

EASTEND STORM U11 COMMUNITY CUP

2026 TOURNAMENT RULES

TOURNAMENT APPLICATION

Applications will open on September 28th, 2026. Application forms will remain fillable until the majority of associations in the Ottawa region have completed their team formation process. Please note that this tournament is not first come, first served and filling out an application does not guarantee acceptance. To ensure a diverse and competitive mix of teams, tournament organizers reserve the right to select teams from a variety of associations that would best allow for the formation of balanced tournament divisions. Teams will be notified within three weeks of submitting their application whether they have been accepted into the tournament.

TEAM CLASSIFICATION

This is a House League tournament. Competitive teams may NOT enter this tournament under any circumstances.

Unless previously approved by the Tournament Administration, teams that are found to have registered at a level other than the classification set on their official team roster will be disqualified and will NOT be refunded their application fee. For example, U13 A teams CANNOT play at U13 B level in our tournament.

***IMPORTANT:** If your team plays in a tiered league and your team is at the highest level of your own association, you must register for the A division, if your team is at the second level, you must register for the B division. If you are unsure, please contact the Tournament Coordinator.

PLAYER ELIGIBILITY AND TEAM ROSTERS

Teams are required to present a hard copy of their Official Team Roster 30 minutes prior to their first game of the tournament, if not already submitted in advance. An electronic copy of players names, jersey numbers, and list of team officials will be requested two weeks prior to the tournament start date to allow the creation of game sheet labels.

Only players named on the Official Team Roster, including affiliated players, are eligible to play. Players may be required to sign-in before each game and may be asked to present proper identification.

A maximum of 19 players may dress and play in any single game per team. This number may include up to two goalies, for a maximum of 17 skaters and 2 goalies. Teams may register more players than this for the tournament, through use of their Affiliated Players, but the limit still applies per game.

FACILITY

Games are played at Bob MacQuarrie Recreation Complex - 1490 Youville Drive, Orleans, ON, K1C 2X8. Admission is free for spectators. NOTE: The complex opens at 6:30am, please don't arrive too early.

GAME LENGTH & START TIMES

ALL games (Round Robin, Quarter-Final, Semi-Final, and Final) will be played as the following:

- One (1) 2-minute warm-up
- Three (3) 10-minute periods (stop time)
- All games are subject to the Mercy Rule

The ice is resurfaced at the end of every game.

Teams must be prepared to go on the ice 10 minutes prior to scheduled game times. Failure to do so could result in a delay of game penalty against the offending team.

PLAYERS ARE NOT ALLOWED ON THE ICE SURFACE UNTIL THE REFEREES ARE PRESENT.

MERCY RULE

If, at any time after the end of the 2nd period, there is a difference of six (6) or more goals between the two teams, the game will be played out as running time (not to revert back to stop time, regardless of the score). For purposes of determining the round robin standings, the maximum goal differential for a particular game is six (6) goals.

NOTE: Minor penalties are 3:00 and Major penalties 7:00 in running time, while mercy rule is in effect.

ROUND ROBIN CURFEWS

Because of ice-time limits, round robin games do not have overtime and will curfew at fifty minutes after the start time scheduled for the game (e.g. a 9:00 game will curfew at 9:50, regardless of what time the game actually starts). Coaches should clarify the curfew time prior to the start of each round robin game. To be clear this means that round robin games will end at the earlier of:

1. The game clock runs out, or
2. When buzzer goes to indicate that curfew has been reached.

OVERTIME

Quarter-Final, Semi-Final, and Final games DO NOT curfew and if they should finish at the end of the third period in a tie, the tie will be resolved by:

1. One 5-minute sudden-death period (stop time), 4-on-4 plus goalies.
2. Best of 3 Shoot-Out (both teams shoot simultaneously), followed by sudden death individual shoot-out until decided.

NOTE: All skaters must shoot before anyone is permitted to return for 2nd attempt & players with a penalty at the end of overtime are not eligible to participate in the shootout.

