



TOURNAMENT RULES

Ontario Girls

Registration

- A representative from each team must register at the tournament office prior to their games.
- Players are required to have a government-issued ID, showing the player's name and date of birth, at all times 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' IDs ahead of time.

Coaching Staff

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 & Eligibility

- All players and non-playing personnel MUST sign the official team roster sheet before that participant's first game of the tournament. This is the responsibility of the coaches and manager to self-govern.
- All non-playing personnel on the players' bench must print and sign their names on the game sheet in the appropriate spot. This must be done prior to the start of every game.
- 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 (quarterfinal, semifinal or final).
- Coaches must add subs with the on-site coordinator **if** these subs are not indicated on their original roster. Failure to do so may 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 – ([payment LINK](#))

The team's registration fee must be paid in full prior to the start of the first game. For more information, please review the registration policy – thank you. Your team can be locked out of your dressing room due to delinquent payment.

Game Format

- 5 on 5.
- All games will be 3 x 12-minute stop periods unless otherwise specified.
- Overtime during playoffs will be one 5-minute, 3 on 3 sudden death period, followed by a shootout if required.
- All divisions are full ice.

Warm-up

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

Handshake

Teams will shake hands at center ice before 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. Mouth guards are strongly recommended.

Tournament Points

Win – two points

Tie – one point

Loss – zero points

Standings – After Preliminary Round Play

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

1. Most Wins
2. Head-to-Head Record
3. Goals For % (GF%) - Goals For divided by Total Goals (GF + GA). The higher percentage will advance.
4. Least goals against
5. Most goals for
6. Least penalty minutes
7. 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:

1. Goals For % (GF%) - Goals For divided by Total Goals (GF + GA). The higher percentage will advance.
2. Least goals against
3. Most goals for
4. Least penalty minutes
5. 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 teams' 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)

- 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, unless it is a championship game.
- Players serving penalties at the end of overtime are permitted to participate in the shootout.

Goal Spread

If a difference of 5 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. If a difference of ten goals or more exists at any time during the game, running time will commence. The time will not stop again until the difference is reduced to 9 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 may be available if required.

Tournament Playing Rules

CCT Tournaments follow the Hockey Canada playing rules (exceptions are the following):



Match Penalties

Any team official or player who receives a match penalty before, during, or after a game will automatically be suspended from the tournament.

Gross Misconducts (Maltreatment)

Any team official or player who receives a gross misconduct 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.

Any incidents involving Hockey Canada Maltreatment rules that have been reported to the referee but not overheard shall be reported to the Tournament Coordinator. A full report on the back of the game sheet shall be required. A warning to both teams' coaches will be issued.

Game Misconducts & Major Penalties

Every major penalty is accompanied with a Game Misconduct. Please refer to the CCT Youth Tournaments Minimum Suspension List at the end of this document for references to specific infractions.

Fighting

Any player assessed a fighting major will automatically be ejected from the tournament. Repeat offenders will be suspended indefinitely pending review.

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 a game misconduct, that player will also be assessed a 1-game suspension.

If the penalty is a 5-minute major and a game misconduct, that player will be assessed a 2-game suspension.

Head Contact

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

Incidental head contact – if the initial point of contact was not to the head or shoulder area but incidental contact ends up in the shoulder or head – 2-minute minor.

Initial point of contact is to the head, but degree of impact is minor – a double minor (2+2) assessed.

Deliberate head contact with force with or without injury – Major and a game misconduct assessed. 2-game suspension assessed.



Intentional contact to the head and shoulder area resulting in injury will result in a Match Penalty and a tournament ejection.

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 a player's 3 strikes. Players that are assessed a game ejection will not receive an additional game suspension.

Suspensions

Suspensions can be carried over to the following tournament by staff.

Any coach who plays a suspended player will automatically have the team disqualified from the tournament.

The team is responsible for knowing if players were assessed a suspension.

The Head Coach will be suspended from their next game if their team receives 20 minutes in penalties in a single game.

Appeal Process

A team representative on behalf of a player may appeal a suspension of two (2) or more games by filing a submission with tournament organizers at the tournament office and paying a two-hundred-dollar (\$200) appeal fee. The team must outline which registered charity they wish to donate to. The team representative must have signed in on the official roster sheet provided at the beginning of the tournament.

The fee must be paid before the commencement of the review. Payment can be made on the team's DaySmart account. If the suspension is overturned in any capacity, the fee will be refunded in whole. If the suspension is upheld, the team fee will be donated to the selected registered charity of choice.

Fee cost is per suspension (ex. If appealing a 2-game suspension and a 3-game suspension of two different players, \$400 must be submitted. If appealing a single 2+ game suspension, \$200 must be submitted).

An appeal must be submitted on the day of the infraction. Any appeal submitted an hour before the team's next game will not be applied to the upcoming game.

Upon receipt of the fee and appeal details, the appeal will be directed to the CCT National Referee-in-Chief (RIC) and the Tournament Manager for formal review.

