

NBS HOCKEY TOURNAMENT RULES OF PLAY

Updated March 2026

Captains, please let your players know that this tournament is about having fun. The captain is responsible for the conduct of players on their team. Safety is our utmost concern since we are mixing ages and gender in this tournament. If one of your players is out of control, you may be asked to remove them. If a captain will miss a game, another game captain should be assigned.

Game Clock

Games are 2 x 25 minute running time periods with a 5 minute warm-up and 5 minute halftime (3:00 will be put on the clock, allowing for transition time). Halftime may be reduced if warm-ups run over or game start is delayed. All times and changes to time are at the discretion of tournament staff.

2 minute running time for minor penalties. Major penalties and misconduct generally result in suspension from the game. Zamboni runs between games.

Game/Tourney Format

- “Home” teams are on the far bench, and when in doubt, should wear the lighter colored jersey.
- Teams (usually goalkeepers) may agree whether or not to switch ends on the ice at halftime
- Delayed offsides and icing called
- Icing allowed when a team is a player down
- Points and advancement
 - 2 points earned for a win, 1 point for a tie, and 0 points for a loss
 - Pool winners are calculated by most accumulated points
 - Due to the family nature of our tournament, if needed, tiebreakers are:
 1. greater number of women **rostered** (means they are printed on the team sheet)
 2. greater age differential between oldest and youngest player **rostered** (means they are printed on the team sheet)

Level Specific Rules

- Level C Rules
 - ***new* Hattrick Rule:** any single player may only score three goals. Any additional goals will not be counted
 - no slap shots or windups above the waist
 - no body checking

- players are expected to play to the level of their opponent
- regular games might only have 1 referee
- Level B Rules
 - no slap shots or windups above the waist
 - no body checking
 - conform to friendly spirit of tournament
- Level A Rules
 - slapshots allowed
 - no body checking
 - conform to friendly spirit of tournament

To note: Disallowed slapshots, scored or not, shall stop play and result in both a faceoff at the opposite end of the ice and cancellation of any associated goal.

Referees & Penalties

- Our referees have varying levels of experience and some are volunteers. We expect our games to be played with proper decorum in the spirit of a friendly tournament. With running time games, there is a bias to keeping the game moving. To that end, teams should not expect a high level of calls and **are expected to hold themselves to a high standard of self-policing.**
- Referees will make a priority of enforcing penalties regarding safety and conduct. Minor penalties will be assessed 2 minutes of running time (stop time in final), the penalized player is expected to show proper conduct in getting off the ice and letting themselves back on the ice after the penalty expires.
- Three minor penalties or one major penalty/misconduct in one game is cause for immediate suspension from the game. Furthermore, offending players may be suspended from the tournament. The decision rests with tournament directors.