



TOURNAMENT RULES

BC Girls

Registration

- A representative from each team must check-in at the tournament office prior to the team's first game of the tournament.
- Players are required to have a government-issued ID (showing the player's name and date of birth) available at all times upon request during the tournament. A team challenging another player's age must provide proof of birth for every player on their own team first.
- Alternately, the Team Coach or Manager can submit photocopies of all their players' ID's ahead of time.

Coaching Staffs

- It is our objective to host a fair and competitive tournament for all teams. Therefore, it is extremely important that everyone plays by the same rules. It is the coaching staff's responsibility to make their players and their parents fully aware of the tournament rules.

Rosters

- All players **MUST** sign the official team roster sheet prior to playing their first game to be eligible. This is the responsibility of the coaches or manager to enforce.
- The coaching staff is responsible for ensuring that every player that participates is eligible.
- Teams may carry up to 20 players, goalies included, per roster.
- A player must participate in at least one round robin game to be eligible for the playoffs (quarter-finals, semi-finals, or finals).
- Coaches **must** add subs with the on-site coordinator *if* these subs are not indicated on their original roster. **Failure to do so will result in the team forfeiting, or the sub being deemed ineligible for play.**
- A player can only play for one team per age group per tournament.
- Players cannot play in a younger birth year than they are born.
- Any coach who plays a suspended player will automatically have the team disqualified from the tournament.
- A coaching staff that plays a player who is not eligible can have their team immediately disqualified from the tournament under the discretion of tournament staff (including current suspensions, carry over suspensions from prior events, age, false identity, etc.).
- Mixed birth year teams are common. These teams must register for the oldest birth year on their roster.

Payment

- The team's registration fee must be paid in full prior to the start of the first game. For more information, please review our [Peace of Mind Policy](#). Your team can be locked out of your dressing room due to delinquent payment.

Game

- 5on5
- U15 and younger (12-12-15)
- U18 and older (15-15-15)
- Round robin games can end in a tie
- All divisions are full ice



Warm-up

- Pre-game warm-ups will be two minutes. Teams must be prepared to start games 15 minutes early.

Handshake

- Teams will shake hands at center ice after the game only.

Time-Outs

- Each team is permitted one 30 second time-out per game, including overtime.

Equipment

- All players must wear a full facemask or cage and a neck guard to play.

Tournament Points

- Two points for a win
- One point for a tie
- Zero points for a loss
- Zero points for an overtime loss

Standings – After Preliminary Round Play

If 2 Teams are tied in the standings, the following tiebreaker steps will be taken in this order:

- Most Wins
- Head-to-Head Record
- Goals for divided by total Goals (GA + GA). The higher percentage will advance.
- Least goals against
- Most goals for
- Least penalty minutes
- Coin toss between tied teams

If 3 or more teams are tied in the standings, the following tiebreaker steps will be taken in this order:

- Goals for divided by (total Goals For plus Goals Against). The higher percentages will advance.
- Least goals against
- Most goals for
- Least penalty minutes
- Coin toss between tied teams
- In the case of a tie between three or more teams, seeding will be determined for all teams using the 3 or more team's tiebreaker steps (it will not revert to the 2 team tiebreaker steps).
- The maximum goal differential that will be recorded in a game and used for tiebreaker calculations is 5.
- In the interest of safety, fair play, and the tournaments competitiveness: Tournament staff have final say on playoff seeding.

Overtime – Available for Playoffs (Quarter Finals, Semi Finals or Championships)

- There will be a 5 minute, 3-on-3 sudden death overtime period to determine the winner.
- If no winner is decided at the end of overtime, a 3-player shootout will decide the game.
- If teams are still tied after the first 3 shooters, there will be a sudden death shootout.
- Each team must use every player on the bench before allowing the first shooter to go again.
- Players will shoot simultaneously at each end.



- Players serving penalties at the end of overtime are permitted to participate in the shootout.

Goal Spread

- If a difference of five goals or more exists at any time during the third period, running time will commence. The time will not stop again until the difference is reduced to 4 goals or less.
- The officials have the authority to stop the clock until the next puck drop if it is deemed that a team is intentionally delaying or if by their discretion an injury timeout is warranted.

