

## **The Red Mile Cup Tournament Rules**

### **3 on 3 Road Hockey Tournament**

**Hosted by 17 Ave RED BIA**

**In Support of KidSport Calgary**

#### **Play:**

1. Each team can have a maximum of 7 players on its roster.
2. Male and Co-Ed teams are acceptable for all divisions.
3. No roster substitutions will be allowed once the first tournament game begins
4. All games will be played 4-on-4 (3 players + a goalie). A team may play without a goaltender, if it chooses to do so, at any time during the match.
5. Games and halves will begin with a face-off.
6. The ball will change possession after every goal scored. The scoring team must retreat behind the centreline until one member of the attacking team crosses the centreline at which point the defending team may begin to attack. The attacking team must cross center in 10 seconds, or the defending team can attack.
7. During play, alternates can substitute, as teams deem necessary. No stoppage in play is necessary to make substitutions.
8. Standard hockey rules apply (no hand passes, kicked in goals, etc)
9. There can be no goaltender changes made during games, except in the case of injury.
10. When the ball is covered by the goaltender, the defending team gets possession of the ball behind their net. The opposing team needs to give the team at least 2 meters of space to set up. The attacking team has 10 seconds to make a move the ball forward before the defending team can attack.
11. If the ball goes out of play, the official will deem who caused the ball to leave the playing surface, and possession of the ball will be awarded to the other team. The team who caused the ball to leave the playing surface must send a participant to retrieve the lost ball.

#### **Time:**

12. Games will be played in 40-minute allotments; including two 15 minute halves, running time, separated by a five minute half-time break.
13. The clock will only stop in the final minute of the second half after goals are scored, or if a penalty is taken. The clock will begin running immediately after the ball is played past half.

#### **Post-Game:**

14. The opposing Team Captains must deliver the game's score sheet to the results desk together.

**Penalties:**

15. All penalties will result in a penalty shot for the other team.

**Infraction Penalties;**

16. There shall be absolutely no slashing, hooking, tripping, cross checking, high sticking or inappropriate stick work of any kind. Doing so will result in a penalty shot for the other team.
17. Road hockey includes an inherent amount of body contact, however, absolutely no body checking will be allowed. If body checking occurs a penalty shot will be awarded for the other team.
18. Penalty shots will be taken immediately and anyone on the team is allowed to take a penalty shot.
19. More serious offenses, including but not limited to spearing and/or butt ending, shall result in an individual being immediately removed from the tournament.
20. Fighting is unacceptable and will result in the individual(s) being removed from the tournament.
21. Abuse of the officials will not be tolerated and may result in an individual or team being removed from the tournament.
22. Participants are not allowed to take more than 2 infraction penalties. If an individual takes more than 2 infraction penalties they are no longer allowed to play the remainder of the game and the team they are on must play shorthanded.
23. If a team has more than one individual receive multiple infraction penalties, they will be defaulted and receive a final score of 10-0 for the game.
  - a. i.e. if a team is already playing shorthanded, and an additional individual on that team takes more than 2 infractions.

**Non-Infraction Penalties:**

24. Slapshots will NOT be allowed. For the purpose of this tournament a slapshot is considered to be anything where the player's wind up comes above the knee. If the official deems a slapshot has been taken the other team will receive a penalty shot.
25. High-sticking the ball is not allowed. A high-stick is considered anything above the crossbar of the net. If a high-stick of the ball occurs the other team will be awarded a penalty shot.

26. Non-infraction penalties DO NOT go towards an individual's infraction penalty allotment. An individual can take as many of these penalties in a game without causing their team to be shorthanded.

**Penalty Shots:**

27. Regardless of the outcome of the penalty shot, the opposing team will begin with the ball behind their net. The defending team must give them 2 meters to set up.

**Equipment Requirements:**

28. Goaltenders are required to bring their own full equipment. Helmet, blocker, glove, chest protector, stick and pads are all required for all goalies. Hockey pants and jock are recommended but not required.
29. Stick and running shoes are required for all players. Helmets and gloves are recommended for all but will be optional for those 16+ years of age or older. Under 16 years must include a helmet.
30. Any type of hockey stick is allowed, but if the stick is chipped, sharp or deemed dangerous by the official the player may be asked to switch sticks prior to playing.

**Scoring:**

31. In order to determine seeding for playoffs, goals for and against will be a deciding factor, a penalty shot goal will be worth less than a regular goal in determining seeding.

**Weather:**

32. The tournament will be held outdoors and will proceed rain or shine except under conditions of severe weather systems. Severe weather may cause delays for scheduled game times. Please dress appropriate to the weather forecast