystal Hampel	 30 Arielle Clermont 35 Lilianne Burton HC Randy Dagenais AC Veronique Begin AC Daniel Belanger T Colleen Boicey Levesque M Jennifer Blais 	30 Clara Haapamaki HC Jacob Johnston AC Gillian Christie AC Adam Groleau T Andrew Patrick M Mireille MacDonald	HC Alex Bain AC Thomas Barker AC Mike Beaulieu T Courtney Barker M Shelly Zubyck

Date	Ice Pad	Time	Division	Home	Away
February 8	Demarco	11:00 AM	U9B	North Bay Jr. Lakers	Sudbury Lady Wolves
February 8	Kelly	11:15 AM	U9B	East Ottawa Stars	Temiskaming Shores
February 8	Demarco	3:30 PM	U9B	Temiskaming Shores	North Bay Jr.Lakers
February 8	Kelly	3:45 PM	U9B	Sudbury Lady Wolves	East Ottawa Stars
February 9	Demarco	10:00 AM	U9B	North Bay Jr.Lakers	East Ottawa Stars
February 9	Kelly	10:15 AM	U9B	Sudbury Lady Wolves	Temiskaming Shores
February 9	Demarco	1:30 PM	U9B CON	3rd Overall	4th Overall
February 9	Kelly	2:45 PM	U9B Final	1st Overall	2nd Overall

North Bay Jr.Lakers U9C **Stittsville Rockets U9C** #4938 #6241

7 Claire Nicholls 14 Piri Beard 17 Stella Jackson 18 Avery Taylor 21 Kate Corbeil 27 Eliot Mancini 9 JiuJiu Li 29 Ellie Rivest 37 Olivia Edge 47 Jade Sim **48** Primrose Lemenchick 60 Julia Twigg 67 Charley-Rose MacTaggart 22 Emily Jarzyna 88 Sage Shipman

1 Grace Degruchy 2 Calina Hope 3 Teagan Delahunt 4 Skylie Blazejewski 7 Mila Parker 12 Annigje Moore 14 Charlue Riggs 15 Jordyn Neufeld 16 Paisley Higgs 17 Riley Hodges 24 Hannah McFarlane

Sudbury Purple Panthers U9C #1005

3 Claire Ohle 4 Holly Marsh 5 Sophie Wijayawardena 6 Navy Vandel 7 Hazel Jerome 8 Ophelia Osawamick 9 Vivienne Morin-Dharamsi 10 Sarah Matthieu 11 Vianna Dusick 12 Dylenn Dusick 13 Alyvia Morissette 14 Lily Blier

Timmins Falcons U9C #8501

1 Ellie Souliere 6 Breigh Quinn 8 Sophia Belanger 10 Zoe Rivard 11Kennedy Oreskovich 12 Annie McGee 14 Saylor Mascaro 15 Vaia Lavoie 16 Lyra Jusk 17 Ella Paquette 19 Esme Santamaria 27 Nora Rickard

HC Alexis Lemmex AC Scott Nicholls AC AJ Shiverdecker T Kerri Milne-Rivest M Angela Nicholls

Carleton Place Cyclones U9C #7455

2 Sophia Martel 3 Brynn MacDonald 7 Autumn Russell 8 Blake Levesque 9 Jemma Elliott 10 Georgia Tamblyn 12 Mackenzie Corbin 13 Audrina Scott 14 Adelene Lamonde 15 Audrina Young 16 Hailey Lafleur 17 Sophia Snider 19 Charlie Lytle 20 Tessa Waters 24 Brinley Lubits

HC Steve Corbin HC Eric Levac AC Shawn Russell AC Ryan Burns AC Trevor Young AC Jacinthe Carriere T Brittany Levesque T Adele Robinson M Kimberly Jansson- Corbin M Crystal Burns

HC Kailey Fleming AC Marc Pronovost AC Chantal Blazejewski T Denise Davy M Christa Hodges

Russell Coyotes U9C #7302

7 Brynn Richardson 8 Emma Beauchamp 12 Jocelynn Crump 13 Kora Carruthers 16 Charlotte Daoust 16 Charlotte Sample 17 Briar Methot 18 Stella Quesnel 20 Lydia Levac 21 Naila Legault 23 Blaker Cunning 24 Abigail Burnett 30 Celeste Robinson 57 Dakota Burns

