



TOURNAMENT RULES AND REGULATIONS

Cambridge Sports Park

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LBCC General Information

Introduction

The Let's Body Check Cancer Hockey Tournament (**LBCC**) is non-profit event, dedicated to raising funds, through the exciting sport of hockey, for the fight against cancer.

Tournament Format

The LBCC is a fun Co-Ed hockey tournament, where teams compete in a guaranteed four game tournament.

*****Please note there must be 2 females on the ice at all times, failure to do so will result in a penalty. If you do not have enough females to ice a team for a game, you will forfeit the game.*** The game will still be played but posted score will show the result as a 5-0 Loss.

Team Registration

To register a team, there must be an appointed Team Captain who submits a Player Roster. Visit www.bodycheckcancer.com for details.

Tournament Payment

Tournament fees are paid at time of team registration.

Player Waiver Forms

- 1) Prior to the first game, each and every player must fill out and submit their waiver forms.
- 2) The Team Captain of each team is responsible for the Waivers to be completed, signed, and submitted to the LBCC Committee.

Fundraising

Players must raise a minimum donation of \$50 for the efforts to fight cancer. Donations will be monitored online by the LBCC Committee. Team Captains will be provided detailed instructions for setting up each team and player.

Fun Events to Support Let's Body Check Cancer

The LBCC Committee will host several fun events for spectators and participants. These events contribute to the overall fundraising efforts. Visit www.bodycheckcancer.com and navigate to the 'Weekend Activities' tab at for details.

Contacts

For any LBCC related inquiries, you may reach out to any of the organizers by visiting www.bodycheckcancer.com.

Let's Body Check Cancer Hockey Tournament

Rules and Regulations

The LBCC will be governed by the rules of Hockey Canada Rulebook. The following supplemental rules will also be enforced by the tournament administration.

General Requirements

- 1) A player will be defined as any skater or goalie (full or part time) who has signed the player registration form and liability waiver with the LBCC.
 - a. All players must be 19 years of age before playing.
 - b. Any player, or goalie that fails to register with the LBCC and participates in a game, will cause their team to forfeit the hockey game.
- 2) The LBCC may reserve the right to refuse any player registration into the league.
- 3) Teams will be limited to a maximum roster of 15 skaters and 1 goalie
- 4) **Teams will be asked to vacate their dressing rooms within a ½ hour after their game has ended.**
- 5) Team spares should be labeled on the Team Roster sheet and can play provided they have filled out the player registration form and liability waiver with the LBCC.
 - a. Team Captains are responsible to ensure the player they are bringing as a spare is the appropriate skill level for their team and division.
- 6) **No one player can play on one team and also on another team within the tournament.**
- 7) Teams are required to have 6 skaters and a goalie on the ice and ready to play 5 minutes after the scheduled start time of their ice slot.
 - a. If a goalie is unavailable at the conclusion of the 5 minutes a player can be substituted and the team can play with 6 skaters provided, they have a 7th skater ready to play as well.

Tournament Format

- 1) There are 4 games guaranteed, 3 round robin games determine seeding, followed by 1 finals game (every team participates in a finals game).
- 2) The LBCC reserves the right to modify the playoff format at any time, provided all teams are informed of the playoff schedule prior to the beginning of the playoffs.
- 3) Players and goalies must play 1 pool game, and to be eligible for playoffs.
 - a. If a goalie is unable to attend playoff game, a replacement may be granted by the tournament coordinators provided there is 24 hours' notice before the game begins.

Schedules

- 1) The LBCC uses TeamSnap Tournaments app for posting the schedule and results. The app can be downloaded on the App Store or Google Play.
 - a. Team Captains are responsible to ensure their team shows up to play all games throughout the tournament.

Tournament Standings

- 1) The LBCC will track league stats including Wins, Losses, Goals and Penalty minutes.
- 2) All forfeits will be recorded as a 5 – 0 win for the opposing team.
- 3) Points are awarded as follows: win = 6 points, OT win = 4 points, loss = 2 points PLUS any team that gets a penalty loses 2 bonus points (keep it FUN!)

- 4) Any game that ends in a tie during regulation play will be resolved with a 3-person shootout. At least 1 of the 3 shooters must be female. If the game is still tied, a sudden death shootout will ensue. Any player can then shoot, including but not limited to the original 3 shooters.
 - a. Any player in the penalty box at the conclusion of regulation time will NOT be permitted to participate in the shoot-out.
- 5) In the case of TWO teams being tied in the standings at the conclusion of the “round robin” the following tie breaker formula will be used to determine playoff seeding:
 - a. Head-to-Head record
 - b. Goal differential
 - c. Least penalty minutes
 - d. Coin Toss
- 6) In the case of THREE or more teams being tied in the standings at the conclusion of the “round robin” the following tie breaker formula will be used to determine playoff seeding:
 - a. Goal differential
 - b. Least penalty minutes
 - c. Random draw