Please review the CCT Youth Tournaments Minimum Suspension List at the end of this document before submitting an appeal.

The following will be considered relevant to any review:

- Official Game Report.
- Convenor Report(s) and/or Complex Management Report(s).
- Timekeeper Report.
- Player Suspension history in CCT events.
- Video Footage (if available from the facility).



- We will NOT accept external video footage.

Spectators

Any spectator deemed by either the referee or the Tournament Coordinator to be acting in a manner detrimental to maintaining 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.

CCT Youth Tournaments Minimum Suspension List

The following are minimum suspensions that shall be imposed for infractions which occur in all CCT Youth Tournaments. Note that these suspensions may also carry over to future tournaments.

Notice re: Clarifications

- These are minimum suspensions. Additional suspensions will be imposed wherever conditions and circumstance warrant.
- It is the responsibility of each team manager and/or coach to ensure their players sit out their appropriate suspensions. If in doubt, please contact the CCT Tournament Manager for clarification. These suspensions are in addition to game incurred.
- Match Penalty reports will be reviewed further, and additional discipline may be applied.

M = Misconduct GM = Game Misconduct GE = Game Ejection MP = Match Penalty GRM = Gross Misconduct AS = Accumulation Sanction

Misconducts	Rule/Code	Suspension
Failure to go to the Player's Bench or Neutral Area	7.10 (d)	
Throwing Stick Over Boards	10.5 (d)	
Illegal Equipment	10.6 (d)	
Unsportsmanlike Conduct	11.1 (d) i	
Interference/Distracton During Penalty Shot	11.1 (d) ii	
Intentionally Knocks or Shoots Puck Out of Reach of an Official	11.1 (d) iii	
Failure to go directly to Penalty Bench	11.1 (d) iv	
Entering Referee's Crease	11.1 (d) v	
Disrespectful and Abusive Behaviour (includes Inciting)	11.2 (d)	
Game Misconducts	Rule / Code	Suspension
Second Misconduct – Same Game	4.7 (c)	1 Game
Game Ejections	4.8 (b)	0 Games
2 nd Fight, Same stoppage of play (3 rd , 4 th , etc.)	7.10 (e) iii	Tournament
Player(s) 3 rd , 4 th , 5 th Player into Fight	7.10 (e) ii	Tournament
Checking from Behind (Minor + Game Misconduct)	7.5 (a)	1 Game
Roughing (Major + Game Misconduct)	7.9 (b)	2 Game
Holding Injury (Major + Game Misconduct)	8.1 (b)	2 Game



Hooking Injury (Major + Game Misconduct)	8.2 (b)	2 Game
Interference (Major + Game Misconduct)	8.3 (b)	2 Game
Interference from the Bench (Bench Minor + Game Misconduct, if identifiable)	8.4 (a)	1 Game
Interference from the Bench (Major + Game Misconduct)	8.4 (b)	1 Game
Interference with the Goaltender (Major + Game Misconduct)	8.5 (b)	2 Game
Tripping Injury (Major + Game Misconduct)	8.6 (b)	2 Game
Bench Official on the Ice Without Permission of Official	10.4 (a)	1 Game
Leaving the Players bench or Penalty Box	10.4 (e) i	Tournament
Leaving the Players bench or Penalty Box and incurring subsequent penalty	10.4 (e) ii	Tournament
Leaving the Bench without Clearance from the Referee (Assessed to coach if altercation results in penalties at end of any period)	10.4 (e)	2 Games
¹ Coach whose player is penalized under 10.4 (e)	10.4 (e)	4 Games
Throwing or Shooting Stick or Object with Injury	10.5 (b)	Tournament
Refusing to Start Play (Coach – Major + Game Misconduct)	10.8 (b) i	Indefinite*
Refusing to Leave the Players Bench (Major + Game Misconduct)	10.8 (b) ii	1 Game
¹ 10.4 (e) – Coaches' penalty will be noted on the front and back of the game sheet of the Officials' copy only. Penalty to coach is automatic as a result of player receiving 10.4 (e), coach not to be ejected as a result of this penalty being assessed.		
*All Indefinite Suspensions are subject to review from Tournament Manager.		

Player Accumulation Sanctions

Accumulation Sanctions apply for any collective

Rule/Code

		Offense Count			
accumulation of the below MAJORS in the same season		1st MAJOR	2nd MAJOR	3rd MAJOR	4th MAJOR
Attempt to Injure or Deliberate Injury <i>Note: Grabbing - hair, facial protector, chin strap, or throat protector</i>	7.1 (b)	2 Games	4 Games	Indefinite	Indefinite*
Boarding (Major + Game Misconduct)	7.2 (b)				
Body Checking (Major + Game Misconduct)	7.3 (b)				
Charging (Major + Game Misconduct)	7.4 (b)				
Checking from Behind (Major + Game Misconduct)	7.5 (b)				
Head Contact (Major + Game Misconduct)	7.6 (b)				
Kneeing (Major + Game Misconduct)	7.8 (b)				
Clipping (Major + Game Misconduct)	8.7 (b)				
Cross Checking (Major + Game Misconduct)	9.2 (b)				
Slashing (Major + Game Misconduct)	9.3 (b)				

*All Indefinite Suspensions are subject to review from Tournament Manager.