Participation in Games

- A team that does not present itself for a game will forfeit that game and will be subject to expulsion from the tournament (at the discretion of the tournament staff). No refunds will be given.

Forfeits

- All forfeit games (for any reason) will be recorded as 5-0 scores.

Sweater Conflicts

- If a jersey colour conflict arises, the visiting team will be asked to wear their alternate jerseys. If they do not have alternates, the home team will be asked to wear their alternates.
- Pinnies are unavailable.

Tournament Penalties - Follow the current Hockey Canada rulebook (exceptions are the following):

Major Penalties

- Any player receiving a 5-minute major penalty will be assessed a game misconduct and an automatic 1 game suspension is applied. If the infraction takes place in the 3rd period it is a 2-game suspension (see below for fighting majors, gross misconducts & match penalties)

Gross Misconducts or Match Penalties

- Any team official or player who receives a gross misconduct or match penalty before, during, or after a game will automatically be ejected from the tournament.
- If an official hears a player or coach using any discriminatory slurs, they will assess a tournament ejection. The individual assessed this penalty is suspended indefinitely.

Fighting Misconduct

- Any player assessed a fighting major will automatically be ejected from the tournament and not allowed to participate in any CCT events for that calendar year.

Checking From Behind

- A player assessed a checking from behind penalty will be immediately assessed a game misconduct.
- If the penalty is a 2-minute minor and occurs before the 3rd period, the player will be assessed a game misconduct.
- If the penalty is a 2-minute minor and occurs during the 3rd period, the player will be assessed a game misconduct, and an automatic 1-game suspension is applied.
- If the penalty is a 5-minute major and occurs before the 3rd period, the player will be assessed a game misconduct, and an automatic 1 game suspension is applied.
- If the penalty is a 5-minute major and occurs during the 3rd period, the player will be assessed a game misconduct, and an automatic 2 game suspension is applied.



Head Contact

- A player must be removed from the ice if the official suspects a possible head injury. The team trainer must evaluate the player's condition before they can return to the playing surface (min. one shift).

Penalty Frequency

- Any player receiving 3 minor penalties will receive an automatic game ejection penalty unless the 3rd minor is a coincidental penalty. In this case, a 4th minor penalty will result in a game misconduct penalty (regardless of the 4th being a coincidental). Double minors count as 2 penalties towards their 3 strikes. Players that are assessed a game misconduct will not receive an additional game suspension.

Game Ejection

- A player who is deemed by the referee to be detrimental to the safety and/or sportsmanship of the game may be assessed a game misconduct penalty, which carries no additional suspension – a minor penalty does not have to accompany this.
- If the player is assessed a minor, major, or misconduct penalty in addition to the game ejection, another player on the ice must serve it.
- Ejected coaches and players cannot return to the bench area.

Suspensions

- Suspension can be carried over to a following tournament by staff.
- Any coach who plays a suspended player will automatically have the team disqualified from the tournament.

Referees

- The tournament organizers will not overrule a referee's call.

Protests

- No protests will be accepted, including video footage.

Spectators

- Any spectator deemed by either the referee or the Tournament Coordinator to be acting in a manner detrimental to the maintaining of a fun and safe environment will be subject to ejection from the rink area and/or premises. This includes but is not limited to swearing and profane language, verbal attacks directed towards players, game officials, tournament staff, or other fans, and fighting or threatening to fight. Failure to comply with an ejection may result in a delay of game penalty being assessed to the spectator's team at the referee's discretion.
- Please note that in extreme circumstances games can be stopped and/or forfeited by tournament staff.



2026 Age Groups – BC Girls

U22 (2005 | 2006 | 2007)

U18 (2008 | 2009 | 2010)

U15 (2011 | 2012)

U13 (2013 | 2014)

U11 (2015 | 2016)

U9 (2017 | 2018)

Teams with a mix of birth years must register for the oldest age on their roster. Players are permitted to play a year older, but not a year younger. Players can only be rostered on one team per age group (per tournament).