



JANUARY 2024

PLAYING REGULATIONS – MEN'S HOCKEY

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1. COMPETITION

1.1. CHAMPIONSHIP FORMAT

The U SPORTS Men's Hockey Championship shall have a total of eight (8) games taking place over four (4) days. There will be eight (8) teams in a quarterfinal knockout format with a 3rd place game, but no 5th or 7th place games. The U SPORTS Men's Hockey Championship will be a single elimination format.

1.2. CHAMPIONSHIP BERTH STRUCTURE

The Berth Structure is the makeup of the teams that qualify to the National Championship tournament and will include at minimum, a Host and Conference Champions.

1.3. TEAMS

The participating teams for the **2024** Championship will be as follows:

- ☐ AUS Champion
- ☐ OUA Champion
- ☐ CW Champion
- ☐ 1 Host (**Toronto Metropolitan University**)
- ☐ 2 Assigned Berths OUA
- ☐ 1 Assigned Berth CW
- ☐ 1 Assigned Berth AUS

** When AUS hosts: 3 OUA, 3 AUS, 2 CW

** When CW hosts: 3 OUA, 2 AUS, 3 CW

** When OUA hosts: 4 OUA, 2 AUS, 2 CW

1.4. SEEDING, DRAWS, TRIALS AND HEATS

1.4.1. SELECTION/SEEDING COMMITTEE

1. Chair: A non-voting U SPORTS Office staff member.
2. Members: U SPORTS will select a representative from each Conference in collaboration with the Conference staff.
3. President of the Coaches Association: The President of the Coaches Association will take part in the conference call and shall only vote in the case of a tie.



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4. Should any member be the coach of a team that has qualified for the championship, the U SPORTS Office will select a designate.

1.4.2. SEEDING

Seeding is defined as how a team is ranked competitively and then slotted into a draw. The seeding reflects the current strength of the eight (8) participating teams at a U SPORTS National Championship.

1.4.2.1. SEEDING PRINCIPLES

The Men’s Hockey seeding principles are currently listed as follows:

1. Results of conference playoffs must be respected
2. Conference champions must be seeded in the top 3 spots
3. Conference match ups will be avoided in the 1st round for the top 2 qualifiers from each conference

1.4.2.2. SEEDING CALL

The purpose of the seeding call is to complete the seeding of teams participating in the U SPORTS National Championship.

1.4.2.3. SEEDING CRITERIA

1. The three (3) Sport Conference champions will be seeded 1st, 2nd, and 3rd based on their respective team national ranking in the final Top Ten of the season. The last Top 10 ranking will be done after the Sport Conference playoffs are completed.
2. The OUA finalist will be seeded #4.
3. The remaining 4 qualifying teams will be seeded using the final Top Ten of the season as a guiding tool.
4. Once the seeding has been completed, teams 5 through 8 can be flipped no more than two spots (up or down) to try to avoid first round match-ups of teams from the same sport conference. (This means teams seeded 1 through 4 cannot be flipped).
5. The Host may flip the brackets to ensure a local team plays at a preferred time to assist with ticket sales. However, the structure of the brackets must be maintained (i.e. 1 vs. 8 and 4 vs. 5 must always stay together and 2 vs. 7 and 3 vs. 6 must stay together) so that common rest times are protected and the integrity of the draw is maintained.
6. Without affecting the integrity of the draw, games in the upper half of the draw can be switched to accommodate travel and time zone adjustment



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(i.e. Canada West teams traveling East). If the teams playing are not impacted by the time zone change then there can be no switching of game times.

1.4.2.4. SEEDING PROCEDURES

1. The Seeding Committee shall meet via conference call on the Sunday prior to the Championship (as soon as possible upon completion of final top 10) to complete the seeding.
2. Immediately following approval of the seeding, the U SPORTS office will release the final seeding and schedule.
3. There shall be no appeal of decisions regarding seeding.
4. Any member institution that releases seeding information prior to the embargo established by the U SPORTS office will be fined \$500.00.

1.4.3. DRAW

The draw is defined as how a team is scheduled into the National Championship tournament.

1 vs 8
4 vs 5
2 vs 7
3 vs 6

1.5. FORMAT

The Format of a National Championship will depend on the sport and will encompass a wide range of aspects including:

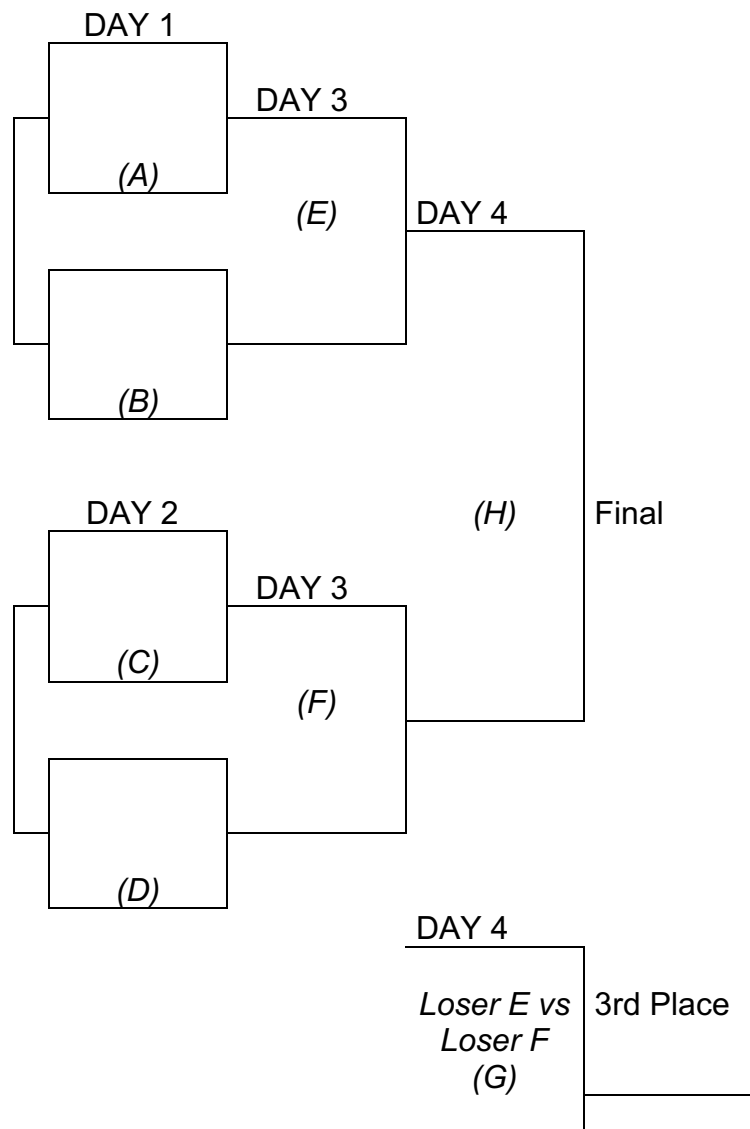
1. Style of the Championship (single elimination, pool play, etc.)
2. Number of participating teams
3. Number of days the Championship will take place



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Note 1: To ensure the integrity of the draw, the structure of the brackets must be maintained (i.e. Game A and Game B must always stay together and Game C and Game D must always stay together) so that common rest times are protected. Game A and Game B can however be moved to the bottom side of the draw, allowing Game C and Game D to move to the top side of the draw.

