



BCHL Tournament Rules – 2025

All Alliance, OHF and Hockey Canada rules will apply (NECK GUARD and MOUTH GUARDS ARE MANDATORY if compulsory by your Governing Body) plus the following additions:

1. Each team's designated coaching staff must report to the arena for the first game of the tournament **ONE HOUR** before game time to present all necessary documentations.

Team officials must present prior to their first game:

- a. **Approved Team Roster** - approved by their Governing Body (OMHA, Alliance, GTHL, NOHA, USA Hockey).
- b. **A Travel Permit or Letter of Permission** from their local hockey organization must be presented to the Tournament Officials prior to the first game.
- c. If teams do not have the proper approved player and team official documents (as outlined above) for registration at the time of the Tournament, they will not be permitted to play the tournament games. No refunds will be given for this reason.
- d. It is recommended that all teams have a Certified Trainer on the bench at all games. If you **DO NOT** have one, please inform the tournament office prior to your game start.

Team Rosters – including player's names and numbers must be submitted at least 1 week before the tournament to tournaments@bchl.net. Electronic game sheets will be used for this year's tournament, and as such we require rosters in advance.

2. **ZERO tolerance policy** – any verbal or physical abuse or any form of maltreatment from any coach, player, parent or member of a team to any official, arena staff, spectator, volunteer, members of other teams or tournament committee will result in that team being ejected from the tournament and forfeit all remaining games.
3. All registration documents (as outlined above) must be available for examination at any time during the Tournament upon request.
4. Each teams designated coaching staff must report to the tournament office prior to EVERY game to sign iPads, make any roster changes and hand in Overtime sheet.
5. All teams must be prepared to play **15 minutes** prior to scheduled game time.
6. Any team failing to ice a team (Players: minimum of 7 skaters plus 1 goaltender; Team Officials: of one carded coach) shall forfeit that game (1-0).
7. If a player is late to a game, they must be on the game sheet and on the ice before the end of the 2nd period – otherwise, they will sit the game.
8. All players must wait until the ice machine is off the ice and the gate is closed before entering the player benches and the ice pad. Players may be subject to suspension from the Tournament for entering the ice pad early.



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9. Banging sticks on the glass prior to the start of play is not permitted. Referees will be instructed to assess a 2-minute minor penalty to the offending team.
10. If there is a 5 goal or more score differential with less than 5 minutes remaining in the third period, the clock will become run-time. If the goal differential becomes within 3, then the clock will revert back to stop time. During run-time, the clock will stop should any on-ice injuries occur.
11. All players will shake hands at the start of each game. Referees will not allow shaking hands after games.
12. **TIMEOUTS** – Permitted in Semi-finals and Finals games only. Each team is allowed one (1), 30 second time-out during the game. There will be no timeouts in any other games.
13. All players must use CSA approved equipment. OMHA players must use mouth guards per the stipulation of their Governing Body. Goaltenders must use CSA approved helmets, neck guards, drop shields and mouth guards as per the stipulation of your Governing Body.
14. ALL PLAYERS MUST HAVE HELMETS ON UNTIL THEY LEAVE THE ICE.
15. The team designated as the HOME team must occupy the HOME Bench and wear DARK colored jerseys.
16. All game suspensions shall be assessed as per Alliance regulations.
17. Point system for preliminary round - 2 points for winning the game. There will be no ties due to the overtime format.
18. Only players whose names are listed and approved at the time of their team's registration will be eligible to compete in the tournament. This includes Affiliated Players (AP's). Teams may dress a maximum of 20 players for a game of which two (2) must be goaltenders.
19. If there is a tie between teams in the standings the tie breakers will be as follows...
 - a. Winner of game (if any) between tied teams – Head-to-Head. In the case of more than one team tied, all teams must have played each other head-to-head to count. If one team is eliminated by any of the means below and two teams remain then head-to-head will count.
 - b. Total goals for of teams played against.
 - c. Goals percentage (goals scored divided by the goals for and against). Highest Percentage moves on.
 - d. Fewest penalty minutes.
 - e. Roll of the dice (3 teams) highest number advances - flip the coin (2 teams).



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20. Game Format:

- a. Warm Up – 2 minutes
- b. 1st Period – 10 minutes, stop time
- c. 2nd Period – 10 minutes, stop time
- d. 3rd Period – 12 minutes, stop time (subject to 5 goal differential – last 5 minutes)
- e. Overtime – no game ends in a tie.
 - i. 1st 2 minutes – 3 on 3 (plus goalies) sudden death. No line changes.
 - ii. 2nd 90 seconds – 2 on 2 (plus goalies) sudden death. No line changes.
 - iii. 3rd 60 seconds – 1 on 1 (plus goalies) sudden death. No line changes.
**** Players are only permitted to play in 1 round of overtime****
 - iv. Shoot out – Simultaneous Shoot out. Both players start at center ice, and on ref's whistle shoot on opposing goalie. This is a sudden death shoot out – first to outscore opponent wins. Shoot out list must be handed in to tournament office prior to start of game.
 - v. Once everyone on your bench has either played in the OT or the shootout, you will restart from the beginning of the list
 - vi. Player Overtime sheet will be provided by Tournament Organizers.

