2027 Northland Hockey Tournament Rules

REMINDER: As of 2025, neck guards are required for all events.

Game Format

- Four-minute warm-up (pucks will be provided).
- Three 15-minute stop-time periods.
- Running time if there is a six-goal difference any time in the game.
- Ice will be resurfaced after every game.
- There will be a two-minute break between periods.
- One 30-second timeout is allowed per team, per game.
- No overtime in pool play.

Point System

- 2 points for a win, 1 point for a tie, 0 points for a loss.
- A 7 goal max differential will be used in all games (teams can not win by more than 7 goals).
- Seeding tiebreakers after pool-play (*Note: Tiebreakers will never revert to a previous tie breaker).*
  1. Head-to-Head
  2. Most Wins
  3. Goal Differential
  4. Least Goals Allowed
  5. Most Goals Scored
  6. Least Penalty Minutes
  7. Coin Toss

Overtime

- Overtime for Sunday playoff games only.
- 30-second rest period, teams will not change ends.
- Five-minute running-time overtime period played 3on3.
- Penalties assessed in regulation will carry over to overtime.
- At no time will a team have fewer than three skaters during overtime.
- Penalties in OT: The non-offending team will add a player to make it 4 on 3. When the penalty expires play will continue 4 on 4 until the next stoppage in play and then 3on3 will resume.
- Players in the penalty box at the end of overtime will not be eligible for the shootout.
- If still tied: 3-player shootout (three different shooters) – visiting team shoots first.
- If tied after 3 rounds: A best of 1 with the coach selecting ANYONE to shoot for any extra round needed.

Game Specific Rules

- The team listed first will be the home team and wear light colored jerseys.
- Please bring home and away jerseys.
- A maximum of four coaches/managers are allowed on the bench per game.
- Coaches are directed to tournament officials if a game conflict exists. Under no circumstances are coaches allowed to talk with the referees after the game, to challenge a ruling or game outcome. Tournament officials have final decision-making authority for all game-related situations.
- Checking allowed in boys 2013 and older. Slap-shots are permitted AT EVERY LEVEL.
- ICING THE PUCK (USA Hockey Rules) 2013 and older bolts and 16U girls will use the MNHSL rule.
- Tag-up off-sides will be used for all levels.
- Noise making devices will not be allowed (air horns, cow bells, etc).

Penalties

- Minor Penalty = 2 Minutes.
- Major Penalty = 5 Minutes
- Misconduct = 10 Minutes.
- Game Misconduct = Ejection from game plus a suspension from the next game.
- Racial Slurs, derogatory comments, or any other form of bullying WILL NOT BE TOLERATED!
- Any Fighting penalty will result in game suspensions or possible tournament disqualification.
- Any player receiving four penalties in one game will be asked to leave the remainder of the game.
- Any team receiving 12 or more penalties - the head coach will be removed from the game.

Player Eligibility Rules

- A maximum of 20 players may be rostered. Players may not be rostered on more than one team. If a player plays on more than one team, it may result in tournament disqualification.
- Goalie exception: An alternate goalie may be used with tournament approval if a team is without a goalie due to injury.
- If a team is caught playing someone that is not on their roster, the team may have to forfeit any game said player has participated in.
- It is permissible that a player may play down one birth year with written consent from Northland Hockey.

Coach, Player and Spectator Expectations

- Players, coaches, parents and spectators must show respect to officials, opponents, teammates and staff. Unsportsmanlike behavior, such as taunting, fighting, disrespect of officials, bullying or virtual harassment will not be tolerated and may be subject to removal from the game.
- Respect for Facilities: Treat all tournament facilities/arenas/rinks with care and respect, following all rules and respecting staff and volunteers to avoid removal from the game.