



TORL CUP 2026 Rules

Ringette BC sanctioned events, which include all TORL league games, are True Sport events. All teams, coaches, spectators, volunteers, and any other personnel are expected to demonstrate the [True Sport Principles](#) and adhere to the [Ringette BC Codes of Conduct](#).

Ringette BC sanctioned events run in accordance with rules and regulations as set out by Ringette Canada and all applicable Ringette BC Policies, unless otherwise noted in this document. These supplemental rules are based on the Ringette BC Standard Tournament Rules and will apply to all TORL Cup games.

1. TORL Cup Playoff will determine the 2025/26 League Champion for U12 Club, U14 Club, U16 Club, U19 Club and 18+ B Divisions. The champion in each division will receive a trophy to display in their Association trophy cabinet.
2. Teams will compete with athletes and team staff who are officially rostered to that team. Player pickup from a younger Club Division team will be allowed only to replace an injured athlete. Teams wanting to request a pickup shall submit their request to their Association President who will notify TORL if the pickup has been approved. Teams found to have competed with ineligible participants will forfeit the game. Additional sanctions may also be applied for violation.
3. Teams must be ready to go on the ice ten (10) minutes before the scheduled game time. Teams not iced within two (2) minutes of referee's whistle being blown to start the game will forfeit the game. Games may start early at the referee's discretion. Officials must notify teams of an early start 30 mins before the scheduled start time.
4. The higher seeded team based on regular season standings will be designated as the home team.
5. Score sheets are to be provided by the home team. They are to be completed and signed by all bench staff at least fifteen (15) minutes before game time. The Home team

- will submit the completed game sheet to webadmin@torl.ca & gamesheets@torl.ca
6. The designated home team must provide a Shot Clock operator, Scorekeeper and Timekeeper.
 7. Pre-game warm-up will be three (3) minutes long, beginning at the start time of the game as determined by the schedule or by the Officials assigned to the game if they have notified teams of an earlier start time. The time clock will not start until the on-ice officials are on the ice.
 8. The length of games for all divisions shall be two eighteen 18-minute stop-time periods. Between period breaks and overtime periods shall be one (1) minute long.
 9. Game times shall not be reduced. It is the host Association responsibility to make sure arena staff and users of the ice following the TORL Cup allotted ice time are aware that their game time may be affected.
 10. Mercy Rule: If a team is winning by 10 goals, the team who is behind will have the option for the remainder of the game to be played using run time. If run time is chosen, the team leading by 10 goals is not permitted to pull its goalie in the last two minutes of the game. During run time, minor penalties will be 3 minutes and major penalties will be 5 minutes. Once run time has commenced, stop time will not be reinstated, regardless of the goal difference.
 11. U12 3-Goal Rule: An individual athlete is not permitted to have more than 3 goals recorded on the game sheet. Any additional goals, beyond the first 3, will not be recorded on the game sheet nor the scoreboard.
 12. TORL Cup games must have a declared winner. If a game is tied at end of regulation time, one 5 minute sudden victory overtime period will commence, followed by a shoot-out if no winner is declared during the overtime period.
 13. Any team that accumulates more than 30 minutes in penalties in a single game will have their Head Coach or Player Coach (18+ Division Only) suspended for the next game.
 14. Any Participant who is assessed a **MATCH** or **MISCONDUCT** penalty will be ejected from the game and suspended from all subsequent TORL CUP games in addition to any further sanctions deemed appropriate by The Ringette Canada Rules and/or TORL.
 17. Any team wishing to file a grievance may do so by submitting their request in writing, along with \$200 e-transfer (non-refundable) to torlpresident@torl.ca.
 - The interpretation of a grievance is that it is of such a serious nature that a monetary deposit, payable to the League, will be required and is non-

refundable if the grievance is not sustained. Please see Ringette BC Policies; Fines and Fees, for more information.

- No grievance will be allowed against the judgement of on-ice officials and application of the playing rules on the ice.
 - All upheld grievances shall go to the TORL Board for potential further disciplinary action.
 - The Grievance Committee will be made up of three people: TORL President, TORL Referee-in-Chief, and an Association President.
 - Minutes must be taken and the Ringette BC office will be sent a copy of the minutes from a Protest and Grievance Committee meeting.
 - Procedures for Protests and/or Grievances
- a) The Coach will, at the end of the game before leaving the field of play, inform the on-ice Officials of their intention of protesting a violation of the event rules or initiating a grievance. The Officials will record the intended protest and end time of the game on the front of the score sheet.
- b) The Coach will submit a written protest or grievance to the TORL President within 30 minutes of the end of the game. \$200 deposit must accompany the submission.
- The Protest and Grievance Committee shall meet as soon as possible after notification of a protest or grievance and will inform both Coaches of the teams involved within one (1) hour of the end of their meeting as to whether the violation is sustained or otherwise.

Rules for Overtime

- a. A coin toss will determine which team is awarded possession of the ring, and which end each team will defend to begin the overtime period.
- b. The home team will call the coin toss. The winner of the coin toss will be awarded possession of the ring; the other team will indicate which end they choose to defend.
- c. There will be a one (1) minute break between the end of regulation time and the beginning of the overtime period.
- d. The game will end when a goal is scored.
- e. Each team is entitled to one additional time-out in the overtime period.
- f. If a team has not used their time-out in regulation time, that time-out carries forward into overtime.
- g. No more than one time-out shall be permitted during the same stoppage in play.
- h. Any penalties still running at the end of regulation time will carry over to overtime.
- i. For the purposes of participant ejection penalties, games entering overtime are a continuation of the same game. The participant remains ejected.
- j. If the game is tied at the end of OT, a shootout will determine the winner

Rules for Shoot-Out

- a. There will be a two (2) minute break between the ending of the overtime period and the beginning of the shoot out
- b. Coaches will select five shooters from all players listed on their game sheet. Ejected or suspended players are not eligible to participate in the shootout. Players serving a penalty at the end of the overtime period will be eligible for the shootout.
- c. Goalies will stay in the net where they ended overtime.
- d. Home team will shoot first.
- e. The five players from each team will alternate shots until each shooter has shot, with the winner declared as the best of five shooters. At any time that it is determined that one team can no longer statistically win the shootout, the shootout ends.
- f. If the teams remain tied after all five shooters have shot, a sudden victory shootout will occur where any eligible player may be chosen to shoot, and teams will alternate shooters until a winner is declared.
- g. After the first round (in which there must be five different shooters), a player may take multiple shots in the sudden-victory round(s).