Note 2: Without affecting the integrity of the draw, games in the upper half of the draw can be switched to accommodate travel and time zone adjustment (i.e. Canada West teams traveling



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east). If the teams playing are not impacted by the time zone change then there can be no switching of game times.

1.6. SCHEDULES OR ORDER OF EVENTS

The final schedule is at the discretion of the Host Committee working in consultation with the U SPORTS Office.

The host team can be scheduled on the evening of Day 1 or Day 2, regardless of their seeding, at the discretion of the Host Committee. The integrity of the draw (maintaining the match-ups in each bracket 1 vs. 8 and 4 vs. 5 / 2 vs. 7 and 3 vs. 6) must be maintained.

1.7. GAME TIMES

U SPORTS Office and the Host Organizing Committee are to determine game start times based on facility availability and broadcast/television requirements.

U SPORTS games will consist of three 20-minute periods, not including overtime, with a 17-minute intermission and flood between each period.

1.8. PRACTICE TIMES / WARM-UPS

A defined practice schedule is to be prepared by the Host Organizing Committee in advance of the championship and circulated to all participating teams. The practice schedule is to be developed based on the following:

- 1.8.1. Each of the eight (8) teams will receive an optional one (1) hour of practice time in the championship facility on the day prior to the start of the championship.
- 1.8.2. On day 1 and day 2 of the competition the two (2) teams having a bye on each day will receive an optional one-hour morning practice. Where possible this practice should be held at the competition venue.
- 1.8.3. Teams playing on each day of competition will receive an optional 45-minute morning practice time at the game day facility.
- 1.8.4. On the championship final day the two (2) teams playing in the Gold medal game will receive an optional 45-minute morning practice time at the game day facility.
- 1.8.5. The following order of priority will be considered when teams are assigned practice times:



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1. Game times
2. Time of arrival in the host city.

1.9. OVERTIME, TIMEOUTS & TIE-BREAKING

1. Quarter-final, semi-finals and Gold medal games (All overtime periods are 5 on 5):
In the event of a tie at the end of regulation time, a 3-minute bench rest shall be permitted and then a 10-minute sudden victory overtime period (5 on 5) will be played. If the outcome is still undecided, teams shall leave the ice for the standard championship intermission time, determined by the Host Committee prior to the championship (in consultation with CUHCA), to allow resurfacing of the ice. Play will then continue with 20-minute sudden victory overtime periods until a goal is scored. At the end of each 20-minute period, teams shall leave the ice for the standard championship intermission time to allow resurfacing the ice.

Note: Team change ends only after resurfacing of the ice.

2. Bronze Medal game:
In the event of a tie at the end of regulation time, a 3-minute bench rest shall be permitted and then a 10-minute sudden victory overtime period (5 on 5) will be played. If the outcome is still undecided, teams will proceed immediately to a shoot-out.
3. Shootout Procedure:
Where a shootout is required the IIHF shootout protocol shall be used with the exception that the 5 shooters for each team will be selected by the respective coaches at the conclusion of overtime and communicated to the referee within 3-minutes. Refer to the Appendices for shootout protocol.

1.10. SCORING AND STANDARDS (N/A)

1.11. RECORDS AND STATISTICS (SUSPENSION)

- 1.11.1. Each hockey Sport Conferences' convener is responsible for keeping a weekly record of game misconduct/gross misconduct/match penalties of all games (league, playoff, and exhibition). **At the conclusion of each Conference Championship, Convenors will be required to send a summary to the Host Committee Convenor.** These totals are to be presented to the Championship Management Committee at the pre-championship technical meeting.
- 1.11.2. League Stat is the official scoring and statistics application for U SPORTS Hockey.



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2. CHAMPIONSHIP ROSTER

- 2.1. All players who have used a year of eligibility are allowed to play in the championship. Teams may dress any twenty (20) players for each championship game. If the third goaltender has not used a year of eligibility he must be designated on the eligibility roster and may only play in the event that the championship physician certifies one of the two originally declared goaltenders are unfit to play.

Note: Twenty-one (21) players may dress for the warm-up. After warm up one player must be scratched from the line-up. **(Note: Exception to Hockey Canada Rules)**

2.2. GAME DAY ROSTERS

- 2.2.1. Coaches must identify their twenty-one (21) players to the Host Organizing Committee 60 minutes prior to start of game. **Prior to the opening puck drop the Referee will conduct a formal line change procedure to ensure that the Home team is able to make the last change of players.**
- 2.2.2. The Host Organizing Committee will complete the game sheet for both teams at the end of warm-up OR no less than 10 minutes prior to the start of the game (whichever comes first). The Head coach must sign off on the final game sheet, having confirmed the final twenty (20) players who are participating in the game.

3. TEAM BENCH

A team can have a maximum of 27 team members in the team bench area including athletes, coaches and support staff. Only players in uniform and a maximum of seven (7) team officials shall be permitted to occupy the players' bench. These individuals shall be registered and entered on the official game report.

Note: Any team member above the 27 is considered a spectator and will sit in the stands.

3.1. TEAM DESIGNATION

- 3.1.1. Teams seeded 1 through 4 will be considered the home team and will wear light jerseys. Top seeds will maintain home team status throughout the championship.
- 3.1.2. The Championship Management Committee will decide the bench designation for participating teams based on dressing room location each game and facility specific requirements.

3.2. INDIVIDUAL ELIGIBILITY(N/A)



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3.3. INDIVIDUAL ENTRIES (N/A)

3.4. INDIVIDUAL RANKINGS (N/A)

3.5. TEAM ENTRIES

All Sport Conference championships shall be completed the Saturday prior to the start of the U SPORTS Championship.

3.6. TEAM RANKINGS (N/A)

4. EQUIPMENT AND FACILITY REQUIREMENTS

4.1.1. Dressing rooms should be made available to teams at least two (2) hours before each game.

4.2. RECORDING OF GAMES

4.2.1. GAME FILM

4.2.1.1. FIRST ROUND OPPONENT

Pre-Championship: First round opponents must exchange recordings of their final two (2) matches prior to the U SPORTS National Championship. The recording must be uploaded to the identified U SPORTS platform no later than Monday at 12:00 pm EST. Teams will have access to their opponent’s game film for downloading once both teams have completed the uploading process.

