

2023 TOURNAMENT RULES CITY OF LAKES

All Hockey Nova Scotia. and School sport Nova Scotia (SSNS) rules apply in addition to the following tournament specific regulations

1. Game Ready/Forfeits

Teams should always be ready to play at least 10-15 minutes before scheduled game times. Any team that does not show shall lose the game by a score of 5-0 and will be awarded 0 points. The other team will be awarded 5 points.

2. Preliminary Round Robin Games

- Games will consist of three fifteen-minute stop time periods (flood between every 2 periods).

Game Win = 2 points

Game Tie = 1 point

Win the Period = 1 point

Tie the Period = .5 point

Total of 5 points per game awarded

- If one team is ahead by five (or more) goals in the 3rd period, the remainder of the game will be played as straight time. If the differential falls below 5 goals, time will revert back to stop time.

The Home Team will wear light sweaters; Visiting Team will wear dark sweaters for all games.

3. Playoff Games

Quarter Final, Semi Final and Final games will consist of three fifteen-minute stop time periods- (flood before first and third periods). If overtime is needed in any playoff round game, a five-minute stop time sudden death periods will be played – with 3 skaters and a goalie for each team. In the case of a penalty, the non-offending team shall add a player to skate 4 on 3. Play shall remain 4 on 3 until the penalty is up and will revert back to 3 on 3 after the first whistle. Should the penalized team take an additional penalty; a second skater will be added to the non-offending team. If tied after 5 minutes, a shootout will occur with each team having three shooters. If still tied, a sudden victory shoot out shall occur. No player shall shoot a second time, until all skaters on the team have shot once.

4. Quarter Finals

The top two teams (total points) from each of the four divisions shall be the top eight seeds in the quarter finals. These eight teams will be seeded based on total points, with 1 vs 8, 2 vs 7, 3 vs 6 and 4 vs 5 in the Quarter Final round.

5. Semi Finals

The four quarter final winners will advance to the semi-finals. The seedings will be ranked according to accumulated points from the round robin, and in the case of a tie to determine ranking, refer to section 6 for tie breaking formula.

6. Tie Breaking Formulas

In the case of a tie after preliminary round robin play, the following tie breaking rules will be used:

- a) If two teams are tied.....
 - a. The team winning head-to-head
 - b. The highest ratio of goals for divided by goals against in all games played
 - c. The team with the least goals against in all games played.
 - d. The team with the most goals scored in all games played.
 - e. The team with the least penalty minutes in the games involving the tied teams.
 - f. The team with the least penalty minutes in all round robin games played.
 - g. The toss of a coin.

- b) If more than 2 teams are tied....
 - a. The highest ratio of goals for divided by goals against in all games played
 - b. The team with the least goals against in all games played.
 - c. The team with the most goals scored in all games played.
 - d. The team with the least penalty minutes in the games involving the tied teams.
 - e. The team with the least penalty minutes in all round robin games played
 - f. The toss of a coin.

- c) NOTE: ONCE THE TEAM IS ELIMINATED IN THE SCENARIO IN SECTION 6. B), THE REMAINING TWO TEAMS POSITIONS ARE DETERMINED BY GOING BACK TO SECTION 6.A) SET OF RULES.... "If two teams are tied.....

7. Protests

There will be no protests. All decisions made by the Tournament Committee decisions shall be final.

8. Code of Discipline and Suspensions

SSNS sanctioned competition in the sport of hockey shall follow the rules and regulations as defined by Hockey Nova Scotia ([HNS Code of Discipline](#)) with SSNS specific regulations as follows:

Five Penalty Limit

Any player receiving five (5) penalties in one game shall be ejected from the game. The time of the fifth penalty shall be served by the penalized team.

Gross Misconduct

Suspended immediately from further participation. This suspension shall be an indefinite suspension pending review by the SSNS Executive Director.

Match Penalty

Attempt to injure. See Hockey Nova Scotia Code of Discipline

Multiple Major Penalties

For the following rules:

(Boarding)

(Charging)

(Checking from Behind)

(Head Contact)

(Kneeing)

(Cross-Checking)

(Slashing)

(Multiple Misconduct Penalties in the same game)

(Gross Misconduct, for offenses not covered under SSNS regulations)

(Unsportsmanlike Conduct)

(Disrespectful and Abusive Behaviour)

Any student incurring a game or gross misconduct penalty under a grouping of any of the above rules would be penalized as follows:

-First offense in a season - 2 games

-Second offense- 4 games

-Third offense - minimum 8 games

- Fourth offense - indefinite suspension, pending investigation by the executive director