



2026 Oshawa Community Hockey League

Heritage Tournament

Rules and Regulations



The primary purpose of the Heritage Tournament is to provide competitive hockey with other House League Rostered Select teams from other centers, with a strong emphasis on the promotion of good sportsmanship.

All games are played under Hockey Canada and Ontario Minor Hockey Association rules, with the following additions:

1. The Heritage Tournament will NOT be responsible for accidents or injury to players, team officials, or spectators before, during, or after games.

2. Tournament Conduct

The Tournament executive reserves the right to address all teams in their respective dressing rooms before games to emphasize the following:

- a) Tournament playing rules
- b) Tournament conduct and sportsmanship
- c) To answer questions regarding the tournament provided they are requested in a polite and courteous manner

3. Jerseys

Each team should bring two (2) sets of jerseys. Home team will wear the light color jersey, and the Visitor will wear the dark color jersey, whenever both teams have 2 sets of jerseys. If the Home team has only 1 set of jerseys and the Visiting team has 2 sets of jerseys the Visiting team will change. If both teams only have 1 set of jerseys the tournament will supply a set of jerseys to the appropriate team as stated above. The Home and Visiting Team are indicated on the schedule and the official game sheet.

4. Team Rosters

Approved rosters must be submitted to the tournament director a minimum of four (4) weeks prior to the start of the tournament

- a) All teams may register a maximum of TWENTY (20) players within the age limit of the division – no overage players are permitted to play
- b) All teams may dress a maximum of TWENTY (20) players including two (2) goaltenders who are eligible to play in the tournament
- c) Goaltenders may NOT be borrowed under any circumstance
- d) The Heritage Tournament Committee and the Board of Directors of the Oshawa Community Hockey League strongly recommends that each team have two (2) dressed goaltenders for each game

5. Travel Permits and/or Permission letters

Travel Permits and/or Permission letters duly signed by an authorized signing authority of the team's organization or governing body must be submitted to the tournament director a minimum of two (2) weeks prior to the start of the tournament.

6. Equipment

All players and goaltenders must wear C.S.A. approved helmets, chin straps, face masks, gloves, BNQ approved neck protectors, mouthguards, etc. (if required by the teams governing body).

7. U9 Division

U9 teams will consist of 3 games with semi-finals and finals. The games will be played on full ice.

8. Tournament Composition

1. The main body of the tournament rules applies to divisions of 3, 4, 5, 6, 7, 8, 9, 10, 11, and 12 teams.
2. There will be two (2) points awarded for a win, one (1) point for a tie and zero (0) points for a loss.
3. In the three (3) team division, each team will play each other twice in the preliminary round. After the round robin games, the team with the most points will be the first-place team in the division and receive a bye to play in the final. The second and third place teams will play a semi final game, and the winner of that game will play the first-place team in the final.
4. In the four (4) team to twelve (12) team divisions each team will play three games in the round robin. In the semi-finals, the team with the most points will play the team with the fourth most points and the team with the second most points will play the team with the third most points. The winners of the semi-final games will play in the final.

** In the case of uneven teams, an OCHL team will play a fourth game so that everybody plays three games. The points earned by the OCHL team in the 4th game will not count in the standings.*

8. Ties in the Standings

Ties in the round robin standings will be broken using the following rules in the stated order:

a) Two Team Tie

1. The winner of the game between the tied teams if applicable
2. The team with the most wins
3. Goal For Percentage - total goals for divided by the total goals for plus the total goals against.
4. Team with fewest goals against
5. Team with the fewest penalty minutes
6. Coin toss

b) Multi Team Tie

If three (3) or more teams are tied in the standings, the tie will be considered a multi-team tie. Head-to-head results will not be used, regardless of the number of teams advancing. All tied teams will be ranked using the multi-team tie-breaking criteria.

