



## **Youth National Bound Tournament Rules & Procedures | November 2025**

- Pre-game warm up is 5 minutes. Games will NOT start early.
- Jerseys: HOME team (higher seeded team) will wear light colored jerseys, and the AWAY team will wear dark colored jerseys.
- Period Lengths:
  - **14U Tier I & II: 16 Minute Periods**
    - Single ice cut after the second period (no ice cut prior to OT if needed)
  - **15 Only Tier I, 16U Tier I, 16U Tier II, 18U Tier II: 17 Minute Periods**
    - Single ice cut after the second period (no ice cut prior to OT if needed)
  - **18U Tier I: 20 Minute Periods**
    - Ice cuts in-between each period (and prior to OT if needed)
- Penalty Lengths (14U)
  - Minor Penalties: 1 Minute & 30 Seconds
  - Major Penalties: 4 Minutes
  - Misconduct Penalties: 8 Minutes
- Penalty Lengths (15O, 16U, 18U):
  - Minor Penalties: 2 Minutes
  - Major Penalties: 5 Minutes
  - Misconduct Penalties: 10 Minutes
- Officiating System:
  - All games will utilize the 4-person officiating system with two referees and two linesmen (except 14U which will use 3-man system)
- Overtime Procedures:
  - If tied at the end of regulation, games will proceed to overtime equal to the length of the third period and shall be sudden death.
  - Teams will switch ends for the overtime period.
  - Overtime shall be played 5-on-5 (five skaters plus a goalkeeper).
  - If the score is tied at the end of the sudden-death overtime period, there shall be a shootout (see attached for procedures)
- Discipline Procedures:
  - There will be a 3-person discipline committee (appointed by the on-site Tournament Director). They shall be responsible for deciding any action, suspensions or otherwise, to be taken against a player or team official to be served during the tournament.



Any Questions about rules/procedures/disputes shall be directed to the on-site Tournament director(s):

- Peter Giuliano (Chair, Massachusetts Hockey State Tournament Committee)
- Kevin Kavanagh (Executive Director, Massachusetts Hockey)

The tournament directors shall have the final authority to make the appropriate decisions.



## **Shootout Procedures**

The shootout will be conducted as follows:

- A shootout is defined as a player attempting to score a goal and the opposing goalkeeper attempting to stop the shooter from scoring the goal.
- The home team shall have the choice whether his/her team will shoot first or second.
- All goalkeepers and all players from both teams listed on the official game sheet shall be eligible to participate in the shootout.
- No goalkeepers may shoot in the shootout.
- The goalkeepers will defend the net they were defending in the 3rd period.
- Any penalized player whose penalty had not been completed when the overtime period ended or who receives a penalty during a shootout procedure is not eligible to participate in any portion of the shootout procedure(s) and must remain in the penalty box.
- The shootout procedure shall begin with three (3) different individual shooters from each team taking alternate shots. The players do not need to be named beforehand.
- The goalkeepers from each team may be changed after each shot.
- The players of both teams will take the shots alternately until a decisive goal is scored. The remaining shots will not be taken.
- If after the shootout, the shootout score is still tied, there will be a sudden death shootout.



### **Sudden-Death Shootout**

The sudden-death shootout will be conducted as follows:

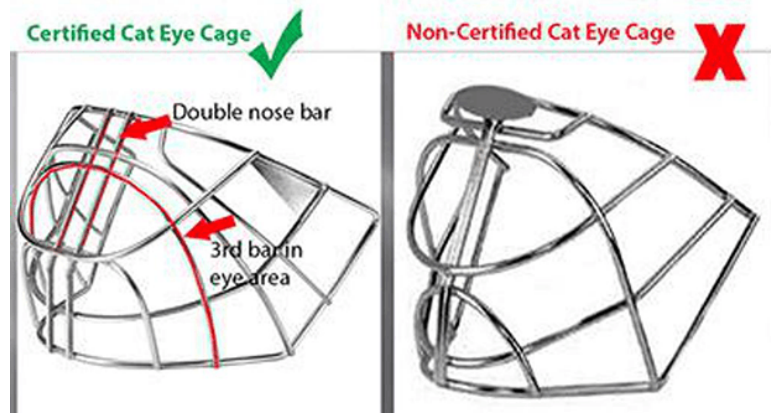
- A sudden-death shootout is defined as each team attempting a shot. Should one team be successful and the other team not, the successful team shall win the shootout.
- The teams will shoot in the same order during the sudden-death shootout as they did during the original previous round shootout.
- Teams will select their shooters to participate in any order in the sudden death shootout, whether or not they shot in the previous round. The last player in the first round of the shootout may be the first player in the sudden death shootout.
- Players in a sudden death shootout shall not be allowed to take another shot until two different individual teammates have completed their attempts.
- All goalkeepers and all players from both teams listed on the official game sheet shall be eligible to participate in the shootout.
- Any penalized player whose penalty had not been completed when the overtime period ended or who receives a penalty during a shootout procedure is not eligible to participate in any portion of the shootout procedure(s) and must remain in the penalty box.
- The goalkeepers from each team may be changed after each shot.
- The official scorekeeper shall record all shots taken indicating the players, goalkeepers and goals scored.



## Youth National Bound Tournament Equipment Reminders

### **Cat- Eye Mask**

This is a USA Hockey Sanctioned event. Certified cat eye masks are allowed. The non-certified eye masks are NOT allowed. Below is an image to explain the difference. The officials have been instructed to now allow goalies to play with non-certified masks.



### **Neck Laceration Protection**

All players, including goalkeepers, in all age classifications except adults, are required to wear a HECC-certified neck laceration protector, that covers as much of the neck area as possible, and are recommended to wear cut-resistant socks, sleeves or undergarments.

Rule 304b- (c, d, f, or g) all require player removal from the ice (until remedied. In this situation the official will issue the team in question a warning. Subsequent offenses by players on the team will result misconduct penalties being issued. This includes:

- Mouthpiece
- Neck laceration
- Ear flaps
- Cat eye