Coaches Accumulation Sanctions**Suspension**

Any team receiving a combination equaling 3 x 5 minute penalties in the same game from a major penalty, match penalty or fighting infractions	1 Game
For a 2nd violation of a team receiving a combination equaling 3 x 5 minute penalties in the same game from a major penalty, match penalty or fighting infractions	3 Games
For a 3rd violation of a team receiving a combination equaling 3 x 5 minute penalties in the same game from a major penalty, match penalty or fighting infractions	Indefinite*

*All Indefinite Suspensions are subject to review from Tournament Manager.

Match Penalties	Rule / Code	Offense Count		
		1st MATCH	2nd MATCH	3rd MATCH
Attempt to Injure or Deliberate Injury <i>Note: May include but not limited to head-butting, hair pulling, grabbing face mask, and kicking</i>	7.1 (c)	Tournament	Indefinite±	Indefinite±
Boarding	7.2 (c)			
Body Checking	7.3 (c)			
Charging	7.4 (c)			
Kneeing	7.8 (c)			
Roughing	7.9 (c)			
Fighting – Ring or Tape on Hand(s)	7.10 (c)			
Clipping	8.7 (c)			
Slew Footing	8.8 (c)			
Butt Ending	9.1 (c)			
Cross-Checking	9.2 (c)			
Slashing	9.3 (c)			
Spearing	9.4 (c)			
Throwing or Shooting Stick or Object	10.5 (c)			
Checking from Behind	7.5 (c)	Tournament	Indefinite±	
Head Contact	7.6 (c)			

± All Indefinite Suspensions are subject to review from Tournament Manager.

Gross Misconducts**Rule / Code****Suspension**

Head-butting (minimal degree of violence)	7.1 (f)	Indefinite**
Fighting with Team Official	7.10 (f)	Indefinite**
Interference from bench (Team Official)	8.4 (f)	Indefinite**
Disrupts game after having been removed	10.4 (f)	Indefinite**
Illegal Equipment	10.6 (f) i	Indefinite**
Refusing to remove helmet or facial protector for identification	10.6 (f) ii	Indefinite**
Removing Helmet and/or Chinstrap	10.6 (f) iii / iv	Indefinite**

** All Indefinite Suspensions are subject to review from Tournament Manager.

Pre or Post Game Altercations**Suspension**

Any player involved where Major and Game Misconducts are assessed	2 Games
Coach of team whose players are so penalized	Indefinite*
Any team involved in a pre or post game brawl	Indefinite*

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All Indefinite Suspensions are subject to review from Tournament Manager.



<u>Fighting</u>	<u>H.C. Rule</u>	<u>Offense Count</u>			
		<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
Fighting	7.10 (b)	Tournament	Indefinite	Indefinite	Indefinite*

*.All Indefinite Suspensions are subject to review from Tournament Manager.

<u>Instigator / Aggressor</u>	<u>H.C. Rule</u>	<u>Offense Count</u>		
		<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Instigator / Aggressor of a fight	7.11 (a)	1 Game	Indefinite	Indefinite*

*All Indefinite Suspensions are subject to review from Tournament Manager. Additional game(s) suspensions will be added to further tournaments

<u>Rule 11 – Maltreatment</u>	<u>Type</u>	<u>Rule / Code</u>	<u>Offense Count</u>		
			<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Unsportsmanlike Conduct	Game Misconduct	11.1 (e)	2 Games	Indefinite	Indefinite*
Disrespectful and Abusive Behaviour		11.2 (e)	2 Games		
Disrespectful and Abusive Behaviour	GRM	11.2 (f)	Tournament	Indefinite**	Indefinite**
Spitting	Match	11.3 (c)	Indefinite	Indefinite**	Indefinite**
Discrimination	GRM	11.4	Indefinite**	Indefinite**	Indefinite**
Physical Harassment of an Official	Match	11.5 (c)	Indefinite**	Indefinite**	Indefinite**

** All Indefinite Suspensions are subject to review from Tournament Manager. Additional game(s) suspensions will be added to further tournaments

APPROVED BY CCT TOURNAMENT MANAGERS

2026 Age Groups – Ontario Girls

[U22 \(2006 | 2007 | 2008\)](#)

[U18 \(2009 | 2010 | 2011\)](#)

[U15 \(2012 | 2013\)](#)

[U13 \(2014 | 2015\)](#)

[U11 \(2016 | 2017\)](#)

[U9 \(2018 | 2019\)](#)

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).