4.2.1.2. HOST REQUIREMENT

The Host must record all games at the U SPORTS National Championship and provide the recordings to each participating team and the officials at the conclusion of each match and no later than 90 minutes after the final whistle.

4.3. UNIFORMS

Teams must travel to the Championship with two sets of jerseys: one light set and one dark set.

4.3.1. U SPORTS LOGO



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U SPORTS reserve the right to require participants in a U SPORTS Championship to wear a U SPORTS logo on their uniforms. These logos will be provided to each team in advance of the championship. The logo must be placed on the top, right chest area of each uniform.

4.3.2. CORPORATE LOGOS

Should any team have a corporate logo on their jersey, they must send a photo to the U SPORTS Office (Director of Sport) prior to the conclusion of their conference playoffs for approval by the CEO. Teams who do not provide this will not be approved to wear corporate logos on their uniforms and must remove / cover prior to competition.

4.4. SHORTS, SOCKS, BRACES, EQUIPMENT & DRESS CODE (N/A)

4.5. HEAD GEAR AND HELMETS

Conferences are permitted to approve the use of a Type 4 CSA approved visor (half-visor) for use in league play. Universities are required to provide the option for student-athletes to wear either the half-visor or the full-face visor. In either case, an internal mouth guard must also be utilized.

Goaltenders must at all times wear a CSA approved helmet and facial protector while participating in the game. Alternate goaltenders, while seated on the players' bench, are permitted to wear a player's helmet (properly fastened) with the minimum CSA approved half-visor.

4.6. CAPTAINS IDENTIFICATION (N/A)

4.7. DEPTH CHARTS (N/A)

4.8. SPOTTER PHONES (N/A)

4.9. FACILITY REQUIREMENTS (N/A)

5. RULES

Competition shall be governed by the official playing rules of Hockey Canada for the U SPORTS Championships with the following exceptions:

5.1. INTERMISSION

The U SPORTS Championships will have 17-minute intermission periods

5.2. ICING THE PUCK



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See appendices.

5.3. COACH VIEWING

The head coaches and/or their assistant must be in close proximity of their respective players bench and in view of the ice during the pre-game warm-ups until the last team has left the ice.

5.4. PENALTIES

5.4.1. INSTIGATOR / AGRESSOR IN A FIGHT

Instigator of, or aggressor in a fight - a one game additional suspension along with the one game suspension for fighting (a total of two (2) games).

Player involved in a fight against an instigator (where an instigator penalty is called) – would be ejected from the game, but would not be suspended for the following game(s).

5.4.2. GAME MISCONDUCT PENALTIES

1. A player receiving a fighting major receives an ejection from the current game plus a one (1) game suspension.
2. A player(s) identified as being involved in a 2nd, 3rd or subsequent fight during the same stoppage of play receives a two (2) game suspension.
3. A player(s) 3rd, 4th, 5th, etc. man into a fight receives a minimum two (2) game suspension.
4. Players' leaving the team bench or penalty bench during a fight or for the purpose of starting a fight receive a two (2) game suspension.
5. Verbal abuse of a game official receives a minimum one (1) game suspension for the first offense, a minimum three (3) game suspension for the second offense, and an indefinite suspension for any subsequent offense until reviewed by the Championship Management Committee (which includes the President of the Coaches Executive or designate).
6. A player receiving a two (2) minute minor Checking From Behind penalty receives an automatic 10 minute misconduct. A substitute player will serve the 2 minute penalty. The misconduct penalty will commence on the termination of the minor penalty. The player serving the misconduct shall remain on the penalty bench until the first stoppage of play following the expiry of the 10 minute misconduct penalty.



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7. A player receiving a five (5) minute major Checking From Behind penalty and a game misconduct automatically receives a one game suspension. For a second occurrence, the player will receive a two game suspension. For a third occurrence, the player will receive an indefinite suspension until reviewed by the Association President or designate.
8. A player receiving a five (5) minute major Checking to the Head penalty and a game misconduct automatically receives a one game suspension. For a second occurrence, the player will receive a two-game suspension. For a third occurrence, the player will receive an indefinite suspension until reviewed by the Association President or designate.
9. In the event of an error in the regulations (due to changes to the rule book), as it relates to suspensions, the Championship Management Committee will have the discretion to make any necessary adjustments as required.

5.4.3. GROSS MISCONDUCT PENALTIES

1. Player assessed a gross misconduct - minimum of two (2) game suspension.
2. A second gross misconduct assessed to the same player in the same season results in a minimum of a one-season suspension including play-offs, plus review by the Association President or designate prior to reinstatement.

5.4.4. MATCH PENALTIES

1. Hair pulling or spitting - two (2) game suspension.
2. Butt ending, head butting or grabbing facemask - three (3) game suspension.
3. Spearing, kicking, or stick swinging - three (3) game suspension.
4. Deliberate attempt to injure not covered above - four (4) game suspension.
5. Molesting an official - referred to Judicial Committee.
6. A second match penalty assessed to the same player in the same season - indefinite suspension until reviewed by the Association President or designate.

5.4.5. COACHES DISCIPLINE

1. Coaches receiving a game misconduct receive a one game suspension. Coaches receiving a second game misconduct in the same season receive a two-game suspension.
2. Coaches receiving a gross misconduct for disrespect of an official will receive a minimum three games suspension and the case will be referred to a Judicial Committee to determine if further sanctions are to be imposed.
3. Coaches identified as having player(s) leaving players' or penalty bench at the same time during a fight for the purpose of starting a fight - one (1) game suspension.



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4. Coach identified as having the first player(s) leaving players' or penalty bench during a fight or for the purpose of starting a fight - two (2) game suspension.

5.5. ACCUMULATION OF PENALTIES

5.5.1. SUSPENSIONS

Game suspensions are to be served immediately and consecutively in previously scheduled games.

5.5.2. STICK RELATED PENALTIES

Should a player be ejected from a game for the second time in the same season for accumulation of three stick infractions in one game, the player will receive a two-game suspension. For a third occurrence, the player will receive an indefinite suspension until reviewed by the Association President or designate.

5.5.3. CHECKING FROM BEHIND AND HIT TO THE HEAD (where a 2-minute penalty and a 10-minute misconduct was assessed)

1st occurrence: 2-minute plus a 10-minute misconduct

2nd occurrence: 2-minute plus a 10-minute misconduct

3rd occurrence: 2-minute plus a 10-minute misconduct plus one game suspension

4th occurrence: 2-minute plus a 10-minute misconduct and indefinite suspension until reviewed by the league convener for further disciplinary action

Note: Any 4-minute penalty and 10-minute misconduct assessed for Checking from Behind will be treated the same as a 2-minute plus 10-minute misconduct when it comes to accumulation.

