

Hastings Sugar & Spice Tournament Rules 2025

RULES: Games will be played according to USA HOCKEY rules as modified by Minnesota Hockey and amended by the tournament committee. USA HOCKEY registered referees will officiate the games. The tournament will be played under a no-protest rule. Improper behavior by anyone, as determined by the Tournament Director or Tournament Chairperson, will result in immediate removal from the arena and/or the tournament.

SPORTSMANSHIP: Hastings Hockey Association subscribes to the USA Hockey sportsmanship guidelines. We expect all teams to exhibit good sportsmanship both on and off the ice. Coaches, players, parents and fans that exhibit unsportsmanlike behavior will be removed for the remainder of the tournament as determined by the tournament director and/or his/her designee. Coaches, players, parents and fans that do not abide by the tournament director, will subject their team to on ice penalties per USA Hockey rules.

Game Format:

- 1-hour games
- 4-minute warm-up
- Three **12-minute** stop-time periods
- 1-minute rest between periods
- Running time in third period if 5 or more goal difference - During running time, the clock will be stopped only for the allowed time-outs, penalties and personal injuries
- One 1-minute timeout per team per game, including overtime periods

Penalties:

- Minor: **1 minute** | Major: **5 minutes** | Misconduct: **10 minutes**
- Fighting will result in a game misconduct. Absolutely no fighting will be tolerated before, during, or after tournament games. Flagrant fighting or deliberate acts intended to injure—as determined by the on-ice referee or tournament officials—will result in disqualification or ejection from the tournament.

RESURFACING: Ice will be resurfaced between each game.

POOL PLAY: There is no overtime during pool play. Tied games at the end of regulation will remain ties. Overtime and shootout procedures apply only to bracket and championship rounds.

TIES: In the event of a tie score at the end of regulation time, there will be a 1-minute rest followed by a five (5) minute running time, sudden death period. The first overtime period will be played with four (4) skaters plus a goalkeeper per team. If the score remains tied after the first overtime period, there will be a 1-minute rest followed by a second five (5) minute running time, sudden death overtime period. The second overtime period will be played with three (3) skaters plus a goalkeeper per team. In the event the score remains tied after the second overtime period, a three-person shoot-out will take place.

In the event of a penalty during the second overtime period, an additional skater may play for the non-penalized team for the duration of the penalty, in lieu of the penalized team skating with 2 or fewer skaters. The penalized player must be in the appropriate penalty box for the duration of the penalty. At the expiration of such a penalty the play shall continue, and the penalized team may add an additional skater. Then, at the next stoppage of play, the extra players shall be removed from play.

If a shoot-out is required, each team will select 3 players for the shoot and report them to the game officials. The home team will have the choice of shooting first or defending. Teams will alternate shooters until a winner is determined. If after 3 players the teams remain tied, a second set of 3 players will be selected by each team, and a shoot-out will continue in this manner until a winner is determined. All rostered skaters must take a turn before any player may shoot again.

A team may change a goalie at any time during overtime play and/or shoot-out. If a goalie is replaced during overtime/shoot-out, the new goalie will not be allowed to warm-up and play will continue.

EQUIPMENT: All players must wear complete equipment according to the USA HOCKEY rules as modified by Minnesota Hockey.

REGISTRATION & BIRTH CERTIFICATES: All teams are required to provide an official team registration (USA/CAHA), the official team roster signed by team members and coaches and approved by USA Hockey Registrar. Minnesota Hockey no longer requires copies of all players' government birth certificates. However, copies of all rostered coaches certified coach's cards

are still required. A maximum of four (4) coaches can be on the bench during games. All bench coaches must be on the team's USA Hockey certified roster. All team credentials (as stated above) must be presented when the teams check in prior to the first game. Players may also be asked to sign in prior to their first game or at any other time during the tournament. Challenges to team's roster must be made within thirty (30) minutes of the end of the game in question. Challenges must be made by the head coach of record on the game score sheet (coach who signed the score sheet) to the tournament director. Tournament director will review submitted roster vs. the challenged player to determine if there are any violations. The decision of the tournament director is final.

RELEASE OF LIABILITY: The tournament, tournament sponsor, the officials, the arena facilities and all personnel connected with the arena facilities and/or tournament shall not be held liable or responsible for any injuries that may be sustained to any player, spectator, coach or any other individual during the tournament.

REPORTING TIMES: Teams should report to the arena at least one hour prior to their first game and ½ hour prior to their subsequent games. All teams should be ready to play at least fifteen minutes prior to a scheduled game in case the tournament is running ahead of schedule.

ROSTER: A maximum of twenty players may be rostered and dressed by each team. A maximum of four (4) certified and rostered coaches may be in the players' boxes during the games, except for medical purposes.

SAFETY: An Emergency Medical Technician, a physician or a Certified Athletic Trainer will be present at all games. In the event of an injury, we request that coaches and parents refrain from entering the playing area and allow the established medical staff to do their job. This is asked for the safety of the coaches and parents; and to avoid creating a secondary medical situation that would distract medical staff from attending to the original injured player. The medical staff and/or tournament director may request the assistance of coaches', parents or others as needed.

TOURNAMENT OFFICIALS: At least one Tournament Director and/or his/her designee will be present during all games. Tournament Directors DO NOT have any influence or control of the "on-ice" officials, except to clarify tournament specific rules. All decisions made by the "on-ice" officials are final and cannot be appealed to the Tournament Director. On-ice officials are assigned by District 8 Supervisor of Officials and/or their designee and not by the hosting association. All questions, comments and concerns regarding the on-ice official should be directed to the District 8 Supervisor of Officials. All off-ice decisions by the Tournament Director are final.

HOME TEAM: The top team in the bracket will be the home team except for games played against the host team(s) of Hastings. Hastings Teams will always be the home team regardless of bracket location. In the event that two Hastings Teams play each other the top team will be the home team.

POOL PLAY SCORING: The following point system will be used for all pool play games. The championship round will be based on head-to-head wins and losses; if there is a tie we will use the point system.

POINTS PER GAME:

3 pts for win
1 pt for tie
0 pts for loss

TIE BREAKERS:

- 1) Head to Head
- 2) Goal differential in pool play
- 3) Goals For
- 4) Fewest goals against
- 5) Fewest penalty minutes
- 6) Coin flip

Note: Point system is for pool play, Championship rules apply as above.