M Dawna Jerome

HC Trevor Jerome

AC Eric Morisette

T Miranda Blier

AC Rahim Dharamsi

HC Eric Paquette AC Brian Rivard AC Chantal Souliere T Marc-Andre Lavoie M Tanya Genier

IN SUPPORT OF



NORTH BAY AND DISTRICT HUMANE SOCIETY

Date	Ice Pad	Time	Division	Home	Away
February 8	Demarco	10:00 AM	U9C	Timmins Falcons	Stittsville Rockets
February 8	Kelly	10:15 AM	U9C	North Bay Jr.Lakers	Russell Coyotes
February 8	Demarco	2:30 PM	U9C	Sudbury Purple Panthers	Carleton Place Cyclones
February 8	Kelly	2:45 PM	U9C	Russell Coyotes	Timmins Falcons
Febraury 8	Demarco	6:30 PM	U9C	Carelton Place Cyclones	North Bay Jr.Lakers
February 8	Kelly	6:45 PM	U9C	Stittsville Rockets	Sudbury Purple Panthers
February 9	Demarco	7:00 AM	U9C	Timmins Falcons	Carleton Place Cyclones
February 9	Kelly	7:15 AM	U9C	Sudbury Purple Panthers	Russell Coyotes
February 9	Demarco	8:00 AM	U9C	North Bay Jr.Lakers	Stittsville Rockets
Febraury 9	Demarco	11:00 AM	U9C SF1	1st Overall	4th Overall
February 9	Kelly	11:!5 AM	U9C SF2	2nd Overall	3rd Overall
February 9	Kelly	12:15 PM	U9C CON	5th Overall	6th Overall
February 9	Demarco	2:30 PM	U9C Final	Winner SF1	Winner SF2

Date	Ice Pad	Time	Division	Home	Away			
February 8	Demarco	8:00 AM	U9HL PA	North Bay Green	North Bay Sky Blue			
February 8	Kelly	8:15 AM	U9HL PA	Kapuskasing	Barrie Sharks Red			
February 8	Demarco	9:00 AM	U9HL PB	North Bay Grey	North Bay Royal Blue			
February 8	Kelly	9:15 AM	U9HL PB	Temiskaming Shores	Kanata			
Febraury 8	Demarco	12:00 PM	U9HL PA	North Bay Green	Barrie Sharks Red			
February 8	Kelly	12:15 PM	U9HL PA	Kapuskasing	North Bay Sky Blue			
February 8	Demarco	1:00 PM	U9HL PB	North Bay Grey	Kanata			
February 8	Kelly	1:15 PM	U9HL PB	Temiskaming Shores	North Bay Royal Blue			
February 8	Demarco	4:30 PM	U9HL PA	North Bay Sky Blue	Barrie Sharks Red			
Febraury 8	Kelly	4:45 PM	U9HL PA	Kapuskasing	North Bay Green			
February 8	Demarco	5:30 PM	U9HL PB	North Bay Royal Blue	Kanata			
February 8	Kelly	5:45 PM	U9HL PB	North Bay Grey	Temiskaming Shores			
February 9	Demarco	8:00 AM	U9HL CON	4th Pool A	4th Pool B			
February 9	Demarco	9:00 AM	U9HL SF1	1st Pool A	2nd Pool B			
Febraury 9	Kelly	9:15 AM	U9HL SF2	1st Pool B	2nd Pool A			
Febraury 9	Demarco	12:30 PM	U9HL CON	3rd Pool A	3rd Pool B			
February 9	Kelly	1:15 PM	U9HL Final	Winner SF1	Winner SF2			