5.6. VIDEO REVIEW

For the purposes of the National Championships, the following are subject to video review:

5.6.1. VIDEO GOAL REVIEW (Please see APPENDIX 11.2 for more details)

5.6.2. SUPPLEMENTARY VIDEO REVIEW (Please see APPENDIX 11.3 for more details)

1. A violent/dangerous act has occurred that is missed by the on-ice officials and a penalty is not called or not called in accordance with Hockey Canada standards



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2. A violent/dangerous act requires a more stringent penalty. (increase a minor to a 2 +10, a minor to a 5 + game, a minor or a major to a match)
3. A player injury occurs and falls under the two previous categories

6. MEETINGS

6.1. TECHNICAL MEETING

A Technical meeting will be held in person prior to the first game at a U SPORTS National Championship. Time of the meeting is at the discretion of the Host Organizing Committee.

The Head Coach from each participating team, an Officials Representative (ideally the head official or Referee Coach/Supervisor), the U SPORTS Delegate, and members of the Host Committee must attend this meeting.

The Chair of the Technical Meeting will be the U SPORTS delegate.

Note: A representative of the Official Broadcaster may be in attendance.

6.2. COACHES MEETING

An unofficial Coaches meeting may be organized and require a meeting room during the championship. Date and time of the meeting is at the discretion of the Host Organizing Committee working in consultation with the President of the Coaches Association.

Note: This is not an official U SPORTS Sport Technical Sub Committee (STSC) meeting and thus any decisions affecting U SPORTS Policy or Regulations must be sent to the STSC. This is the responsibility of the President of the Coaches Association or their designate.

7. COMMERCIAL

7.1. MEDIA CONFERENCE

The date and time for a U SPORTS National Championship media conference is determined by U SPORTS and the Host Organizing Committee.

8. OFFICIALS

8.1. FUNDED OFFICIALS



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U SPORTS will cover the cost of travel for five (5) officials.

8.2. OFFICIALS ASSIGNMENT

Five officials and six linespersons are selected by Hockey Canada and where possible should include one from each Sport Conference of U SPORTS.

Note: Linespersons travel to and from the Championship is covered by their Branch.

8.3. QUALIFICATIONS OF OFFICIALS

8.3.1. Experience officiating U SPORTS Men's Ice Hockey. Officials must have officiated at least three (3) U SPORTS league or playoff games in the current season in order to be eligible for selection.

8.3.2. Certified "National High Performance" for a junior or senior National Championship

8.4. HOST RESPONSIBILITIES

1. To pay and provide accommodation (double occupancy or single occupancy during a Pandemic), meals (per diem), local ground transportation and game fees for the 5 funded officials. Any changes in accommodations by an official(s), resulting in additional costs, will be the responsibility of the individual(s) involved (example: a request of an official to stay on longer than required).
2. To provide, at their cost, local ground transportation for the Referee Coaches/Assignors/Evaluators to and from the championship venues, as required.
3. To arrange for accommodation for any Referee Coaches/Assignors/Evaluators at the same hotel as the other officials.
4. Per diems for game officials will be covered by the Championship Host Committee at the following approved U SPORTS rates: \$55.00 per day per official [(B)\$10.00, (L)\$20.00 and (D)\$25.00] unless complimentary meals are provided.
5. To provide a tournament accreditation pass to the assigned Referee Coaches/Assignors/Evaluators allowing them access to the venue and competition court. There should be designated seats provided to the Referee Coaches at either the scorer's table or at a raised media table close to or directly behind the scorer's table.



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8.4.1. GAME DAY REQUIREMENTS

- 8.4.1.1. Dressing room and shower facilities at the competition site.
- 8.4.1.2. Towels for after game showers.
- 8.4.1.3. Refreshments for between periods and post-game (water, Gatorade, fruit, cereal bars, etc.). These items can be left of their dressing room.

8.5. NSO RESPONSIBILITIES

- 1. To cover the cost of accommodation, meals, and transportation for the Referee coaches/assignors/evaluators.
- 2. To provide to the Championship Host Committee an invoice for the total amount of fees and per diems in advance of the championship (should include per diems for a minimum of 5 days). The invoice should be sent to the Championship Host Committee 30 days in advance of the championship.

8.6. FEES

Officials Fee: \$155/game/official
Linesperson: \$80/game/official

8.7. STANDBY OFFICIAL (N/A)

8.8. SELECTION PROCESS

- 8.8.1. Hockey Canada will identify a shortlist of officials who are eligible for the Championship.
- 8.8.2. Hockey Canada will circulate the list to their Member Branches, U SPORTS, and the Sport Conferences for review, no later than 60 days prior to the Championship. At this time, officials who should not be considered, because they have not worked sufficient games or have been subject to disciplinary action, should be identified and reported to Hockey Canada.
- 8.8.3. Hockey Canada will determine the final selection, in consultation with U SPORTS, no later than 30 days prior to the Championship.

8.9. ON-SITE OFFICIALS ASSIGNMENT



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8.9.1. The (lead) Referee Coach(es) Assignor(s) / Evaluator(s) will attend the pre-championship Technical meeting. Only technical issues relating to officiating will be discussed. Opinions on the quality of officiating and individuals will not be discussed at this meeting. There will be no other meetings between coaches and Referee Coaches once the championship begins.

8.9.2. All games will be assigned according to ability as determined by the Referee Coaches.

9. SEASON AND CHAMPIONSHIP AWARDS

**Please refer to policy 60.20 for more details re standard championship awards.*

9.1. ALL-CANADIANS

9.1.1. Six 1st Team and six 2nd Team All-Canadians will be selected by the coaches (includes 3 forwards, 2 defense and 1 goaltender for each team).

9.1.2. Each Sport Conference will submit their nominations to the U SPORTS Office in the provided nomination template 2 weeks prior to the Championship

9.1.3. Final voting for the U SPORTS awards must be done a minimum of 10 to 12 days prior to the start of the championship.

9.1.4. To win the national award the nominees must have been named to the All-Star team in their sport conference, if such a team is named.

9.2. OUTSTANDING PLAYER OF THE YEAR (SENATOR JOSEPH A. SULLIVAN TROPHY)

9.2.1. Selected by Award Selection Committee

9.2.2. To win the national award the athlete must have won the player of the year award in their sport conference, if such an award exists or be a member of their Sport Conference All-Star team, and final voting must adhere to the conferences rank order.

9.3. DEFENCEMAN OF THE YEAR

9.3.1. Selected by Award Selection Committee

9.3.2. Must be a member of the 1st Team All-Canadians.



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9.3.3. To win the national award the athlete must have won the defenceman of the year award in their sport conference, if such an award exists or be a member of their Sport Conference All-Star team, and final voting must adhere to the conferences rank order.

9.4. GOALTENDER OF THE YEAR

9.4.1. The goalie selected to the 1st Team All-Canadians.

9.4.2. To win the national award the athlete must have won the Goaltender of the year award in their sport conference, if such an award exists or be a member of their Sport Conference All-Star team, and final voting must adhere to the conferences rank order.

