

General Rules for Both Divisions:

1. All OMHA and Ontario Hockey Federation (OHF) regulations are to be followed.
2. Teams, officials, and spectators must adhere to the OMHA Code of Conduct.
 - a. Failure to comply will result in a review from the tournament organizer and potential removal from the tournament.
 - b. No refunds will be provided for teams that fail to comply with OMHA Code of Conduct.
3. Ensure equitable ice time for all players, with positional rotation encouraged.
4. A CSA-approved helmet is mandatory for all on-ice participants.
5. U7 Teams are required to complete paper game sheets prior to each game.
6. U9 Teams will leverage the GameSheet Application.

U7 Division Specifics:

- **Game Structure:**
 - **Format:** Half-ice games.
 - **Periods:** Two 22-minute straight-time periods.
 - **Shift Changes:** A buzzer will sound every 2 minutes to signal line changes.
 - **Warm-Up:** 3-minute warm-up before each game.
 - **Flood Schedule:** Ice resurfacing after every three games.
- **Gameplay Rules:**
 - **Teams:** 4 vs. 4 format, excluding goaltenders.
 - Lightweight blue puck.
 - **Face-Offs:** To start each period; subsequent play is continuous.
 - **Scoring:** No official scorekeeping; emphasis on fun and development.
 - **Penalties:** No penalties called; coaches address infractions by instructing players.
 - **Offsides/Icing:** Not enforced to maintain game flow.
 - **Timeouts:** No timeouts permitted.

U9 Division Specifics:

- **Game Structure:**

- **Format:** Full-ice games.
 - **Periods:** 10-minute, 10-minute, and 10-minute periods.
 - **Shift Changes:** Line changes on the fly; no buzzer system.
 - **Warm-Up:** 3-minute warm-up before each game.
 - **Flood Schedule:** Ice resurfacing after every game.
- **Gameplay Rules:**
 - **Teams:** 5 vs. 5 format, not including goaltenders.
 - **Puck:** Standard black puck.
 - **Face-Offs:** At the start of each period and after goals.
 - **Scoring:** Scores are kept (2 points for a win 1 point for a tie, no OT)
 - **Penalties:** Standard penalties enforced; penalized player sits out, and team plays shorthanded.
 - **Offsides/Icing:** Enforced according to standard hockey rules.
 - **Timeouts:** One 30-second timeout per team in **Semis and Finals only**

Tie-Breaker Rules for U9 Division:

In the event of a tie at the end of regulation time in Semis and Finals:

1. Shootout ensues:
 - **Three different shooters per team.**
 - **Shooters will occur at the same time starting from center ice.**
 - **If still tied after initial shooters, a sudden-death shootout with new players until a winner is determined.**

Additional Considerations:

- **Registration:** Teams must register 45 minutes before their first game.
- **Jerseys:** Teams should have two sets of jerseys (home and away) wherever possible.
- **Officials:** Minimum of one official for U7; standard officiating crew for U9.