



Ben's Cup Official Rules 2025

1.0 GENERAL RULES

- 1.1 Every player dressed must play at least twice in every period during regulation play, with the exception of goalkeepers. If the team has two goalkeepers, each one must play at least one period in each game. No warmups for incoming goalkeepers. Coaches and managers failing to comply with the above rule will be dealt with by the Discipline Chairperson.
- 1.2 The Tournament Arena Manager is in charge of the arena and their decision is final.
- 1.3 Scrapes and floods will take place at the conclusion of each game.
- 1.4 Time clocks shall start at the listed game time. Any team not on the ice and ready to play within five (5) minutes of the listed time may be disqualified. The Arena Manager shall be the judge of this action.
- 1.5 If, in the Arena Manager's opinion, a uniform change is required, the home team shall make the change. Note: It would be advisable that the Team Managers confer before the game to ensure that no game time will be lost during the necessary sweater change.
- 1.6 All Hockey Alberta Rules and Regulations are in effect during Ben's Cup.
- 1.7 In the event referees do not arrive, the below rule will apply. Rule 41-K, Page 74, Canadian Hockey Association Official Rule Book If for whatever reason, the ref or linesman appointed are prevented from appearing, the Managers or Coaches of the two (2) competing clubs shall agree on a referee and one (1) or two (2) linesmen. If you are unable to agree, they shall appoint a player from each team who shall act as officials.
- 1.8 In case of dispute, the decision of the Ben's Cup Chairperson or their designate is final. There are no appeals during Ben's Cup

2.0 TEAM REGISTRATION

- 2.1 Coaches must be in possession of their approved HCR Team Roster and able to present to the Arena Manager at their request
- 2.2 All players registered on the team must be named on the game sheet and those not dressed shall be noted appropriately with an explanation of why they are not dressed.
- 2.3 If a team arrives at the arena without their HCR Team Roster or with a roster that does not have all participants duly noted, an official HCR Team Roster must be produced by the team or an association executive prior to the end of regulation time of said game or the issue will be passed on to discipline and dealt with according to the below regulation.



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2.2

(a) Every Player competing in the games sanctioned by HA and its MHAs shall be a member of a Hockey Team registered with HA and shall, prior to competing in their first League Game, be duly registered in the Registry.

(b) In addition to the current information required for registration a Player Movement Form must be submitted to the Zone Minor Administration Coordinator for each Non-Resident Player at the time of registration. Hockey Canada Minimum Suspension RULE # 2.2 INFRACTION: Ineligible Players / Team Officials Team official who is party to or had knowledge of playing a Player not properly registered with that team or properly affiliated to that team and/or allowing a Team Official who is not properly registered to that team to participate on the bench. Team official who is party to or had knowledge of playing a player or allows a Team Official to participate on the bench who is under suspension. Indefinite

2.5 Approved players and bench staff names must be entered into the electronic game sheet by the designated team official. A person who is an approved HCR bench staff must submit the electronic game sheet.

2.6 In the event a team does not show for their game, the offending team will forfeit the game.

3.0 REGULATION TIME

3.1 The referees may assess a two (2) minute bench minor penalty for delay of game if they feel the coaching staff is using up time by deliberately slowing down the line changes. The clock will not stop for any reason (injury or otherwise) once the opening faceoff has taken place

3.2 In case of a tie at the end of regulation play, the game will result in a tie. No Overtime will take place.

3.3 No timeouts may be called by a Coach or player during regulation time.

4.0 PENALTIES

4.1 All minor penalties are two (2) minutes of straight time, and the penalty will begin at the drop of the puck.

All major penalties are 5 minutes straight time, and the penalty will begin at the drop of the puck.

All misconducts will be 10 minutes straight time, and the penalty will begin at the drop of the puck.

4.2 There is no INTENTIONAL body checking allowed. Body checking will result in a penalty being assessed. This is a non-contact event in all divisions.



5.0 TIEBREAKERS

5.1 Ties in standings for round robin pools – for any divisions requiring a tie breaker in standings for final placement, the advancing team tie breaker will be determined by which team has raised the highest amount of money at fundraising closing of **December 28th at 6:00pm**.

6.0 GAME LENGTH

6.1 There will be 3 periods of 17 minutes each. All periods will be straight time and the clock will not stop for stoppage of play.

6.2 There will be a 3-minute warmup period prior to each game.

7.0 ZERO TOLERANCE

7.1 During the course of the game, the referee's decision is final. A zero-tolerance approach will be used by the referee towards aggressive and/or abusive coaches, players and spectators. A review of incidents involving inappropriate behavior will be conducted by Tournament Organizers with possible suspensions or expulsion from the tournament. All incidents will be properly documented and written up on official game sheets and forwarded to appropriate category directors.

8.0 MVP

8.1 After each game coaches are to choose an MVP from their own team. Prizes will be given to players at the end of each game.

9.0 JERSEYS

9.1 The home team will wear dark jerseys, and the away team will wear light jerseys.

Point System

10.1 Winning will earn 2 points, losing team 0 points.

10.2 Ties 1 point to each team

10.0 Volunteers

10.1 Volunteers will be on site wearing Orange Ben's Cup hoodies. Any one of our volunteers will be more than happy to help you if you have any questions or concerns.



11.0 U7 Games

All U7 Games will be subject to the applicable rules noted above with the addition of the following:

11.1 Games will be played on ½ ice with boards separating the two ice halves. Teams will share the player benches. Please ensure 1 coach is on-ice for duration of games and maximum 2 coaches on the bench. Assistance on-ice is required to setup boards pre-game, moving boards to the side between games for ice floods and removal post game – 1 individual per participating team. Thank you for your cooperation!

11.2 All games will consist of a **4-minute warm up** and **two 24-minute straight time halves**. A horn will sound every 2 minutes to signal a shift change. **Exception to this will be for the final games on Saturday: 1-minute warm up** to allow for some time at the conclusion of the game for medal presentations.

11.3 Game play will be 4 on 4 with a goalie. Goaltenders may use a goalie stick but no goalie equipment. Goaltenders can be swapped at any shift change.

11.4 There will be presentations for Most Valuable Player immediately following each game so please have your players line up on the blue line. Each team selects their own award recipients for the games.

11.5 U7 Games will not have championship games, each participating U7 player will receive a medal after their final game of the tournament.

11.6 Game sheets are not required for U7 games.

PLEASE NOTE: DRESSING ROOMS WILL PREDOMINATELY BE SHARED BETWEEN OPPOSING TEAMS AT THE **ARDROSSAN EAST** ARENA GAMES. FOR THE **ARDROSSAN WEST** GAMES, FACILITIES WILL ASSIGN 4 DRESSING ROOMS WHEN POSSIBLE BUT PLAYERS WILL NEED TO PLACE THEIR BAGS IN THE SHOWER SPACE PRIOR TO LEAVING THE DRESSING ROOM IN ORDER TO ALLOW FOR THE NEXT SCHEDULED TEAMS ACCESS AND USE. PLAYERS ARE ENCOURAGED TO ARRIVE PRE-DRESSED WHEN POSSIBLE TO HELP WITH THE CONGESTION IN THE DRESSING ROOMS AND PARENTS SHOULD TAKE ANY VALUABLES WITH THEM.