9.5. ROOKIE OF THE YEAR (CLARE DRAKE TROPHY)

9.5.1. Selected by Award Selection Committee

9.5.2. Recipient must be 21 years of age or younger as of September 1st in the year of entry into U SPORTS hockey competition.

9.5.3. Recipient must be in their first year of U SPORTS eligibility.

9.5.4. To win the national award the athlete must have won the rookie of the year award in their sport conference, if such an award exists.

9.6. ALL-ROOKIE TEAM

9.6.1. Six (6) positioned players who meet the age and eligibility restrictions will be selected by the Coaches Executive (3 Forwards, 2 Defensemen & 1 Goaltender).

9.6.2. Must have been a rookie of the year nominee or be a member of the All-Rookie Team in their Sport Conference and final voting must adhere to the conferences rank order.

9.7. STUDENT-ATHLETE COMMUNITY SERVICE AWARD (RANDY GREGG AWARD)

9.7.1. Selected by Award Selection Committee

9.7.2. Recipient who best exhibits outstanding achievement in 3 areas: hockey, academics and community involvement.



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9.7.3. To win the national award the athlete must have won the same award in their sport conference, if such an award exists.

9.8. MOST SPORTSMANLIKE PLAYER OF THE YEAR (R.W. PUGH AWARD)

9.8.1. Selected by Award Selection Committee

9.8.2. Awarded to the player who best combine outstanding play and sportsmanship.

9.9. COACH OF THE YEAR (FATHER GEORGE KEHOE MEMORIAL AWARD)

9.9.1. Selected by Award Selection Committee

9.9.2. Based on overall record, improvement, leadership and contribution to university hockey.

9.9.3. To win the national award the coach must have won the coach of the year award in their sport conference, if such an award exists.

9.10. VOLUNTEER OF THE YEAR (JOE KANE AWARD)

9.10.1. Selected by the Host Organizing Committee.

9.11. CHAMPIONSHIP TROPHY (UNIVERSITY CUP) & U SPORTS PENNANT

Presented to the U SPORTS Championship Team.

9.12. CHAMPIONSHIP MEDALS

Presented to the top 3 teams in the U SPORTS Championship (gold, silver, bronze).

9.13. CHAMPIONSHIP MVP (MAJOR W.J. (DANNY) MCLEOD AWARD)

9.13.1. Selected by a 3-person committee established by the Host. Best efforts should be made to include non-participating coaches attending the Championship.

9.13.2. Selection based on the athletes’ performance at the Championship.

9.13.3. Must be a member of the Tournament All-Star team.

9.14. CHAMPIONSHIP ALL STAR TEAM



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9.14.1. Selected by a 3-person committee established by the Host. Best efforts should be made to include non-participating coaches attending the Championship.

9.14.2. Selection based on the student-athletes' performance at the U SPORTS Championship

9.15. CHAMPIONSHIP PLAYERS OF THE GAME

9.15.1. One player from each team will be picked as the player of the game.

9.15.2. The Head Coaches of the participating teams or a 3-person committee established by the Host will select the Player of the game for the opposing team.

10. COMMITTEES

10.1. AWARD SELECTION COMMITTEE

The Award Selection Committee is to be chaired by the Coaches Association President. The Committee will be made up of the four (4) Sport Technical Sub Committee coach representatives.

This committee will select the recipients of the following awards:

- All-Canadians (1st and 2nd Team)
- Outstanding Players of the Year
- Rookie of the Year and All-Rookie Team
- Most Sportsmanlike
- Student-Athlete Community Service Award
- Coach of the Year

Note: If a Coach of the Year Nominee is part of the Award Selection Committee they will not have a vote in that category.

10.2. CHAMPIONSHIP MANAGEMENT COMMITTEE

10.2.1 Role of the Committee

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee during the U SPORTS National Championship. The Management Committee shall apply U SPORTS Rules. The Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction imposed by U SPORTS. The Management



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Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

10.2.2 Composition of the Management Committee shall be:

1. Championship Convener
2. U SPORTS Delegate;
3. Head Official (or designate from officials’ group);
4. President of the Coaches Association, or designate.

A quorum shall require all four members, or their replacement.

10.2.3 Disciplinary Action

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 , the U SPORTS Championship Management Committee shall have the authority to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion and communicated with U SPORTS immediately. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or U SPORTS, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

10.3. JURY OF APPEAL (N/A)

10.4. DELEGATES (N/A)

11. APPENDICES



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11.1. MEDIA TIME OUTS

At the discretion of U SPORTS and the webcaster/broadcaster, there may be mandatory media time outs during each game of the championship. The number of time outs per period for each game, and their length, will be communicated to teams at the technical meeting.

Time outs will be taken at the first available stoppage on or after the following marks of each period:

- ☐ One time out: 10:00
- ☐ Two time outs: 14:00 and 6:00.
- ☐ Three time outs: 14:00, 10:00, and 6:00.

The time out will not be taken after the following occurrences and will instead be delayed until the next available stoppage in play.

- ☐ After the scoring of a goal. (If, after video review, a goal is disallowed, the time out can be taken.)
- ☐ After an icing call, or any other stoppage which would not permit one team to substitute.
- ☐ If, at the time of the stoppage, a power play was in progress.

A media time out will not be taken during the last minute of the first or second periods, or the last two minutes of the third period. If a media time out is not taken in a period, it is lost.

In the event of an unusual delay prior to a time out being taken, the referee may order the next media time out to be taken at that time. (Example: With 14:10 left in the first period, a pane of glass is shattered, and the referee is advised that it will take several minutes to fix. In this case, the referee can order the next media time out to be taken immediately.)

There are no media time outs during overtime.

11.2. SHOOTOUT PROCEDURE

1. Each shoot-out must have a winner.
2. Eligible to participate in the shooting competition will be the players registered for the championship. Each team shall nominate two goalkeepers and five players by name and uniform number in the order they will take the shots, on the form handed over to them by the linesman. The lists submitted by the teams will be binding for the entire shoot-out competition.
3. Suspended players are not eligible for the shooting competition



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4. The goalkeepers may be changed after each shot.
5. The team designated as the visiting team will shoot first in the shoot-out. Teams will take shots alternately.
6. If still tied after 5 shooters, move to a sudden victory format (same 5 shooters in same order) until a winner is declared.

11.3. VIDEO GOAL REVIEW

Note: Only the ON-ICE Official and the Video Goal Judge may review a goal.

The following situations are subject to review by the Video Goal Judge:

1. Puck crossing the goal line.
2. Puck in the net prior to the goal frame being dislodged.
3. Puck in the net prior to, or after expiration of time at the end of the period.
4. Puck directed or batted into the net by a hand or foot or deliberately batted with any part of the attacking player’s body.