North Bay Sky Blue Jr.Lakers U9HL #6205	North Bay Royal Blue Jr.Lakers U9HL #6206	North Bay Green Jr.Lakers U9HL #6207	North Bay Grey Jr.Lakers U9HL #6208			
2 Madison Fortin	4 Kiera Cook	9 Florence Sewell	3 Reagan McKechnie			
10 Vienna Blackwell	5 Isabelle Hutchison	10 Esme Linklater	4 Emily Dancey			
11 Rowan Morris	6 Ziigwan Fisher	11 Emma Dobbs	5 Hailee Rodgers			
12 Reyna Spencer	7 Tessa Johnson	12 Amelia Vladyka	6 Emma Delorme			
20 Alice Vezina	8 Elle Fava	13 Ryli Gagnon	7 Casey Cobb			
21 Zoey Whyte	14 Summer Collins	15 Athena Giesler	8 Ylise Duchesne			
23 Madeline Commanda	15 Madingley Poeta	20 Gracelyn Clouthier	14 Harper Degagne			
24 Ella Payne	16 Jayla Hawn	21 Audrey Gammon-Peplinskie	e15 Zoey Blackwell			
25 Amelia Vassallo	17 Sadie Hammond	22 Myla Paquette	16 Paige Nichol			
26 Ceilidh Baron	18 Riley St.Jean	23 Amy Mullens	17 Hannah Yackobeck			
30 Danika Rowe	19 Avya Cheechoo	24 Penny McEwen	18 Braxton Baker			
31 Gracie Desrosiers	26 Lea Loach	25 Paisley Bowman	22 Everly Pugliese			
32 Bexley Poirier	27 River Shipman	29 Emily Link	28 Charlotte Davidson			
	28 Mckinley Meecham	30 Nora Rutledge	29 Hannah Lessard			
		HC Liam Bowman	HC Sarah Chenier			
HC Rox Poirier	HC Russell Collins	AC Keith Dobbs	AC Jennifer Rodgers			
AC Hannah Desrosiers	AC Dustin Cook	AC Jeremy Mullens	AC Jake Davidson			
AC Kaitlin Rowe	AC Trevor St.Jean	T Maddison Corbeil	T Erin Hoover-Cobb			
T Amber Spencer	T Meegwyn Alisappi	M Kristy Bowman	M Trista Dancey			
M Chris Rowe	M Kassidy Carnevale-Meechan	n				

Kapuskasing Jaguars U9HLTemiskaming Shores U9HL Kanata Rangers U9HL #1700 Barrie Sharks Red U9HL

#7005	#7842	3 Olivia Bonhomme	#148			
3 Olivia Chmilewski	Allison Bahm	5 Brooklyn Murray	1 River Hebner			
5 Lea Levesque	Jewel Beach	8 Sydney Beaudin	2 Zoe Wolochatiuk			
6 Isabel Martin	Hazel Burey	22 Charlie Hughes	4 Camryn Gilbert			
7 Maia Lauzon	Lexus Foley	23 Ellie-Grace Inthadeth	5 Zara Clare-Huygens			
9 Ella Landry	Alexa Fuller	24 Sophie Toneguzzi	7 Clara MacLean			
10 Sophia Chmilewski	Brielle Gagne	31 Riley Carrick	8 Sophia Rhodes			
11 Hadley Inman	Annabel Gagnon	38 Nora McNeil	9 Indiana Camera			
12 Madyson Dalton	Blayke Lauzon	40 Zoey Park	10 Isla Barber			
13 Kylie Dubeau	Laylah Mejaki-Fox	41 Norah Derkach	11 Cali Cameron			
14 Jade Guenette	Scarlett Norton	67 Avery Thomson	12 Harlow Eacott			
15 Caitlin Dagenais	Melody Perreault	68 Neve Regimbald	13 Mara Pearce			
16 Lea Fortin	Camryn Robinson	70 Brigitte Halstead	14 Quinn Corkey			
17 Adele Gaulin	Harper Ruddy	71 Tess McCaffrey	15 Vivian Smith			
Nova Gauthier	Madison Wilson	72 Erin Kearns	16 Reese Tosse			
		82 Charlotte Carr	19 Quinn Abercrombie			
			20 Harlyn Ewart			
			21 Allison Fischer			
HC Sylvain Levesque	HC Nathan Norton	HC Melanie Carrick	HC Kent Pearce			
AC Tyler Fortier	AC Jeremy Beach	AC Darren Bonhomme	AC Andrea Heber			
AC Chad Lauzon	AC Marc Perreault	AC Brett Hughes	AC Jason Hiscokc			
T Paul Martin	T Julie Beach	T Douglas Carr	T Natalie Pearce			
M Valerie Fortin	M Jill Plaunt	M Laura Carr	M Paul Abercrombie			

