



## *Spring Fling Tournament*

### *Rules & Guidelines*

The Spring Fling Tournament presented by the Cape Cod Women's Hockey League is conducted annually as a fundraiser of college scholarships for local high school seniors from the communities of Cape Cod.

#### **Games ~**

- 1. All games will be played following the rules establish by USA Hockey for the Senior Women's Division.**
- 2. All games will consist of three 12 minute stop time periods.**
- 3. Penalty Times - 1:30 for a minor. 3:00 for a major**
- 4. If a team is behind by 5 goals at the beginning of the third period, running time will be used with the final two minutes stop time.**
- 5. Decisions by the on-ice officials are final.**

#### **Players ~**

- 1. All players must be a minimum of 18 years old.**
- 2. A current member of USA Hockey**
- 3. They can only play on one team.**
- 4. In the case of illness or injury a goalie may fill in for another team.**
- 5. All exceptions must have prior approval by the tournament committee.**

#### **Teams ~**

- 1. Final Team Rosters must be submitted to tournament director two weeks before the start of the tournament.**
- 2. Teams are expected to be ready 10 minutes before assigned start time.**
- 3. Any player assessed 4 penalties in one game will be ejected for the remainder of that game. They may play in the next scheduled game.**
- 4. Any player fighting will be ejected from the tournament.**

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**Tie Breakers ~**

- 1. Scoring for round robin play – 2 points for a win and 1 point for a tie**
- 2. Ties after completion of round robin play will be determined by the following guidelines by the following order ~**
  - **Head to head games – winning team will advance**
  - **Goals Against – teams with the lowest number of goals for all games will advance**
  - **Penalties – teams with the least amount of penalties in all games will advance**
  - **Goals For – number of goals scored in all games**

**Championship Game ~**

- 1. The top two teams of each division will play in the championship game.**
- 2. Each team will have one-30 second timeout. There are no timeouts in the round robin games.**
- 3. Overtime ~**
  - **One 5 minute stop time period, if still tied**
  - **Shootout – 5 players from each team will participate with visiting team shooting first.**
  - **Sudden death shootout – if the game is still tied, sudden death format will be utilized involving all players on the team. The five previous players cannot shoot until all members of the team have had a turn.**