With the use of a foot/skate, was a distinct kicking motion evident when the puck is in the crease? If so, the apparent goal must be disallowed. A **DISTINCT KICKING MOTION** is one which, with a pendulum motion, the player propels the puck with his skate into the net. If the Video Goal Judge determines that it was put into the net by an attacking player using a distinct kicking motion when the puck is in the crease, it must be ruled **NO GOAL**. This would also be true even if the puck, after being kicked in the crease, deflects off any other player of either team and then into the net. This is still **NO GOAL**.

5. Puck deflected directly into the net off an Official.
6. Puck struck with a high-stick, above the height of the crossbar, by an attacking player prior to entering the goal. The determining factor is where the puck makes contact with the stick in relation to the crossbar. If the puck makes contact with the portion of the stick that is at or below the level of the crossbar and enters the goal, this goal shall be allowed.
7. To establish the correct time on the official game clock, provided the game time is visible on the Video Goal Judge’s monitors.
8. The video review process shall be permitted to assist the referees in determining the legitimacy of all potential goals (e.g. to ensure they are “good hockey goals”). For example (but not limited to), pucks that enter the net by going through the net meshing, pucks that enter the net from underneath the net frame, etc.



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9. The puck is hand passed to a teammate, in the offensive zone, who subsequently scores, or, the puck is high sticked to a teammate, in the offensive zone, who subsequently scores.

NOTE: The Video Goal Judge is able to review a hand pass or high stick in the attacking zone that results in a goal until one of the following situations occurs:

10. The puck leaves the attacking zone by completely crossing the blue line into the neutral zone.
11. Any other player from either Club (except the player who received the hand pass or high stick) is able to control the puck with his stick, hand or skate.
12. If the player who received the puck on a hand pass or high stick, passes or shoots the puck and it is intentionally played by a teammate or opponent.
13. If the puck is batted or high sticked into the crease by an attacking player, no goal can be legally scored by an attacking player during a scramble for the puck in the crease. If a defending player clearly shoots the puck into his own net, the goal will be permitted. Once the puck is cleared out of the crease, it is now eligible to be shot legally into the net by an attacking player.
14. When a goal has been scored and the Video Goal Judge has conclusive video evidence that the puck hit the netting (therefore out of play) and went back onto the ice surface which was undetected by the on-ice officials, this goal shall not be allowed. If the puck subsequently leaves the attacking zone after hitting the net, this play is no longer reviewable by the Video Goal Judge.
15. The Video Goal Judge will notify the time keeper to sound the arena horn / buzzer to stop play on a situation where the puck has entered the net (which he has confirmed by video review) but has gone undetected by the on-ice officials, and play has continued. As this procedure will require some time for the Video Goal Judge to conclusively determine that a goal was scored, after the horn / buzzer sounds to stop play, the clock must be reset to the time when the puck completely crossed the goal line.

****IMPORTANT**** Under this new procedure, the VGJ will only instruct the timekeeper to sound the horn / buzzer (as play continues), if there is definitive video evidence that a goal was scored.

11.4. SUPPLEMENTARY VIDEO REVIEW

- 11.4.1. A play from a game may be reviewed by video when:



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1. A violent/dangerous act has occurred that is missed by the on-ice officials and a penalty is not called or not called in accordance with Hockey Canada standards
2. A violent/dangerous act requires a more stringent penalty. (increase a minor to a 2 +10, a minor to a 5 + game, a minor or a major to a match)
3. A player injury occurs and falls under the two previous categories

11.4.2. Process for Video Review

1. USPORTS Delegate and/or the Referee in Chief may initiate a video review process
2. Both teams will be informed that a review will be initiated and the details of the play to be reviewed within 30 minutes of the conclusion of the Post Game Media conference.

11.4.3. Video Review Process and Timelines

1. A Championship Tournament Review Committee consisting of the USPORTS Delegate, the Referee in Chief and one other impartial sport expert will review the incident and will make a final and binding decision and advise the team and next opponent, if applicable, by 9:00 AM the following day
2. Sanctions if required will be applied as per the U SPORTS/Hockey Canada Sanctions Chart
3. The U SPORTS Delegate will prepare and provide a written report of the Tournament Review Committee’s decision in a timely manner
4. The decision is final and binding and cannot be appealed

11.5 – ADDITIONAL RULE ADAPTATIONS

From U SPORTS Rule 2.2.1

Coaches must identify their twenty-one (21) players to the Host Organizing committee 60 minutes prior to start of game. *Prior to the opening puck drop the Referee will conduct a formal line change procedure to ensure that the Home team is able to make the last change of players.*

3.2(c) - Replaces Hockey Canada Rule 3.2(c) Lost/Broken Stick

A goalkeeper may continue to play with a broken stick until a stoppage of play or until he has one legally handed to him by a teammate. The teammate must hand the stick to him. He cannot throw it or slide it to the goalkeeper (this includes situations where the goalkeeper has lost his stick and a teammate is trying to return it him). For a violation of



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this rule, a minor penalty for throwing the stick shall be assessed to the offending player (no penalty to the goalkeeper for receiving the stick)

A goalkeeper whose stick is broken or illegal may not go to the players' bench for a replacement but must receive his stick from a teammate. A goalkeeper may participate in the play using a skater's stick until such time as he is legally provided with a replacement goalkeeper's stick.

3.6 - Supplements Hockey Canada Rule 3.6 Protective Equipment

Mouth guards: All players must properly wear a full fabricated mouth guard that covers the back-molar teeth. Should an official notice that a player is not wearing a mouth guard the referee will issue a warning to both teams. If, after this warning, a player from either team is identified as not wearing or improperly wearing a mouth guard, they will be assessed a Misconduct penalty.

Throat protection: A player who enters the playing surface without wearing a throat protector will be immediately ordered off the playing surface. If this becomes a habitual, or deliberate tactic, by the offending team a misconduct penalty may be assessed. A player who loses their throat protector during play MAY continue until the next whistle, or end of their shift. If play continues, they may NOT re-enter the game until properly wearing a throat protector.

4.3(b) - Replaces Hockey Canada Rule 4.3(b) - Bench Minor Penalties

Whenever a Bench Minor penalty is to be assessed, the Coach of the penalized team, through the Captain, may designate any player, excluding a goaltender, to serve the penalty.

4.5 (d)(iv) - Replaces Hockey Canada Rule 4.5(d)(iv) - Coincidental Penalties

When the coincidental penalty rule is applied, in lieu of using the "order of penalty occurrence", the Coach of the penalized team, through the Captain, will notify the referee of which time penalty will be served

4.5 - Supplement to Hockey Canada Rule 4.5 - Coincidental Penalties

During the last five (5) minutes of regulation time, or at any time in overtime, when a Minor or double Minor penalty is assessed to one player of Team A, and a Major or Match penalty is assessed to one player of Team B at the same stoppage of play, the time differential will be served immediately as a major penalty. This is also applicable when coincidental penalties are negated, leaving the aforementioned examples. The



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differential will be recorded on the penalty clock as a three (3) minute or a one (1) minute penalty (as applicable), and served in the same manner as a major penalty. This rule will be applied regardless as to the on-ice strength of the two teams at the time the above outlined penalties are assessed.

