CONISTON FLAMES / JUNIOR FRIENDLY TOURNAMENT

U11 Coniston Tournament Rules

Full-ice hockey • Toe Blake Memorial Arena

Three games guaranteed • Semifinals and championship final

Check-in and team readiness

- Teams and players must check in 30 minutes before their first game. Have Hockey Canada Registry (HCR) rosters and applicable permits available at every game.
- Be ready 15 minutes before game time. The ice is resurfaced after each game.
- The home team changes jerseys if colours conflict. Teams shake hands before the game.

Game timing

- Play three 10-minute stop-time periods. The warm-up is three minutes and may be shortened by the Tournament Committee if the tournament is running behind.
- In round-robin games, use running time in the third period when the goal difference reaches four or more. Return to stop time when it drops to three. Semifinals and the final use stop time throughout regulation.

Round-robin standings

- Win = 2 points, tie = 1 point, loss = 0 points. Apply the NOHA tie-breaking procedures when teams finish the round robin tied in points.

Playoff overtime and final timeout

- If tied after regulation, play five minutes of 4-on-4 sudden-death overtime. If still tied, continue 3-on-3 in 10-minute periods until a goal is scored.
- For an overtime penalty, add a skater to the non-penalized team.
- Championship final only. Each team may take one two-minute timeout.

Officials and discipline

- Hockey Canada and NOHA rules apply. CMHA appoints officials. The Tournament Committee handles major infractions.
- Fighting, abusive language and intent-to-injure penalties are subject to discipline under the applicable OHF suspension list. The committee may suspend players or coaches for the rest of the tournament.
- Tournament Committee decisions are final. Tournament protests and appeals are prohibited.