

Tournament Rules

Round/Game	Period Length	Checking	Tie breaker
Exhibition games	2 x 18 mins stop time	NO	8 mins sudden death OT 4 on 4 (including goaltender); penalty shootout (best of 3 then sudden death) if required
Round robin	2 x 15 mins stop time	Only Mens	Ties allowed
Play-offs and Finals	2 x 15 mins stop time	Only Mens	8 mins sudden death OT 4 on 4 (including goaltender); penalty shootout (best of 3 then sudden death) if required

Masters

Best of 3 series

If the series is tied (i.e. 3 ties, or 1 win each and 1 tie), the 3rd and final game will go to above tie breaker rules to determine the winner

Mercy and running clock

NO mercy rule - all goals count

If there is greater than a 5 goal differential any time in a game, the clock becomes running time. Stop time returns when difference becomes less