4.6 - Hockey Canada Rule 4.6 - Coincidental Minor Penalties

4.6 (a) In Junior A divisions, when a single Minor penalty is assessed to a single player on each team during the same stoppage of play, those penalties will not be considered coincidental and will be served as time penalties. Both teams will play below full numerical strength for the duration of the penalties. Unless the offending players have been removed from the game, the penalized players will take their place on the Penalty Bench and remain there until the expiry of their penalty, at which time they will immediately return to the ice.

***Note 1:** This rule applies only to situations where there is no differential in penalty time assessed to the offending players on each team. See 4.6 (b) – Coincidental Penalties for further clarification.*

***Note 2:** This rule only applies where a single Minor penalty is assessed to a single player on each team. If multiple Minor penalties are assessed to a single player on each team or a single Minor penalty is assessed to multiple players on each team, these penalties will be considered coincidental and served in accordance with Rule 4.5 (b) – Coincidental Penalties.*

4.6 (b) In Junior A divisions, when coincidental Minor penalties are assessed to players on each team during the same stoppage of play, but there is a time differential in the penalties assessed, immediate substitutions will be made for the coincidental penalties. Unless the offending players have been removed from the game, the penalized players will take their place on the Penalty Bench and remain there until the first whistle following the expiry of their penalty. The time penalty that creates the differential will be served by a substitute from the offending team, as per Rule 4.5 (b)– Coincidental Penalties.

4.6 (c) This rule does not apply to Major or Match penalties. In situations involving coincidental Major or Match penalties, please refer to Rule 4.5 – Coincidental Penalties. This rule will be applied in U SPORTS play.

6.2 - Replace Hockey Canada Rule 6.2 - Face-off Conduct

NOTE: Officials shall “PRESENT THE PUCK” on all face-offs.



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- (a) When the face-off takes place at any of the nine face-off spots, the players taking part will take their position so that they will stand squarely facing their opponent's end of the rink, and clear if the ice markings (where applicable). The sticks of both players facing-off will have the blade on the ice, within the designated white area. At the eight face-off spots (excluding center ice face-off spot), the defending player will place their stick within the designated white area first followed immediately by the attacking player. When the face-off is conducted at the center ice face-off spot, the visiting player will place their stick on the ice first.

All face-offs must be conducted on one of the (9) face-off spots located on the rink.

- (b) No goaltender may participate in a face-off.
- (c) Both players taking the face-off are prohibited from batting the puck with their hand in an attempt to win the face-off. Any attempt by either center to win the face-off by batting the puck with their hand shall result in a Minor penalty. This penalty will be announced as "Minor Penalty for Delay of Game – Face-off Violation." The two players taking the face-off (the centers) are not permitted to play the puck with their hand without incurring a penalty until a third player (from either team) has touched the puck.
- (d) When any player commits a face-off violation, the official will eject the center from the offending team who was taking the face-off. Any other player of that team, other than the goaltender, may now take the face-off.
- (e) A team committing a second violation under (d) during the same face-off may be assessed a Minor penalty by the Referee under Rule 10.1 (viii) – Delay of Game.
- (f) In the event of a "false start", where the puck is dropped by the Official but the face-off has not occurred legally, the Official will stop play. No change of players may be made at this time, as the play did not officially start. If the game clock has begun counting down, it will be reset.

6.3(c) - Update Hockey Canada Rule 6.3 (c) - Face-off Location

When players are penalized at a stoppage of play so as to result in penalties being placed on the penalty time clock to one team, the ensuing face-off shall be conducted at one of the two face-off spots in the offending team's end zone. There are only three exceptions to this application:

- i. When a penalty is assessed after the scoring of a goal - face-off at center ice;
- ii. When a penalty is assessed at the end (or start) of a period - face-off at center ice;



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- iii. When the defending team is penalized and the attacking players enter the attacking zone beyond the outer edge of the end zone face-off circle - face-off in the neutral zone

6.4 - Update Hockey Canada Rule 6.4 - Face-off Locations

- (a) Any stoppage of play occurring in the end-zone as the result of the puck going out of play or being unplayable will result in the ensuing face-off taking place in that end-zone, regardless of whether the defending or attacking team causes the stoppage.
Note 1: Where a player of the defending team, excluding the goaltender, unintentionally shoots, bats, or throws the puck outside the playing surface, no penalty will be assessed but the defending team may not make a line change.
Note 2: Notwithstanding the above, Referees must still penalize any player of either team who deliberately shoots, bats, or throws the puck outside the playing surface, as per Rule 10.1 (ii) – Delay of Game.
- (b) Where a face-off is occurring in the end-zone, following the calling of an icing or a time penalty, the attacking (non-offending) team will have the authority to choose the face-off location. The attacking team must indicate their desired face-off location to the Referee prior to the start of the line change procedure. If they fail to do so, then the face-off will take place at the location prescribed by Rule 6.3 – Face-off Location.
- (c) When puck is shot from the attacking team's side of the center red line and goaltender covers the puck, the defending team is NOT permitted to change and the attacking team has the authority to choose the face-off location.
Note 1: In the above situations where the defending team is NOT allowed to make a line change, should either team elect to utilize their time-out at this stoppage of play, BOTH teams will be permitted to make a player change. This includes a situation where a team elects to utilize their team time-out during a commercial (TV) time-out.
- (d) When the defending team (including the Goaltender) ACCIDENTALLY knocks the net off, the defending team is NOT permitted to change and the attacking team has the authority to choose the face-off location.
Note 1: In the above situations where the defending team is NOT allowed to make a line change, should either team elect to utilize their time-out at this stoppage of play, BOTH teams will be permitted to make a player change. This includes a situation where a team elects to utilize their team time-out during a commercial (TV) time-out.

6.5 - Hockey Canada Rule 6.5 - Face-off Violations



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- (a) In Junior A divisions, on a face-off following an icing, any face-off violation, including but not limited to late arrival, encroachment, or early movement, will result in a warning. The warning will be delivered by the Linesperson blowing their whistle and raising their arm in the air with their index finger extended, to indicate a violation has occurred and a warning has been issued.
- (b) Any subsequent violation by the same team on the same stoppage of play will result in a minor penalty under Rule 10.1 (vii) – Delay of Game.

