



2026 TOURNAMENT RULES

GAME FORMAT

Warmup – 3 minutes

1st Half – 20 minutes stop time

One minute rest between periods

2nd Half – 20 minutes stop time

Resurface between games

6 goal lead at any point will result in running time

No Slap Shots – No Checking

One time-out per team per game

TOURNAMENT FORMATS

Round Robin:

Teams will play pool play to determine seeding for Sunday games based on the point system and tiebreakers below. Pool games can end in a tie.

Point System:

- 3 points for a win
- 2 points for a tie
- 1 point for 1st half win
- 1 point for 2nd half win.
- 0 Points for tying a half.
- 1 point for a shutout

Tiebreakers:

- Step 1: Head to Head
- Step 2: Most Wins
- Step 3: Goal Differential
- Step 4: Fewest Goals Allowed
- Step 5: Coin Toss
- *If multiple teams are tied that once a tiebreaker is settled, then repeat the process starting back at 1 until all ties are settled

If a game is tied after regulation during Sunday's playoff games (excluding championship), game will be determined by a 3-on-3 5-minute sudden death overtime. 3 on 3 play will continue until a winner is determined.

In the championship game, if game is tied after regulation, a 5-minute 5-on-5 sudden death overtime will be played followed by a 5-minute 4-on-4 sudden death overtime period followed by a 5 minute 3-on-3 sudden death overtime period until a winner is determined.

Bracketed Tournament

Overtime Rules:

No game can end in a tie. If a game (excluding championship) is tied after regulation, the game will go to a 5-minute 3-on-3 sudden death overtime period. If still tied, a 3-person shootout will occur, followed by a sudden death shootout. No player can be used more than once until all players have shot.

In the championship game, if game is tied after regulation, a 5-minute overtime will be played followed by a 5-minute 4-on-4 overtime period followed by a 5 minute 3-on-3 period until a winner is determined.

PENALTIES

- 2 minutes for minor penalties
- 3 penalties in a game will result in ejection from the game
- Any fighting or intent to injure will result in immediate ejection from the game and can result in ejection from the tournament based on committee discretion.
- All referee decisions are final!

ELIGIBILITY

- NCAA and former Pro players must be one season removed from competition
 - No players who were on active rosters during the 2025-2026 season are allowed to compete in the tournament.

Good Luck to All Teams!

