

#LEGENDARYWEEKEND



2025 HOCKEY MANITOBA CUP
RULES & PROCEDURES

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RULES & PROCEDURES

Roster/Player Eligibility

- All players must be 18 as of June 6th, 2025
- Players may only register with one (1) team in the tournament, including goalies
- Senior registered players will be allowed in Divisions 1, 2, 3, 4
 - Maximum of 6 registered Senior players per Division 1 team
 - Maximum of 3 registered Senior players per Division 2 team
 - Maximum of 2 registered Senior players per Division 3 team
 - Maximum of 1 registered Senior player per Division 4 team
- No Senior registered players allowed in Division 5, 6, or 7
- Maximum of 2 Junior OA (MMHJL), Jr. B and/or C registered players per Division 1 team
- Maximum of 1 Junior OA (MMHJL), Jr. B and/or C registered players per Division 2 team
- No Junior OA, B and C registered players in Division 3, 4, 5, 6, 7
- Registered player is classified as a player (goalie or skater) on an official roster as of January 10th, 2025
- No elite players allowed: Jr. A, Major Junior, U SPORTS/NCAA, Semi-Pro, or Pro
 - Eligible for Division 1 only if released from elite team as of December 31st, 2024
 - Exception will be considered if a skater plays as goalie or vice versa, upon approval
- Maximum of 7 registered Sr. or Jr. Women's players allowed on a Women's Elite division roster
- Maximum of 2 registered U SPORTS players allowed on a Women's Elite roster, cannot be a goalie
- Maximum of 2 registered Sr. or Jr. Women's players allowed on a Women's Rec division roster, cannot be a goalie
- Maximum of 16 players per roster including goaltenders (all spares must be included within the 16-player roster)
 - Rosters due June 1, 2025, no additions after deadline
- **Teams playing any non-rostered or ineligible players will be subject to sanction by Tournament Directorate, and may include immediate team removal from the tournament.**
- **All players must immediately provide valid photo identification if requested by the Tournament Directorate.**

MANAGERS, BE SURE TO DOUBLE CHECK THAT ROSTERS FOLLOW THE GUIDELINES NOTED ABOVE

Game Rules

- Only rostered players actively playing in the specific game will be allowed on benches
- Coaches/Managers must be rostered as of June 1, 2025 with team roster, must have Respect In Sport certification
- 3 periods per game, twelve (12) minute periods, stop-time
- 2 minute warm-up period before each game
- Teams must be ready at end of warm-up or will be assessed a minor penalty
- Minor penalties added every 5 mins until team is ready. Team will forfeit after 12 minutes (1st period)
- Teams may start game with 6 skaters. However, goalie with proper equipment must enter game by 5:00 mark of 1st period. If no goalie by the 5:00 mark the team will forfeit, game will be terminated
- After a penalty, face-off will be in the defending zone of the team which incurred the penalty
- Slap-shots allowed in all divisions
- NO timeouts allowed
- There will be no ties, end of regulation tiebreaker process is as follows:
 - 5 minute, 3 on 3, overtime period running time (including playoff rounds)
 - Clock will only stop when a penalty is called, will re-start when puck drops
 - Change on the fly ONLY
 - Penalties: 1-player advantages in OT will be played 4 on 3
 - Penalties: 2-player advantages in OT will be played 5 on 3
- If still tied after OT, then 3-player shootout, followed by sudden death shootout if needed
- Shootout rules;
 - 3-player shootout will have 3 different designated shooters per team
 - Home team decides who shoots first
 - If tied after first 3 shooters (per team), becomes sudden death shootout
 - During sudden death shootout any player may shoot, a particular player may shoot multiple times if desired
 - If a player has a penalty remaining after OT period, they may not participate in shootout
 - Puck must keep an appropriate scoring motion towards the goal during shot

Mercy Rule

A mercy rule will come into effect if a game score reaches a difference of 7

1. Game will move to running time once score differential is 7
2. Game will be terminated if differential reaches a difference of 10
3. Teams may continue game with no more scoring upon mutual consent and final approval by officials
 - a. Officials will have final decision if a game will continue without scoring
 - b. If officials terminate a game, teams must vacate ice surface immediately

Team Jerseys

- All teams must have matching jerseys with **identical colours** (officials can give leniency at their discretion)
 - i.e.) half team with red and half with orange is not acceptable
 - i.e.) half a team with dark blue and half with light blue is not acceptable
- All numbers must be properly screened or embroidered, no taped numbers or markers
- Should there be a colour conflict, a set of pinnies will be provided by Hockey Manitoba to the team with less players (if same amount of players on each team; visiting team will wear pinnies)

Player Equipment

- Visors, shoulder pads, mouth-guards are optional but recommended
- CSA approved helmets are mandatory (strict)
- All other mandatory equipment as follows; hockey gloves, elbow pads, shin pads, hockey pants, hockey socks, skates

Division Placement

Hockey Manitoba will place teams collectively based on current league/competition status, player skill, average age, past experience, and team preference. *Hockey Manitoba will have final decision on division placement for all teams.*

Tournament Time-frame

All teams must be prepared to play their first game as early as approx. 11:00 AM on Friday, June 6th, teams must make necessary arrangements to be ready to play during the day on Friday, June 6th. Teams in or near Winnipeg may be scheduled to play games on the evening of June 5th.