6.7(d)(e) - Hockey Canada Rule 6.7 (d) (e) – Hybrid Icing – with update

6.7 (d) U SPORTS will use the 'no-change on icing' rule. When this rule has been adopted the following will apply:

- i. A team that commits an icing violation will not be permitted to make any player substitutions prior to the ensuing face-off, with the following exceptions:
 - 1. To replace a Goaltender that has been substituted for an extra attacker.
 - 2. To replace an injured player.
 - 3. When a penalty or penalties have been assessed to either team, a change of players will be permitted.
 - 4. Either team takes their time-out.
- ii. The determination of players on the ice will be made when the puck leaves the offending player's stick.
- iii. Either team is permitted to take their time-out, as per Rule 6.18 – Time of Game, following an icing. If a time-out is taken by either team, the team in violation of icing is permitted to make player substitutions.

6.7 (e) U SPORTS will implement the 'Hybrid-Icing' rule. When this rule has been adopted the following will apply:

- i. When there is no 'race' for the puck on an icing, icing will not be called until a Defending player (excluding the Goaltender) crosses the threshold of defending zone face-off spot(s) and the puck has completely crossed the goal line.
- ii. Should there be a 'race' for the puck during an icing, there are two (2) judgements a Linesperson must make when applying the 'hybrid-icing' rule.
 - 1. First, the Linesperson's must determine if the puck will in fact cross the goal line in the attacking zone. If it is determined that the puck will NOT cross the goal line then the icing will be waved off. However, if it is determined that the puck will cross the goal line the Linesperson should proceed to the second judgment for hybrid-icing.
 - 2. The Linesperson's second judgment is to determine whether a defending skater or attacking skater would be first to potentially touch the puck after



crossing the goal line. This decision must be made no later than the instant the first of the players crosses the threshold of the end zone faceoff spot(s), although the decision may be made earlier. If a defending skater is determined to be the first player to potentially touch the puck, then hybrid-icing will be called and play should be stopped. If an Attacking skater is determined to be the first to potentially touch the puck, then hybrid icing will be waved off and play will continue.

Note 1: Should icing be called, the Linesperson that stops play should blow the whistle and then raise their non-whistle arm to indicate that icing has occurred.

- iii. Should the puck be shot or propelled in such a manner that it travels around the boards or bounces off the end zone boards (behind the goal line), the Linesperson must determine which player would be potentially first to touch the puck, under these new conditions. If the puck comes above the goal line, the Linesperson will not stop play unless a defending player is the first to actually touch the puck. If the attacking team is first to touch the puck, the icing will be waved off.
- iv. If a race for the puck is too close to determine which player would potentially touch the puck first, then hybrid-icing must be called. Linespersons must err on the side of player safety with close plays, in the favour of stopping play for icing.
- v. During a hybrid-icing situation where play has been stopped, there must be strict enforcement of rules regarding avoidable contact between players, leading up to or after the icing call has been made. Referees must penalize unnecessary contact.
- vi. If a Goaltender leaves their crease with both skates, moving in the direction of the puck, the Linesperson will wave off the hybrid-icing. However, if the Goaltender is out of the crease prior to icing being initiated (e.g. retrieving a stick or leaving for an extra attacker etc.) and the Goaltender skates back toward their crease, the hybrid-icing will remain in effect.

6.10 - Hockey Canada Rule 6.10 - High-Sticking the Puck

Players may not contact the puck with their stick, above the normal height of the shoulders.

6.10 (a) Players may not contact the puck with their stick, above the normal height of the shoulders. When this occurs, play will be stopped if the offending player, or a teammate, gains possession and control of the puck.



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The play will not be stopped if, after the puck is high-sticked, a player of the non offending team gains possession and control of the puck.

Note 1: The “normal” height of the shoulders refers to when a player is standing fully upright.

6.10 (b) No goal may be scored as the result of High-Sticking the Puck, unless a player of the offending team bats the puck into their own goal, in which case the goal will be allowed.

6.10 (c) In Junior A and Senior divisions, any player who high-sticks or attempts to highstick the puck and, in doing so, contacts an opposing player with their stick, will be penalized under Rule 9.5 – High-Sticking – Junior A/Senior.

6.10 (d) When an attacking player causes the puck to enter the opponent’s goal by contacting the puck above the height of the cross bar, either directly or deflected off any player, the goal will not be allowed. The determining factor is where the puck makes contact with the stick. If the puck makes contact with the stick at or below the level of the cross bar and enters the goal, the goal will be allowed.

6.12 - Supplement to Hockey Canada Rule 6.12 - Offside

A player is on-side when either of their skates are in contact with the blue line, or on their own side of the line, at the instant the puck completely crosses the leading edge of the blue line regardless of the position of his stick. On their own side of the line shall be defined by a “plane” of the blue line which shall extend from the leading edge of the blue line upwards. If a player’s skate has yet to break the “plane” prior to the puck completely crossing the leading edge, they are deemed to be on-side for the purpose of the off-side rule.

On a delayed offside, players tagging up **MUST** touch the blue line, rather than simply breaking the “plane”.

6.18 - Supplement to 6.18(e) Time of Game – Timeouts

Each team will be permitted to take one time-out of 30 seconds during the course of regular playing time or overtime. This time-out must be taken during a normal stoppage of play. Any player designated by the Coach may indicate to the Referee that their team is exercising their option and the Referee will report the time-out to the Game Timekeeper who will be responsible for signaling the termination of the time-out. The



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Referee will allow the calling of a time-out during a stoppage of play, at any time up to the point that the official blows the whistle to initiate the face-off procedure.

NOTE: When a team is in violation of ANY rule that causes a “No Change Situation”, if either team calls a time-out, the team in violation IS PERMITTED to make a change.

7.2(a) - Supplement to Hockey Canada Rule 7.2 (a) - Boarding

A Minor penalty will be assessed to any player who checks or pushes a defenseless opponent in such a manner that causes the opponent to hit or impact the boards violently or dangerously.

A double Minor penalty will be assessed to any player who is guilty of the above action with a minimal degree of violence that causes a minor injury, such as a nose bleed or visor cut, etc.

7.5(a) - Supplement to Hockey Canada Rule 7.5 (a) - Checking from Behind

A Minor penalty and a Misconduct penalty will be assessed to any player who checks or pushes a defenseless will be assessed to any player who intentionally pushes, body-checks, cross-checks while in motion, or otherwise hits an opposing player from behind, anywhere on the ice.

A double Minor penalty and a Misconduct penalty will be assessed to any player who is guilty of the above action with a minimal degree of violence that causes a minor injury, such as a nose bleed or visor cut, etc.

8.6 (a) - Replaces to Hockey Canada Rule 8.6 (a)(Int. 2) - Tripping

Interpretation 2

A penalty or penalty shot will be assessed if, while falling or sliding along the ice, a player contacts the puck prior to contacting the body of their opponent and within that same motion causes the opponent to fall.

POINT OF FOCUS-----HOCKEY CANADA RULE 11---MALTREATMENT

All participants of U SPORTS Men’s Hockey must be clearly aware of the sanctions that will be imposed within the Maltreatment rules of Hockey Canada.