

St. Paul Capitals Tournament Rules 2025

- Only USA Hockey registered referees will officiate.
- An Emergency Medical Technician will be present at each game. In the event of an injury, no team official (coaches, managers, etc) will be allowed on the ice unless the EMT or Game Referee makes a specific request.
- All games played under USA Hockey Rules as modified by MN Hockey, with exceptions listed below.
- Canadian teams must obtain a Canadian/USA Hockey Travel Permit.
- Canadian teams must be members of CAHA.
- Canadian teams must wear protective equipment as designated by CAHA.
- Referees are final on-ice authority and their decisions are final. Judgment calls cannot be challenged by parents, coaches, or tournament officials 🚫
- Fighting will result in the player's removal from the remainder of the tournament.
- The referee may, at any time, issue a game DQ. A game DQ means a player or coach is removed for the remainder of the game and may return for the next game.
- Any abusive language or conduct directed to any St. Paul Capitals Hockey Association Tournament personnel by players, coaches, managers, parents, or spectators will result in that person being asked to leave the arena for the duration of the tournament.
- All players are required to wear HECC approved helmets and face masks. Mouth guards are to be worn by hockey players and must be colored and attached.
- At no time are parents, spectators (anyone other than team coaches, players, referees or tournament officials) to step onto the ice. Team photos can be taken from the bench (by a parent or spectator).
- Maximum of twenty (20) players per roster for each team. A maximum for 4 coaches (with valid coach's cards available) can be in the bench area. Managers are NOT allowed in the bench area. Changes to the starting line-up or shoot-out lists must be furnished 30 minutes prior to the start of each game.
- The top team in each bracket is home team and will wear LIGHT jerseys.
- Each team will be allowed one (1) 60-second time-out during the game.
- To accommodate for possible overtime scenarios, the first period of each game will be 12 minutes running time. Second and third periods will be stop time. During running time, the clock will be stopped for penalties and puck leaving the rink.
- During any game, if a team is ahead by five (5) or more goals in the third period, running time will be used until the game is fewer than five goals when stop time will be resumed.
- If there is a tie at the end of regulation, there will be a one (1) minute rest followed by a five (5) minute running time sudden death overtime. Each team will play with 4 players and a goalie (4 on 4). In the event a team is penalized, that team will play with 3 players (4 on 3). In the event that same team is penalized again (i.e. two players in the penalty box at the same time) the opposing team will add a player creating a 5 on 3 power play. When the first penalty is over, that player will be allowed on the ice and play will continue at 5 on 4 until the next stoppage in play. At that time, both teams will remove one player creating a 4 on 3 until the remaining penalty is over. When the second penalty is over, both teams will be at equal strength (4 on 4). If the game is still tied after overtime there will be a shoot-out.
- Shoot-out Rules: Shoot-out list must be submitted 30 minutes prior to the game. Players will begin from the red line. Only one (1) shot is allowed, no rebounds. If a player loses control of the puck it will count as a shot on goal. The first group of five (3) players from each teams' list will take alternate shots. Home team has the option to shoot first or second. After three players from each team have shot, the team with the most goals wins the game. If the game is still tied after 3 shooters, the shootout will continue into sudden death until one team scores and the other does not. The only changes to the shoot-out list are if a player is sick, hurt or if a player is in the penalty box. If this occurs, the next player on the shoot-out list is used. All players on a team must shoot once before a player takes a second shot.
- Teams will defend the same net they defended in the 3rd period.

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- Bracket Formats are single elimination with a consolation round.
- Team Awards will be given on Sunday for 1st, 2nd, 3rd, and Consolation.
- Locker rooms will be locked upon request. Neither SPCHA nor Highland Arena will be responsible for lost or stolen articles. PLEASE REMOVE VALUABLES AND LOCK CARS.