21. THE OVERTIME SHEET WHICH MUST BE FILLED OUT AND SUBMITTED PRIOR TO EVERY GAME IS PROVIDED AT THE TOURNAMENT OFFICE.

22. THERE ARE NO LINE CHANGES PERMITTED IN OVERTIME. IF THERE IS AN INJURY, TEAM MAY SUBSTITUTE WITH ANY PLAYER WHO IS NOT PLAYING ANY OF THE FIRST 3 ROUNDS OF OVERTIME.

23. If there is a penalty in any Overtime Round, a penalty shot is awarded to the opposing team. For any minor penalty, 1 (one) penalty shot will be awarded to the opposing team. Any player on the ice at the time of the infraction may take the shot. For any major penalty, 2 (two) penalty shots will be awarded – the second penalty shot, only if required. Any two players on the ice at the time of the infraction can take the penalty shot. In the event of coincidental or offsetting penalties in the same stoppage in play, penalty shots will be taken simultaneously. The player that receives the Major penalty will be removed from play and replaced with the next available player starting at the bottom of the list.

24. If there is no winner after the awarded penalty shots, play will continue.

25. Any penalized player during the overtime rounds is required to go to the penalty box and is no longer eligible for any further overtime rounds or shoot outs. The player will be substituted from the bottom of the shootout list. The replacement player will be removed from the shootout round.



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26. Any player with time remaining on a penalty at the end of regulation will remain in the penalty box for the entirety of the overtime/shootout and will be ineligible to participate. If the player was to participate in the first three rounds of the overtime, they will be replaced by the player at the bottom of the shootout rounds. The replacement player will be removed from the shootout round.
27. Any player that receives three penalties in one game shall be ejected upon receiving the third penalty. If the game goes to overtime the player will be substituted from the bottom of the shootout list.
28. No protests will be accepted. The Tournament Committee's decision will be final.
29. **REFUNDS** – Full refunds will only be given for the following reasons:
 - a. Division/Tournament is cancelled by host association
 - b. Refunds for any other reason will not be issued

Tournament Format

4 game guarantee

9 Team Division:(U13)

3 pools of 3.

Each team plays 2 games withing their pool.

Each team will then play 2 crossover games.

The top seeded team in each pool will advance to the semi-finals along with the next top seeded team overall.

The 2 winners of the semifinals move on to the finals.

12 Team Division:(U16)

2 pools of 6.

Each team plays 4 games within their pool.

The top 4 seeded teams from each pool will play in the quarter finals.

The winners of each quarter final game will advance to the semifinals.

The 2 winners of the semifinals move on to the finals.

14 Team Division:(U11 and U18)

2 pools of 7.

Each team plays 4 games within their pool.

The top 4 seeded teams from each pool will play in the quarter finals.

The winners of each quarter final game will advance to the semifinals.

The 2 winners of the semifinals will move on to the finals.



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15 Team Division:(U15)

3 pools of 5.

Each team plays 4 games within their pool.

The top 2 seeded teams in each pool along with the next top 2 seeded teams overall will advance to the quarter finals.

The winners of each quarter final game will advance to the semifinals.

The 2 winners of the semifinals will move on to the finals.

TOURNAMENT OF FRIENDS SKILLS COMPETITION

U16 & U18 – Friday, November 21/2025 RINK #1 WGSC – 7 pm to 9 pm

U11, U13 and U15 - Saturday, November 22/2025 RINK #1 WGSC - 8:30 am to 10:30 am

- 4 player events: Puck control (timed), Hardest shot, Shooting accuracy and Fastest skater (timed).
- 3 goalie events: TBD
- Teams must submit a list of 4 players and 1 goalie and identify who is competing in each event.
***The same player CANNOT compete in more than one event.
- If a submitted player becomes injured or suspended before or during the tournament, please email a substitute player name as soon as possible to president@bchl.net
- Participation is NOT mandatory.
- Teams who want to participate must have their list of players for each event sent to president@bchl.net by Nov. 15th.
- Submissions will not be accepted after the tournament begins.
- Participating players must be ready 15 minutes before the start of the competition for a quick meeting.
- All events run at the same time on Rink 1 except the timed lap which happens at the end.

Faster Skater

- last event – 2 skaters go at the same time – start on opposite sides of rink
- each participant will get 2 tries (once clockwise and once anticlockwise)
- The fastest time wins
- if there is a tie, we do a one-and-done playoff



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Puck Control

- each participant will get 2 tries through the obstacle course
- The fastest time wins

Shooting Accuracy

- each participant will get 2 tries, the best **combined** score wins
 - 1 point for the 5-hole
 - 1 point for the big metal in the middle
 - 3 points for the small metal ball in the top corners
 - if there is a tie, we do a one-and-done playoff

Hardest Shot

- We let the participants have a bunch of tries.
- the hardest shot wins (Radar gun)

Goalie Skills will be announced at a later date.