



2026 Pro Hockey Spring Shootout Tournament Rules

Approved by Pro Hockey Development Group
24 Bluff Trail, Nobleton, Ontario, L7B 0A1
1.866.850.8063, www.ProHoc.com



TEAM REGISTRATION. Coach/Manager must register 60 minutes prior to first game by filling out game sheet roster.

PLAYERS, COACHES & MANAGERS.

- i. **Waiver.** All participants (players, bench staff) must complete the tournament online waiver prior to playing first game. Waiver can be found at www.prohoc.com.
- ii. **Mouth Guards.** They are not required but recommended.
- iii. **Neck Guards.** Referees will be checking for them. If found without, a player will be sent off ice and cannot return to play unless wearing one. If any other player(s) found with them after the first player was removed from play, a 2-minute bench minor will be assessed.
- iv. **Dressing Rooms.** It is the responsibility of each team to make arrangements to secure belongings. It is also the responsibility of each team to represent themselves in a professional manner by promptly vacating the room ASAP while keeping the room clean and tidy. At least one of the coaching staff must be present at anytime there are players in the dressing room. They can never be left alone.
- v. **Birth Year.** Players may only play for a team in their own birth year or one year older. For example, a player born in 2011 may only play in a 2011 or 2010 age group division.
- vi. **Playoffs and Playing on Multiple Teams.** All players must play a minimum of 2 Round Robin Games to qualify for playoffs. In the event a player plays in another division, that player must have played the first two round robin games for that player to qualify for playing for that team in the playoffs.
- vii. **Player Playing on Multiple Teams (Same Division).** Unless under unusual circumstances and agreed upon specifically by Pro Hockey, a player is not authorised to play on another team in the same division and game(s) may be forfeited.

FORFEITED GAMES... In the event of a forfeited game the winning team will be awarded a 3-0 score. If both teams forfeit, both teams will have lost by a score of 3-0 and no points awarded to either team.

GAME TIMES & FLOOD SEQUENCE. All age groups will play 3 x15 minute stop time periods with a 3-minute warm-up. Rink will be flooded after each game, if time permits.

EARLY START (15 min.). All teams must be prepared to play their games 15 minutes prior to scheduled start time in the event we are ahead of schedule. We can go earlier too, if teams, timekeeper, refs, and rink staff are all in agreement.

JERSEY CONFLICTS. Pinnies may be provided by Pro Hockey Development. The numbers on the pinnies must be recorded on the game sheet before commencement of puck drop. All pinnies must be returned to league office (at same rink) immediately after completion of game. If a team has 2 sets of jerseys and a colour conflict arises, then the team with 2 sets is required to wear their non-conflicting colour.

PREGAME WARMUP PUCKS. It is the responsibility of each team to provide their own warm up pucks. We suggest if you are flying into town, have each player put 2-3 pucks in their bag.

MERCY RULE (5 goal). For all games, at the beginning of the 3rd period, or at any time thereafter, if a team is ahead by five or more goals, the clock will revert to running time. If subsequently, the difference in score becomes three goals or less, the clock will revert back to stop time and will not resume to running time unless a 5-goal differential is reached again.

MAX GOAL DIFFERENTIAL (5 GOALS). For tie breaking purposes any one game cannot exceed 5 goals. **Example...** If your team won "8-1" in a game, for tie breaking purposes, it is recorded as a "6-1 win".

NO TIMEOUTS in ROUND ROBIN (RR). No time outs during RR. 2 points for a win and 1 point for a tie in RR.

PLAYOFF GAMES. Each team will be permitted one 30-second time out.

SUSPENSIONS. Hits from behind, fighting, and major penalties will result in the immediate ejection of the offending player(s) and suspension pending further review by Pro Hockey. Fighting majors will result in the penalized players being expelled from games indefinitely pending further review by Pro Hockey.

BODY CONTACT 2012 & OLDER. Body contact is limited to the 2012 age group and older.

PROTESTS. No protests will be allowed. Tournament officials will consider any logical grievance, or suggestion when presented in a calm and professional manner. Protests regarding officiating will not be heard.

PLAYOFF OVERTIME... In the event of a tie in playoff rounds a **5-minute sudden death 3-on-3 period** will take place to determine winner. If still tied, there will be a **Best of 3 Shoot-Out**. Coaches must pick their first 3 shooters before shoot-out begins. If still tied, there will be a **Sudden Death Shootout**. The first team to win in the 1-on-1 shoot out will win the game. Every player on each team must shoot before the same player can shoot twice. Penalties carry over into overtime. If there is time remaining in a penalty when a shootout begins, that/those player(s) cannot shoot until all players on their team have shot first.

TIE BREAKING SEQUENCE (Conclusion of Round Robin Series). See next page.



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TIE BREAKING SEQUENCE – CONCLUSION OF ROUND ROBIN SERIES

Round Robin Standings (Seeding/Ranking) are based on points. 2 points for a win, 1 point for a tie. If two or more teams are tied after round robin, then the following procedure will be used to determine ranking/seeding for playoffs.

TEAMS TIED IN POINTS AFTER ROUND ROBIN...

1. **HEAD-TO-HEAD (Two Teams Only).** The winner of the round robin game between the tied teams gains the higher position.
2. **MOST WINS.** If teams are still tied, then the team with the most wins in the round robin gains the higher position.
3. **BEST GOAL DIFFERENTIAL.** If teams are still tied, then the team with the best goal differential (higher number) gains the higher position.

DETERMINING GOAL DIFFERENTIAL

From round robin, total # of goals for minus total # of goals against.

Example... "Goals For" = 16. "Goals Against" = 10. Differential = 16-10 = 6.

The higher differential gains the higher position

Goal Differential in a game Example... If your team won "8-1" in a game, for tie breaking purposes, it is recorded as a "6-1 win".

Goal differential is determined, as above, on that basis - a 5 goal max in any game.

4. **FEWEST GOALS AGAINST...** If teams are still tied, then the team with the fewest goals against (all round robin games played) will gain the higher position.
5. **MOST GOALS FOR.** If teams are still tied, then the team with the most goals for (all round robin games played) will gain the highest position.
6. **1ST GOAL SCORED HEAD-TO-HEAD.** If teams are still tied, then the team which scored the first goal in the game between the tied teams gains the higher position.
7. **MOST SHUT OUTS.** If teams are still tied, then the team with the highest number of shutouts throughout all of the round robin games, gains the higher position.
8. **LEAST PENALTY MINUTES.** If teams are still tied, then the team with the least number of minutes in penalties throughout all of the round robin games, gains the higher position.
9. **HEAD-TO-HEAD (Three or more teams tied).** In the event of three or more teams tied, head-to-head among the tied teams shall determine placement (only if all teams played each other). If still tied, apply steps 2 – 9 above.
10. **COIN TOSS.** If teams are still tied, then a single coin toss will determine which team gains the higher position

ALL DECISIONS MADE BY PRO HOCKEY ARE FINAL... All Tournament rules will be interpreted in a manner consistent with the objectives of the Tournament; namely, fairness, safety, and the enjoyment of the players. A decision by the Tournament Director and/or President/Vice President, whether or not specifically addressed by these rules, shall be binding upon all Tournament participants. The Tournament Director and/or President/Vice President shall have the authority to grant exemptions from, or make modifications to, any of the rules when considered by that person to be fair and appropriate to do so in any specific situation. All decisions by the Tournament Director and/or President/Vice President are final.