Special scheduling requests cannot be accepted.

Fri, June 6 - Games run between appx. 11:00 AM - 11:00 PM

Sat, June 7 - Games run between appx. 8:00 AM - 11:00 PM

Sun, June 8 - Games run between appx. 8:00 AM - 7:00 PM

Team Point System

Win	Regulation	3 Pts
Win	Overtime/Shootout	2 Pts
Loss	Overtime/Shootout	1 Pt
Loss	Regulation	0 Pts

Standings

All divisional final standings after round robin play will be confirmed by Hockey Manitoba and subsequently emailed to each team manager as soon as possible upon completion of round robin. Please note that standings indicated on the www.hockeymanitobastats.ca page **may NOT** be reflective of the actual tournament tiebreakers

2025 Hockey Manitoba Cup Tie Breaking Procedures

If only two teams are tied on equality of points in the standings, the following tie breaking criteria applies:

- Head-to-head (mutual) games between the teams concerned. (if applicable)
- Team with most wins in all games played. (Reg. win gains advantage over OT or SO win)
- Goal differential in all games played.
- Team with higher goals scored for in all games played.
- Team with lower goals scored against in all games played.
- Team with more first goals in all games played.
- Team with better +/- score after 2 periods of all games
- Team with better +/- score after 1 period of all games
- Team with the least penalty minutes in all games played.
- Coin Toss

If three or more teams have the same number of points in the standings, **and all teams HAVE NOT played each other**, the following tie breaking procedure applies: (no head-to-head applies)

- Team with most wins in all games played. (Reg. win gains advantage over OT or SO win)
- Goal differential in all games played.
- Team with higher goals scored for in all games played.
- Team with lower goals scored against in all games played.
- Team with more first goals in all games played.
- Team with better +/- score after 2 periods of all games
- Team with better +/- score after 1 period of all games
- Team with the least penalty minutes in all games played.

If three or more teams have the same number of points in the standings, **and all teams HAVE played each other**, then their ranking shall be determined by the higher number of points in a special standing composed only from the results of their mutual games. In this case, if the number of points is equal between any of the teams remaining in this special standing only from the results of all teams mutual games, then the following tie breaking criteria applies (with no secondary return to mutual game results):

1. Team with most wins in the special standing. (Reg. win gains advantage over OT or SO win).
2. Goal differential in the special standing.
3. Higher number of goals scored for in the special standing.
4. Lowest number of goals scored against in the special standing.
5. Higher number of first goals scored in the special standing.
6. Team with better +/- score after 2 periods in the special standing.
7. Team with better +/- score after 1 period in the special standing.
8. Team with better +/- score after 2 periods in all games played.
9. Team with better +/- score after 1 period in all games played.
10. Team with the least penalty minutes in all games played.

Penalties/Suspension

- All suspensions will be carried over into Hockey Manitoba/Hockey Canada sanctioned games
- Suspensions will be decided as per the Hockey Canada guidelines by the tournament directorate
- Fighting penalties will result in an automatic game ejection & disqualification from tournament
- Aggressors/instigators will be subject to further discipline & suspension
- Team of the aggressor/instigator will be subject to a 5-minute major in their next game (if applicable)
- High-sticking, slashing and cross-checking will carry an automatic double-minor penalty (4 minutes)
- Body checking will carry an automatic double-minor penalty (4 minutes)
- Head Contact will carry an automatic double-minor penalty (4 minutes)
- **Any player who obtains a total of 8 minutes or more in penalties will be ejected from the game**
- Spearing & Butt-ending will carry an automatic major penalty, and if necessary a game ejection subject to suspension
- If a spearing or butt-ending call resulting in a game ejection occurs in the last 5 minutes of the 3rd period, the offending team will also be subject to a 5-minute major penalty at the beginning of their next game (if applicable)
- All other rules/procedures will follow Hockey Manitoba / Hockey Canada guidelines (the above will take precedent over said guidelines)

Fighting

Team of the Aggressor or Antagonist will receive an additional 5-minute major penalty to be served by a teammate. If less than 5-minutes remain in the current game, the offending team will serve a major for the remainder of the current game time.

Players assessed a fighting major will be suspended from the tournament and in addition will carry the minimum suspension guideline as per the Hockey Manitoba handbook. i.e.) Suspended from tournament + amount of games within minimum guideline.

All suspensions will carry over into the 2025-26 season (players, coaches, officials).

This is a "provincial championship" but in reality it's a fun weekend and about having a great time regardless of score or rivalry; fighting not needed here.

Emergency Goaltender

In the event an emergency goalie is injured after being activated or becomes unavailable – an alternate goalie from a lower division within the Hockey Manitoba Cup may be used upon approval by the tournament directorate. Lastly, if an alternate goaltender from a lower division is not available then a player from the team's roster must dress as a goaltender. *Division 7 and Women's B Division may access alternate goaltenders from within their division.

**Note: Teams are welcome to roster two goalies within their 16-player roster limit if they have room.*

Tournament Directorate/Discipline Committee

- Trevor Prystupa, Hockey Manitoba tprystupa@hockeymanitoba.ca
- Peter Woods, Hockey Manitoba pwoods@hockeymanitoba.ca
- Ray Brethour, Chair of Senior rbrethour@hockeymanitoba.ca