



HWHL 2026 TOURNAMENT RULES

1. **CARHA and HWHL Rules will apply**, except for the added conditions listed below. Including, should the goalie be hit anywhere on the mask/head with the puck, the whistle will be blown down at the discretion of the referees.
2. All players must wear properly fastened helmets, **neck guards** and face masks, whenever they are on the ice.
3. **Slapshots** (backswing above the knee of the shooter) will not be permitted, except in the **FAST and JENNER Divisions**. A player taking a slapshot in any other Division will receive a two-minute minor penalty.
4. Each game will consist of one 12-minute (1st period) and two 10-minute, stop-time periods. Overall standings in round robin games will be determined by using the standard point system, (WIN: 2 points, TIE: 1 point, LOSS: 0 points)
5. Teams must be prepared to go on the ice 15 minutes before their scheduled game time, if requested to do so by the Tournament Committee.
6. If the jersey colours of two competing teams conflict, the Home Team will be required to change jerseys at the discretion of the Tournament Committee. There will be alternate jerseys available if a team only has one set. In the case of using alternate jerseys, please ensure you provide jersey numbers to the Tournament Committee **PRIOR** to the game commencing.
7. A 3-minute warm-up period on the ice will be provided before each game, as soon as the ice is ready. A team not ready to start the game at the end of the warm-up period will be assessed a Delay of Game penalty.
8. During the last five minutes of the third period, if there is a goal differential of 5 or more, the clock will continue running for the remainder of the game. Should the differential become less than 5 goals, the clock will move to stop-time accordingly.
9. A player receiving three penalties during a game, will be ejected for the remainder of the game. A player receiving three penalties in two different games will be ejected for the remainder of the tournament. The HWHL and Tournament Committee have a **Zero Tolerance policy for fighting**, should this take place, the player(s) will be immediately ejected from the tournament.
10. The **top two teams** in each division will advance to the Championship Game.
11. **The following tie-breaking rules will be used**, if necessary, to determine the top teams in each division. Among the tied teams, the team advancing to the finals shall be the one which, in round robin:
 - a) Has the most number of wins;
 - b) Has the better record against the other tied teams;
 - c) Has the fewest goals allowed in round robin;
 - d) Has the fewest penalty minutes in round robin;
 - e) Has the better goals for/against differential;
 - f) If still tied, a coin toss conducted by the Tournament Committee will break the tie.

11. Each player participating in a Championship Game must have played in **at least one round robin game**. Exception of replacing an injured goalie.

12. **Championship Games:**

Prior to the start of the game, each team will number **all** their players on the game sheet in the order that they wish them to shoot, if a shoot-out becomes necessary. Please come to the Sign In table before the game.

If the score of a Championship Game is tied at the end of the 32-minute regulation time – a 5-minute stop-time, **4 on 4**, sudden victory period will be played.

** If a player is serving a penalty at the end of regulation time, the penalty will carry over into the overtime period.

In this 5-minute overtime period, each team will play with 4 skaters on the ice, unless serving a penalty. If the game is still tied after the 5-minute overtime period, a shoot-out will take place.

If a player is serving a penalty at the end of the overtime period, they will **not be eligible** to participate in the shoot-out. The referee will continue to the next player on the list. The first three players from each team will take a penalty shot, alternating teams. **The visiting team will shoot first**. The team with the most goals will win. If the game is still tied, penalty shots will continue, one player at a time from each team, until there is an unanswered goal.

13. A 1-minute time out will be permitted in **Championship Games only**.

Thank you for joining the 2026 HWHL Tournament!

For any questions, please come see us at the Tournament table or contact:

hwahltournament@gmail.com

Best of luck to all the teams participating!