



20th Annual Molson Canadian Cup
April 17th – 19th, 2026
TOURNAMENT RULES AND REGULATIONS

Playing Rules

1. Playing rules will be those recognized by Hockey Canada and follow the **Sensplex Code of Discipline**, except as noted, or as ruled upon by the Tournament Committee.
2. Game Length:
 - a. Games will consist of 3 x 12-minute stop-time periods. At the beginning of each game slot the clock will start at 15:30. At the 13-minute mark a buzzer will sound, and teams must be lined up to start the game by the 12-minute mark (the clock will continue to run from the start of warm-up through the opening face-off).
 - b. If at any time during the game, a team is ahead by 7 or more goals running time shall commence. If in the 3rd period a team is ahead by 5 or more goals, running time shall also commence. After switching to straight running time-> Only if the margin is reduced to 2 goals or less will the clock revert back to stop time. This rule is in effect for all games including round robin, playoffs, and championship games
 - c. A delay of game penalty may be assessed at the discretion of the referees if one team is not ready to begin a period on time.
3. Time-Outs: No time-outs are permitted.
4. Face-offs – The "fast" face-off system will be used, meaning that both teams must be lined up to play NO MORE than TEN (10) seconds after any whistle. After an initial warning, a minor penalty for delay of game may be assessed at the discretion of the referee.
5. Icing: No touch icing will be used. If the puck goes through the crease, it will still be considered icing. Please note that the defensive blue line will be used for icing purposes.
6. High-Sticking the Puck: If a player makes contact with the puck above the normal height of the shoulders, the whistle will be blown immediately and the face-off will take place in the offending team's defensive end.
7. Red Line – there will be no red-line for two-line passes OR icing purposes.
8. Overtime in Playoffs: Overtime in playoff and championship games shall consist of:
 - a. One sudden-death 5-Minute stop time period with teams playing three (3) skaters plus a goaltender.
 - b. If still tied, a non-simultaneous shootout with 3 skaters from each team. The captain of each team will provide the game officials with the list of these three players immediately following the final overtime period. The team that scores the most goals will be declared the winner. **The highest seeded team (HOME) will have the option of shooting first or last.** Once the order is determined, it will remain the same for all future rounds of the shootout.
 - c. If still tied, a sudden-death shootout will proceed with one player from each team. Each shooter must not have participated in any prior round of the shootout. Whichever team shot first in the previous round, will once again shoot first.
 - d. Repeat step above until no skater remains that has not yet participated from either team. In the event that one team runs out of players, they will work in reverse order selecting the player that has most recently shot to participate next.
 - e. Teams will move continuously move and down their shooting order, until a winner is determined.

9. Round Robin Standings: Standings will be based on points: two (2) points for a win, one (1) point for a tie, no points for a loss.
10. Forfeit Games: Will result in a 2-0 score.
11. Tie-Breaker, Round Robin: If tied in points, standings (seedings) will be determined based on the following order:
 - a. The head-to-head result involving the teams tied (two way ties, or if one team has beaten all others they are tied with).
 - b. The team with the most wins in round robin play.
 - c. The highest total of goals for minus goals against. Note that a maximum spread factor of 7 goals will be used for each game (e.g. a 10-0 result will be posted as 7-0, while a score of 10-2, would be posted as 9-2).
 - d. The highest ratio of goals for divided by goals for plus goals against $[GF/(GF + GA)]$ – still using factored scores
Note: The ratio will be calculated up to the 5th decimal.
 - e. The team with the lowest number of penalty minutes accumulated in round robin play
 - f. The team with the lowest number of goals against
 - g. The team with the most goals for
 - h. Coin toss by the tournament coordinator or a designated representative.

Note: The above rules will apply in sequence with no reverting back to determine placement of teams. In the event that three or more teams are tied, there will be no reverting back to a previous tie-breaking step as each seed is determined. Should two of three teams still be tied after a tie breaker, those two teams will continue down the list of tie breakers, and the single team will either be eliminated (if they fell below the other two teams), or be skipped above (if they stood above the other two teams). Furthermore, please note that the highest ratio tie breaker heavily favors fewer goals against as opposed to higher goals for.

12. Stick Measurements: Teams are NOT allowed to request the measurement of any stick during tournament games. If teams have a concern with an opposing player's stick, they must request the measurement prior to the game.
13. Major Penalties: Any player receiving a MAJOR penalty will automatically receive a game misconduct. Any player receiving a second major penalty in the tournament, will be suspended for the remainder of the tournament.
14. Game Misconduct Penalties: Any player receiving a game misconduct penalty in the last ten minutes of play will automatically be suspended for the next game, plus any additional games as determined by the tournament coordinator, pending a review of the incident with the on-ice officials.
15. Game Ejections: A suspension MAY be issued for game ejection, pending a review of the incident with the on-ice officials.
16. Gross Misconduct Penalties: Any player receiving a gross misconduct penalty at any time during a game, will automatically be suspended for the next meaningful game, and could be suspended for the remainder of the tournament at the discretion of the tournament coordinator.
17. Fighting & Match Penalties: Any player receiving a penalty for Fighting or a Match Penalty for intent to injure will **automatically** be suspended for the **remainder** of the tournament. This may also result in a **LIFETIME BAN** from the Tournament. An exception may be made at the discretion of the tournament committee for a fighting suspension given to a player where his opponent was issued an instigator penalty (could be reduced to a minimum of 1-game).
18. For playoff and championship games, the home team will be the team with the highest seeding after the round robin portion in the tournament.
19. ****Equipment** (VERY IMPORTANT!)**: All equipment worn by players must be CSA approved. Old style JOFA helmets (often called "Gretzky helmets") which are not CSA approved will not be allowed. While on the ice or on the bench, all players must wear a CSA approved helmet with the chin strap properly fastened under the chin.
20. Penalties: **i)** During stop time play, a Minor penalty will be 2 minutes, a Major/Match penalty will be 5 minutes and all Misconduct penalties will be 10 minutes in length. Penalties assessed during running time will be 3 minutes for a Minor penalty, 7 minutes for a Major/Match penalty and 10 minutes for Misconduct penalties. **ii)** Any player who is assessed three penalties in one game shall be ruled off the ice for the remainder of the game (Game Ejection Penalty). A double Minor penalty will be considered as two penalties. Misconduct penalties are included in the 3-penalty rule and are considered as one penalty. Game ejections penalties do not carry any time associated with them.
21. Body Contact: Boarding and Body Contact - A Minor or Major penalty, at the discretion of the Referee, based on the intent and the violence of the impact with the opposing player, shall be assessed to any player who intentionally bodies, pushes, shoves, stands in front of an opponent for the purpose of making contact and/or does

