



2025 UNIFOR NATIONAL HOCKEY

Tournament Rules

Roster of 18 members including coach and manager. Each team may carry up to fourteen (14) players plus (2) goalies. Teams are required to complete a final roster and a game sheet prior to the start of their first game. No player changes will be allowed after your first game has started. Players are only allowed to play for one team per division.

All players must play in at least one round robin game to be eligible to play in the quarter finals, semi-final and final games. Any player that is carded for the current season is not eligible to compete in this event. (Junior A, B, C, Pro or Semi-Pro).

All players must be UNIFOR members (master division members are 35 or 45 and over within the calendar year) and will be required to show their union card and picture I.D. or two pieces of personal identification. Any team carrying a non-UNIFOR or illegal member will be disqualified. Such teams and members of the team face further disqualifications from participating in other UNIFOR events.

In the 45 and over division the goaltender may be under 45; but has to be over 40 years old.

In the 55 and over division the goaltender may be under 55; but has to be over 50 years old.

Each manager will be responsible for the conduct of his entire team, both on and off the ice. Any damages incurred, will be the financial responsibility of the manager of the team or teams involved.

****All teams must refrain from bringing alcoholic beverages into the complex. This action is a violation of our Liquor license. Teams not complying with this rule will be expelled from the tournament.**

Three, Ten (10) minute stop time periods and at anytime the goal differential becomes five or more goals the clock will be set to running time. If the differential returns to four goals, the clock will return to stop time.

GAME RULES

C.O.H.A. Rules will govern this event.

A player, who is listed as a goalie, cannot play any other position. If a goalie is injured, no game will be held up while a team dresses their sub goalie.

Red line used for icing only, N.H.L. offside rules (clearing zone nullifies offside).

A player receiving a major penalty will be suspended for the remainder of the game and subject to further suspension with tournament committee review. Coincidental minor or major penalties will not leave teams shorthanded.

Any player assessed 3 minor penalties in one game will be disqualified from the remainder of that game and his penalty served by another player who is on the ice.

NO INTENTIONAL BODY CONTACT: A player may be penalized a major penalty, at the referee's discretion, for intentionally and/or maliciously body checking an opposing player.

High sticking the puck in ALL divisions is a penalty.

OPEN DIVISION: SLAP SHOTS, ARE ALLOWED.

Over 35/45/55: NO SLAP SHOTS OR FAKE SLAP SHOTS ALLOWED, (EG. Not over boot)

NO FIGHTING: Any player given a major penalty for fighting will be ejected from the tournament.

Any player receiving a match penalty will be ejected from the tournament.

C.S.A. Approved Helmets and face shield protection is compulsory for all players.

Decisions and clarifications of rules will be decided by the referees and tournament committee, all decisions are final.

OVERTIME FORMAT 2025

- A. This system is not to be used in round robin play.
- B. Each team contact, manager or coach is expected to understand this format and be ready should a game go into overtime.
- C. Games will not be held up to explain this format.

At the end of regulation play, the following will apply:

FORMAT:

- 1. A 5-minute period of 3 on 3 play (sudden death)

IF STILL TIED:

- 2. A three (3) person total goals shoot-out. (see below).

Please Note: A number of changes have been introduced into the hockey finals. We ask that you take a moment to read the rules and format of this event.

OVERTIME SHOOT-OUT 2025

TEAM: _____ LOCAL: _____

GROUP A:

- 1. _____
- 2. _____
- 3. _____

GROUP B:

- 1. _____
- 2. _____
- 3. _____

RULES:

- 1. The total goals shot by group "A" will determine the winner
- 2. If still tied, Group "B" will shoot
- 3. If still tied the rotation will continue
- 4. If a player has been injured, ejected or penalized he may be replaced.
- 5. Roster must be filled out before second game on Saturday.