2025 North Bay Jr.Lakers U9 Festival Tournament Rules OWHA Sanction # 2425033

- 1. Hockey Canada and OWHA Suspension rules shall apply where required. All Pickup Callup players will be conducted through the OWHA RAMP APP.
- 2. All games will consist of 3 periods (10 minute-10 minute-12 minutes), stop time
- 3. There will be a 3minute warm-up prior to each game for ALL DIVISIONS, games will start shotgun style. 13 minutes will be put on the clock and started as soon as the Zamboni door closes. Teams must be ready for puck drop by the 10-minute mark, the clock will not stop until the first stoppage of play.
- 4. All teams MUST be available to play UP TO 20 minutes prior to the scheduled start time at the discretion of the arena convenor.
- 5. The OWHA minimum suspension guidelines will be strictly enforced. All suspensions will be enforced according to OWHA Constitution, By-laws, and Regulations & Rules.
- 6. Girls will tap gloves after each game.
- 7. As soon as there is a 5-goal differential, the clock will continue to run until the spread is reduced to three. Then stop time will resume.
- 8. One 30 second timeout will be allowed for each team ONLY during Consolation, Elimination Quarter Semifinal & Championship games only. Overtime is not a new game. There is NO TIMEOUT in Round Robin Games.
- 9. A maximum 17 skaters and 2 goaltenders may be registered with each team. You cannot exceed your total number of players showing on your official roster.
- 10. A player may only participate with one designated team in a tournament and may only participate in one tournament on any date.
- 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 on the basis of the points awarded as per rule # 11. 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 Tie breaker 13B)

b)Percentage as calculated by dividing team's total "Goals For" by the SUM of the team's "Goals for and Goals Against". TGF / (GF+GA) = % (See Tie Breaker Ratio Chart)

c) Fewest Goals Against.

- d) Most Goals For
- e) Fewest Penalty Minutes.
- f) Coin Toss.

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

- 13. In 4 Team Divisions: After round robin the teams will be ranked 1st 4th and advance to their perspective consolation and championship games.
- 14. In 6 Team Divisions: 1st 4thOverall advances to the Semifinals while, 5th and 6th overall will play a consolation game.
- 15. In 8 Team Divisions: 2 pools of 4 teams: After round robin play the teams in each pool will be ranked and advance to their perspective consolation and semi-final games
- 16. Elimination Quarter Semi-Finals & Championship games are played to a winner. In the event of a tie at the end of regulation time a Sudden Victory 5minute overtime will commence. Teams will play 4 on 4 PLUS Goalies. (See format for rules) 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 still tied, a shoot out will occur.
- 17. Shoot Outs: Teams do not change ends for Overtime or Shoot Outs. Each team must designate 3 shooters (S1, S2, S3) at tournament headquarters (Pete Palangio Arena Boardroom) prior to all elimination game. Any player 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. All players except shooter and goalies will be on the bench. Once a player has shot, they will go to the penalty box. Shooters from both teams will shoot in alternating fashion, starting at centre ice. 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 (except goalies) have shot.

- 18. Home teams must wear light colored 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
- 19. Flooding of the ice will occur at the end of each game or as required and may be deferred at the Tournament Committee's discretion. It is the team's responsibility to ensure a clean dressing room is left upon completion of their game
- 20. All teams are requested to vacate the dressing room 30 minutes or less after their game is completed
- 21. The decisions of the Tournament Officials are final with no appeals!