TIME OUTS

Teams are each allowed one 30-second timeout in Quarter-Final, Semi-Final, and Final games, at any time during the game. There are NO timeouts allowed during round robin games.

TRAINERS & HELMETS

All teams must have a certified trainer on the bench for every game throughout the tournament.

CITY RULES REQUIRE THAT ANYONE GOING ON THE ICE MUST WEAR A HELMET.

JERSEYS

Home team is to wear WHITE jerseys. Visiting team is to wear DARK jerseys. When team colours are conflicting, the HOME team will be required to change sweaters.

ABUSE OF ON-ICE GAME OFFICIALS

Abuse of on-ice game officials by team staff, players or spectators will not be tolerated. Anyone considered to be doing so by tournament administration will be barred from the rink, dressing room and lobby areas of the arena for the duration of the tournament. Anyone found to have approached game officials for any reason after a game will be barred from the rink, dressing room and lobby areas of the arena for the duration of the tournament.

The rule above also applies to tournament volunteers, youth or otherwise. There will be zero tolerance of abuse of our volunteers.

APPROACHING TEAM OFFICIALS/PLAYERS/PARENTS FROM OTHER TEAMS

Approaching coaches, players or parents from another team for the purpose of confrontation will not be tolerated. Anyone considered to be doing so by tournament administration will be barred from the rink, dressing room and lobby areas of the arena for the duration of the tournament.

PLAYING RULES

All HEO rules apply and will be enforced, including the HEO Code of Discipline.

NOTE: If a major penalty is assessed during any game, the Coach or Manager MUST check in with the Tournament Administration immediately following the game to determine suspensions.

A Fair Ice Time Policy applies to all games during the tournament. Coaching strategies may not include 'specialty lines' or having some players sitting on the bench or being short shifted in an attempt to win games. Teams not adhering to the principles of fair play may forfeit their game.

'HUSTLER OF THE GAME' AWARD

At the end of each game, teams are to line up on their respective Blue Lines for the announcement of the "Hustler of the Game" awards. Coaches from both participating teams will select one player from their own team and notify the tournament official of their choice.

'The Wall' AWARD

A goalie-specific puck, “The Wall - La Mur”, will be given to all goalies who earn a shutout in their game. This same puck will be available upon request from any coach whose goalie may not have earned a shutout but who has played what the coach considers an exceptional game.

DRESSING ROOM POLICY

Players are **NOT** permitted in the dressing rooms until a minimum of two rostered Team Officials have arrived at the rink and are present in the dressing rooms. There **MUST** always be two rostered team officials in the dressing rooms when there are **ANY** players present.

Parents/guardians are permitted in the dressing rooms only to help players get ready prior to the game, as needed. Once their player is ready, please ask parents to vacate the dressing room – and the hallway to the dressing rooms – and to head to the lobby or crush space upstairs.

Dressing rooms must be vacated 20 minutes after the end of each game. Please be courteous to our facilities and leave the rooms clean. Rooms will be inspected and, should any damages occur, team officials will be held responsible.

ROUND ROBIN STANDINGS

Standings will be based on points/game: Win: 2 points, Tie: 1 point, Loss: 0 points.

Tie Breakers - If at the end of the round robin series there is a tie in the division/round-robin standings, the winning team will be determined by:

1. Winning team of the head-to-head between the two teams (applies to 2-way ties only),
2. The team with the most wins in round robin,
3. The team with the better “Goals For / (Goals For + Goals Against)” ratio,
4. The team with the fewest goals against,
5. The team with less penalty minutes in round robin,
6. Coin toss.

NOTE: For the purpose of determining the Round Robin winner, forfeits are counted as a one-zero win.

NOTE: Tie breakers will be assessed by Eastend MHA Tournament Administration only.

TOURNAMENT ADMINISTRATION AUTHORITY

In the event of any conflict, the Tournament Administration reserves the right to amend any rule, schedule or decision they determine to be in the best interest of the tournament and all such decisions are to be considered final. Tournament Administration does not have any authority to over-ride referee decisions and/or GHA/HEO suspensions.