1. The team with the most wins
2. Goal For Percentage - total goals for divided by the total goals for plus the total goals against.
3. Team with fewest goals against
4. Team with the fewest penalty minutes
5. Coin toss

9. Game Times

- a) All players and coaches must be in the arena 30 minutes prior to the start of each game time and must be prepared to start their game a maximum of twenty (20) minutes prior to scheduled start of their game.
- b) The tournament committee reserves the right to alter game times if necessary.
- c) Any delay in starting of games may result in disqualification from the tournament.

10. Official Game Sheets

- a) Official game sheets must be completed and signed by the coaching staff prior to game

- b) Official game sheets will be completed in the tournament office and can not be removed to be completed
- c) If official game sheets are not completed prior to the game time may result in disqualification from the tournament

11. Dressing Rooms

- a) Dressing rooms shall be available 30 minutes prior to the start of each game
- b) Teams must vacate their dressing room a maximum of 30 minutes after the completion of each game
- c) Tournament officials will inspect each dressing room after each team vacates the room and any damage will be noted
- d) Team officials and their organization will be held responsible for the costs of repairing any damages
- e) Alternative dressing rooms are available

12. Length of Round Robin Games

- a) All games will consist of three (3) ten (10) minute stop time periods
- b) Round Robin games may be subject to curfew if required. Tournament staff will make every effort to ensure games are played in full whenever possible.
- c) NO overtime in the round robin games
- d) NO timeouts in round robin games
- e) In the third period of each game, if the score differential is five (5) or more goals the time clock will become running time until the differential drops to three (3) goals or less, then the time clock will revert to stop time.
- f) Length of penalties will remain the same in either stop time or running time
- g) Flooding of the ice shall only be done at the completion of each game
- h) Players and bench staff must be at the arena 30 mins prior to game time and prepared to play maximum 20 mins early if time permits

13. Semi-Final Games

- a) All games will consist of three (3) ten (10) minute stop time periods
- b) Semi-Final games will NOT be curfewed
- c) No time out in semi-final games
- d) In case of a tie, please refer to Section 15 Overtime Rules

14. Championship Games

- a) All games will consist of three (3) ten (10) minute stop time periods
- b) Final games will NOT be curfewed
- c) Each team is allowed one 30 second timeout during championship play. Player changes NOT allowed during time out.
- d) In case of a tie, please refer to Section 15 Overtime Rules

15. Overtime Rules

In case of a tie, there will be a five (5) minute RUNNING TIME sudden victory overtime utilizing the following rules:

- a) Overtime period will be played with 4 skaters and 1 goaltender for each team
- b) Players may be changed on the fly only during the overtime period
- c) If the game is still tied after overtime, then a shootout will be held:
 - i. Each team selects three shooters to take penalty shots against the opposing goalie
 - ii. Both teams shoot at the same time
 - iii. If still tied after three rounds, the shootout continues in one-round, sudden-death format
 - iv. All skaters on a team must participate in the shootout prior to a player being used twice
 - v. The goalie must stay in their crease until the player touches the puck and cannot throw their stick
 - vi. Players who have been ejected from the game are not eligible to participate in the shootout
 - vii. Players serving a penalty at the end of the overtime are not eligible to participate in the shootout

16. No Protests will be allowed in the tournament

17. All teams are responsible for the storage of their equipment

18. No Fighting

All players who are assessed a fighting major penalty will be suspended for the remainder of the tournament.

19. Suspensions

All Penalties in which an OMHA suspension applies will begin their suspension in the next scheduled tournament game. All suspensions can be served in the tournament and if the suspension is completed the player is eligible to return and play in any remaining games. If at the end of the Tournament, the suspension has not been completely served, the remaining suspension games would be served with their regular league games. * The only exception to this rule is fighting majors (see rule #18) and match penalties.

20. All decisions of the Heritage Hockey Tournament executive will be conveyed to the teams Head Coach in a polite and sportsmanship like manner and all decisions are final.

21. No music is to be played during games.

22. City of Oshawa By-Law 112-82