TIE BREAKER CHART

TOTAL GOALS AGAINST																						
	_		2	3		-		-	8	AL			12	13	14	15	16	47	40	40	20	21
		0.500	0.333		4	0.167	0.143	0.125	-	0.100	10	11 0.083	0.077	0.071	0.067	0.063		17	18	19	20	0.045
-	1																					
	2	0.667	0.500	0.400	0.333		0.250	0.222		0.182			0.143		0.125	0.118				0.095	0.091	0.087
0	3	0.750	0.600	0.500	0.429	0.375	0.333	0.300	0.275	0.250	0.231	0.214	0.200	0.188	0.176	0.167	0.158	0.150	0.143	0.136	0.130	0.125
Т	4	0.800	0.667	0.571	0.500	0.444	0.400	0.364	0.333	0.308	0.286	0.267	0.250	0.235	0.222	0.211	0.200	0.190	0.182	0.174	0.167	0.160
A	5	0.833	0.714	0.625	0.556	0.500	0.455	0.417	0.385	0.357	0.333	0.313	0.294	0.278	0.263	0.250	0.238	0.227	0.217	0.208	0.200	0.192
L	6	0.857	0.750	0.667	0.600	0.545	0.500	0.462	0.429	0.400	0.375	0.353	0.333	0.316	0.300	0.286	0.273	0.261	0.250	0.240	0.231	0.222
	7	0.875	0.778	0.700	0.636	0.583	0.538	0.500	0.467	0.438	0.412	0.389	0.368	0.350	0.333	0.318	0.304	0.292	0.280	0.269	0.259	0.250
	8	0.889	0.800	0.727	0.667	0.615	0.571	0.533	0.500	0.471	0.444	0.421	0.400	0.381	0.364	0.348	0.333	0.320	0.308	0.296	0.286	0.276
G	9	0.900	0.818	0.750	0.692	0.643	0.600	0.563	0.529	0.500	0.474	0.450	0.429	0.409	0.391	0.375	0.360	0.346	0.333	0.321	0.310	0.300
0	10	0.909	0.833	0.769	0.714	0.667	0.625	0.588	0.556	0.526	0.500	0.476	0.455	0.435	0.417	0.400	0.385	0.370	0.357	0.345	0.333	0.323
A	11	0.917	0.846	0.786	0.733	0.688	0.647	0.611	0.579	0.550	0.524	0.500	0.478	0.458	0.440	0.423	0.407	0.393	0.379	0.367	0.355	0.344
L	12	0.923	0.857	0.800	0.750	0.706	0.667	0.632	0.600	0.571	0.545	0.522	0.500	0.480	0.462	0.444	0.429	0.414	0.400	0.387	0.375	0.364
S	13	0.929	0.867	0.813	0.764	0.722	0.684	0.650	0.619	0.591	0.565	0.542	0.520	0.500	0.481	0.464	0.448	0.433	0.419	0.406	0.394	0.382
	14	0.933	0.875	0.823	0.778	0.737	0.700	0.667	0.636	0.609	0.583	0.560	0.538	0.519	0.500	0.483	0.467	0.452	0.438	0.424	0.412	0.400
F	15	0.938	0.882	0.833	0.789	0.750	0.714	0.681	0.652	0.625	0.600	0.577	0.556	0.536	0.517	0.500	0.484	0.469	0.455	0.441	0.429	0.417
0	16	0.941	0.889	0.842	0.800	0.762	0.727	0.696	0.667	0.640	0.615	0.593	0.571	0.552	0.533	0.516	0.500	0.485	0.471	0.457	0.444	0.432
R	17	0.944	0.895	0.850	0.810	0.773	0.739	0.708	0.680	0.654	0.630	0.607	0.586	0.567	0.548	0.531	0.515	0.500	0.486	0.472	0.459	0.447
	18	0.947	0.900	0.857	0.818	0.783	0.750	0.720	0.692	0.667	0.643	0.621	0.600	0.581	0.563	0.545	0.529	0.514	0.500	0.486	0.474	0.462
	19	0.950	0.905	0.864	0.826	0.792	0.760	0.730	0.704	0.679	0.656	0.633	0.613	0.594	0.576	0.559	0.543	0.528	0.514	0.500	0.487	0.475
	20	0.952	0.909	0.870	0.833	0.800	0.769	0.741	0.714	0.690	0.667	0.645	0.625	0.606	0.588	0.571	0.556	0.541	0.526	0.513	0.500	0.488
	21	0.955	0.913	0.875	0.840	0.808	0.778	0.750	0.724	0.700	0.677	0.656	0.636	0.618	0.600	0.583	0.567	0.552	0.538	0.525	0.512	0.500

GOALS FOR DIVIDED BY / (GOALS FOR + GOALS AGAINST) HIGHER % TEAM ADVANCES

OVERTIME RULES

- Elimination, Quarter-final, Semi-final, Consolation and Championship games are played to a winner.
- In the event of a tie at the end of regulation time a SUDDEN VICTORY FIVE (5) MINUTE OVERTIME will commence.
- Overtime will be played 4-on-4, plus goalies
- Clarifications:

If a penalty is assessed to one team during the overtime period, play shall resume 4-on-3| Should a second penalty be assessed to the same team, play will resume 5-on-3 until the expiry of the first penalty.

If the penalty expires during play, the player shall return to the ice and teams will play 5-on-4 until the next stoppage of play, at which point the on-ice strength will be adjusted to 4-on-3, etc.

At no time will a team have fewer than 3 skaters (plus goalie) on the ice.

- Teams will play 4 on 4 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.
- 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) on the game sheet 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 will shoot alternating one team at a time
- 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.
- A penalty assessed in regular time will carry forward to the overtime period. Therefore, the player will not come out of the box.