Tournament Games

- 1) All games will have a scheduled ice slot of 50 Min and will be played as 3 – 10 minute stop time periods.
- 2) LBCC timekeepers will track the ice times to ensure the maximum playing time is achieved.
 - a. In the third period if there is a 4 goal differential with 5 minutes remaining on the clock. The clock will be switched to run time.
- 3) The centre red line will be used when considering icings.
- 4) Each team will be permitted one 30 second timeout each game. This time out must be taken during a regular stoppage of play.
- 5) The LBCC is a **NO SLAP SHOT** tournament.
 - a. A slap shot is defined as any shot that begins above the knees.
 - b. Any slap shot taken will result in immediate stoppage of play.
 - c. Multiple infractions may result in a minor penalty at the discretion of on-ice officials.

Penalties and Suspensions

- 1) The tournament shall be regarded as a **NON-CONTACT** tournament; any body contact will be called a penalty or not at the discretion of the on-ice officials.
- 2) ***There must be 2 females on the ice at one time, Failure to do so will result in a penalty.***
- 3) The LBCC has a zero-tolerance policy towards verbal or physical abuse, including electronic, of on-ice officials, tournament participants, Sports Park facility staff, and tournament officials. Any player who threatens the safety and well-being of anyone involved in the tournament will receive a ban from the tournament immediately and for all future tournaments.
- 4) Any player that receives three (3) minor infractions in a single game will be ejected from that game.
- 5) Any player that receives two (2) stick infractions in the same game will be ejected from that game.
 - a. Stick infractions will include the following: High-Sticking, Body checking, Slashing, Butt-Ending, Spearing
 - b. Any player that receives two (2) misconducts in a single game will be ejected from that game.
- 6) Any player that is ejected from a game in the LBCC may be suspended at the discretion of the tournament administration.
- 7) Any player that receives a five (5) minute major infraction in a game will be ejected from that game. The LBCC Committee will review the incident and decide if player continues in the tournament.

- 8) A high stick that causes an opponent to bleed may be treated as a double minor at the discretion of the on-ice officials.
 - a. The double minor will count as two (2) stick infractions and include a mandatory ejection for the offending player.
- 9) Any gross misconduct penalty will carry an automatic tournament suspension
- 10) Any match penalty assessed in a LBCC game will incur an indefinite suspension and pending a review by the LBCC, the suspension may carry further suspension including a lifetime ban from the tournament.
- 11) Any player that plays a LBCC game while under a current suspension will be banned from the tournament indefinitely.
 - a. A suspended player is not allowed on the bench in a LBCC game or permitted to interfere with the game's enjoyment as a spectator.
- 12) Any team/player being expelled from the tournament will do so with NO refund of their fees.

Fighting

All fighting majors will include an indefinite suspension. This is a tournament for a great cause and there is a zero tolerance for this behavior.

Appeals

All decisions on suspensions will be final. The LBCC Committee will not hear any appeals regarding penalties assessed by referees during a game.

Equipment

- 1) Teams must have at least one (1) set of matching jerseys with distinct numbers for all players, including spares. (Exceptions can be made through the LBCC Committee).
- 2) In any case where both teams are wearing similar color jerseys it will be the responsibility of the visiting team to change their jerseys.
- 3) Goaltenders will be permitted to wear a jersey that is different in color from their team but must not wear the same color as their opposition.
- 4) All players are required to wear CSA approved helmets with proper fitting chin straps.
- 5) **All players must wear a CSA approved facial protector, visor or cage.**
- 6) Any player participating in the warm-up without a helmet will be assessed a minor penalty for illegal equipment and will not be permitted onto the ice until a helmet is being worn.
- 7) Goalies must wear a CSA approved helmet with a securely attached CSA approved cage.
- 8) Any goalie not wearing a CSA approved cage will void their insurance coverage.
- 9) We recommend that all players wear shoulder pads but will not require them. All other standard hockey equipment and skates are mandatory.

Inclement Weather

If there is inclement during the event, the LBCC Committee will declare a weather event and the following rules will apply:

Consolation playoff games

- 1) Every effort must be made to play 2 females on the ice at all times.
- 2) If a team cannot field at least 2 female players, you can play with 1 female on the ice at all times.
- 3) If you cannot field a female, then you will have to forfeit the game but can still play.

Championship Games

- 1) Standard rules apply, no exceptions.

The LBCC reserves the right to change or modify any rules without notice provided all registered teams receive written notification prior to the commencement date of the rule changes

This is a FUN charity tournament.

Please drink responsibly.

**Alcohol is not permitted outside the bar area
including the SportsPark parking lot.**

Please do not drink and drive.

There are options available, please ask at the bar.