



Ben's Cup Official Rules 2026

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.

1.2 Floods will take place at the conclusion of each game.

1.3 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.

1.4 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.

1.5 All Hockey Alberta Rules and Regulations are in effect during Ben's Cup.

1.6 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.

1.7 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 Every Player competing in the tournament must be carded to the participating team as either a full time or affiliate player. Affiliate players may be used to replace missing players only, not to increase your approved roster size.

2.3 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.



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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. If a team is deemed to be purposely delaying the game in the last two (2) minutes of the game, referees may award the opposing team a penalty shot.

3.2 The clock will not stop for any reason (injury or otherwise) once the opening faceoff has taken place, with the sole exception of entering penalties into the score clock and then immediately resumed.

3.2 In case of a tie at the end of regulation play in round robin or non-medal games, 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 or overtime.

4.0 FINALS RULES (Medal Games)

4.1 Shoot out IN MEDAL GAMES ONLY FOR TIEBREAKER (Gold/Bronze) – Goaltender that is in net at the end of regulation will remain in net for the shootout. 3 shooters will be picked and if still tied, shooters will be selected one by one until one team outscores the other. All players must have a turn before any player is chosen again for the shootout. The away team will shoot first.

4.2 When 5:00 minutes of time is left in the scheduled game time slot; the Timekeeper must drop the clock to 2:00 minutes left in the game playing time.

5.0 PENALTIES

5.1 All minor penalties are two (2) minutes of straight time, all major penalties are five (5) minutes straight time, and all misconducts will be ten (10) minutes straight time. The penalties will begin as soon as the timekeeper has added it to the score clock.

5.2 Any suspend able infractions, per Hockey Alberta Minimum Suspensions, will be handled by the Ben's Cup Discipline Committee.

6.0 STANDINGS TIEBREAKERS

6.1 Ties in standings for round robin pools, where ranking dictates placement for the final games, will be determined as follows:



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- **4 and 8 Team Divisions;** If two (2) teams are tied, the team with the most wins will rank higher. If still tied, the winner of the game between the two (2) tied teams will rank higher. If still tied, the team with the highest goal ratio will rank higher. Goal ratio will be determined using the following formula: $\text{Goals For} / (\text{Goals For} + \text{Goals Against}) \times 100 = \text{Goal Ratio \%}$.
If three (3) teams or more are tied, the team with the most wins will rank higher. If still tied, the team with the highest goal ratio will rank higher. Goal ratio will be determined using the following formula: $\text{Goals For} / (\text{Goals For} + \text{Goals Against}) \times 100 = \text{Goal Ratio \%}$.
If still tied, the 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 Team Divisions (Cross-Pool Play);** If two (2) teams are tied, the team with the highest goal ratio will rank higher. Goal ratio will be determined using the following formula: $\text{Goals For} / (\text{Goals For} + \text{Goals Against}) \times 100 = \text{Goal Ratio \%}$.
If still tied, the 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**.
If three (3) teams or more are tied, the team with the most wins will rank higher. If still tied, the team with the highest goal ratio will rank higher. Goal ratio will be determined using the following formula: $\text{Goals For} / (\text{Goals For} + \text{Goals Against}) \times 100 = \text{Goal Ratio \%}$.
If still tied, the 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**.

7.0 GAME LENGTH

7.1 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.

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

8.0 ZERO TOLERANCE

8.1 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 the Ben's Cup Discipline Committee with possible suspensions or expulsion from the tournament.



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9.0 PLAYER AWARDS

9.1 After each game, coaches are to choose a Most Valuable Player and Heart & Hustle from their own team. Awards will be given to players at the end of each game. Please have your players line up on the blue line.

10.0 JERSEYS

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

11.0 Point System

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

11.2 Ties 1 point to each team

12.0 Event & Participating Team Volunteers

12.1 Event 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.

12.2 Each participating team is **required** to provide a minimum of 1 box volunteer per game. These volunteers will be asked to run the score clock, complete the electronic game sheet (excluding U-7), or run the penalty doors. The task assignment can be coordinated amongst the volunteers and based on expertise in a particular area. A Ben's Cup representative will be present in the scorekeepers box at the beginning and ending of all games to ensure a smooth experience for all participants.

12.3 All arenas are equipped with audio equipment so please feel free to provide an additional volunteer to run music for games.

13.0 U-7 Division Games

All U-7 Games will be subject to the applicable rules noted above with the addition of the following:

13.1 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!



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13.2 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 Sunday: 1-minute warm up** to allow for some time at the conclusion of the game for medal presentations.

13.3 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.

13.4 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.

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

13.6 Game sheets are not required for U7 games.

PLEASE NOTE: U-7 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.