not attempt to avert body contact with an opponent. When injury results from intentional body contact, a Major penalty shall be assessed. In the event that a player, by committing an infraction of the rules, causes an opponent to collide with the boards, the Minor penalty normally assessed under the rules will be waived, and a Double Minor penalty shall be assessed. The Major and/or Match penalty applicable to the rule will be assessed in a normal manner. Note 1: The Double Minor penalty assessed under this rule shall count as two (2) penalties in the application of the Three-Penalty Rule. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

22. High Sticking: A Minor penalty shall be assessed to any player who checks an opponent or intimidates an opponent while carrying his stick above the normal height of the waist.

A player who accidentally or intentionally contacts an opponent above the normal height of the shoulders with a high stick shall be assessed a **double-minor** penalty, **whether or not injury results. (Note 1):** A player who is assessed a Major penalty for intentionally contacting an opponent with a high stick or where injury results shall also incur a Game Misconduct.

A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent with a high stick.

23. Suspensions: ALL RULINGS on suspensions are final. They must be respected and MAY not be appealed. Any team that plays an ineligible player will automatically forfeit the game.
24. Slap shots (for clarification): Are permitted at all divisions.
25. Playing under the influence: IS STRICTLY PROHIBITED! Referees may eject any player whom they believe to be playing under the influence of any substance, at any time without warning.

General and Administration Rules

1. ZERO Tolerance: Taunting or berating of any players, officials, staff, or tournament volunteers will NOT be tolerated under any circumstances by spectators, players, or team officials. The Bell Sensplex reserves the right to eject any person whom it deems in its sole discretion to be acting in an improper manner and we accept no liability in connection with such ejections.
2. Age Groupings & Underage Players: NO UNDERAGE PLAYERS ARE PERMITTED IN THE 19+ DIVISIONS – ALL PLAYERS MUST BE NINETEEN (19) YEARS OF AGE TO PARTICIPATE! Failure to comply with these rules may result in forfeiting of tournament games. At the "35+" division, a team's average age will be approximately 35 or higher, and exceptions to this guideline must be approved by the tournament committee.
3. Photo ID (including proof of age) must be available at all times throughout the tournament and must be shown if ever requested by any tournament official. Failure to provide identification at any time may result in ejection from the tournament, as well as forfeiting of games.
4. Referee's and Tournament Officials Decisions: All referee's and tournament official's decisions are final and may not be appealed.
5. All teams should have matching uniforms with numbers on the back.
6. Players must participate in at least ONE (1) round robin game in order to be eligible for playoff game play, unless previous permission has been granted from the tournament committee.
7. Scheduled Game times are approximate. TEAMS MUST BE PREPARED TO START THEIR GAMES NO LESS THAN 15 MINUTES BEFORE THEIR SCHEDULED START TIME. TEAMS NOT READY TO START THEIR GAMES ON TIME OR WITHIN THE 15-MINUTE WINDOW BEFORE, MAY FORFEIT SUCH GAMES AT THE DISCRETION OF THE TOURNAMENT COORDINATOR OR ONE OF HIS DESIGNATED REPRESENTATIVES. A minor penalty for delay of game may also be assessed at the discretion of the officials.
8. In the event of a "jersey colour" conflict, the VISITING TEAM should make the change in sweaters whenever possible.
9. Check In: One (1) team representative must check-in to the registration desk, no less than forty-five minutes (45 mins) before the teams first scheduled game. He or she will be required to fill out a tournament check-in form.
10. Before each game, the team rep must check-in to complete the game sheet for his/her team.
11. Absolutely no alcohol is permitted to be brought into the dressing rooms, elsewhere in the facility, OR on the grounds. Failure to comply could result in confiscation of alcohol, ejection from the property, reporting to the proper authorities and ejection of the ENTIRE TEAM from the tournament, without compensation. No smoking is permitted anywhere in the facility. Violation of this rule may also result in tournament ejection.
12. Teams should also read and understand the building rules and regulations that can be found on the Bell Sensplex website at www.sensplex.ca

- 13.** a. Roster changes that occur between the release of the tournament schedule and a team's first game are permitted, provided that they do not alter the caliber of the team. Roster changes that alter the caliber of a team are prohibited, unless an exception is granted by the tournament committee.

b. Any changes made to a team's roster after the completion of that team's first game must be approved by the tournament committee. In as such, the roster submitted for a team's first game will serve as the official team roster.

c. The tournament committee reserves the right to impose forfeiture of games, or other penalties as deemed appropriate, to teams found to have altered their roster without permission.
- 14.** The tournament committee reserves the right to change or alter these rules at any time without prior notice in order to act in the best interest of the tournament.