



APMHA House League Tournaments

Presented by the Almonte Pakenham
Minor Hockey Association

Each team will play a minimum of 3 full-ice games. Teams must register before their first game at the registration table, complete & sign game sheets prior to every game.

Roster and travel permits must be submitted electronically to the Tournament Coordinator or in person at registration. **Teams should be ready to play 15 minutes before the scheduled game time.**

Full-Ice Playing Rules

1. Games will begin with a two-minute warm-up.
2. Games will be three 10-minute periods on a full-ice surface, 5 vs 5 plus a goalie.
3. Offsides and icings will be called by the official.
4. Each game will be followed up by a shootout competition (see Shootout Rules and Regulations for details). Coaches must identify the 5 shooters on the game sheet prior to the start of the game.
5. 1 Player of the game award will be given out at the end of each game and are to be picked by the opposing teams coach.
6. Centre ice face-offs will be conducted at the start of each period, and following the scoring of a goal.
7. Goalies will change sides after each period.
8. Player substitutions can occur any time during play or after a whistle.
9. Maximum 5 coaching staff including an HTCP certified trainer must remain on the bench during games.

Equipment

1. Each player must be fully equipped in compliance with HEO rules. Players must NOT remove any equipment while on the ice surface.
2. Jerseys: the Home team shall wear white, Visitors shall wear a dark colour. When it is determined that there is insufficient colour contrast between the colours of the jerseys, the Home team will be asked to change jerseys (where possible).

Penalties

1. Penalties shall be called in accordance with the Hockey Canada Officiating Program (HCOP) standard of play, within a learning environment where new officials are learning how to apply the rules.
2. All minor penalties are 1-minute in length and the player will be required to sit in their penalty box. Teams will play short-handed when a penalty has been called.
3. For major penalties assessed to players and bench staff, the HEO Minor Code of Discipline will apply.

Scoring

1. Game scores will not be recorded. Game sheets will be used to capture all penalties to players or bench staff in-game.
2. When the puck enters the goal, the official will blow the whistle and a face-off will take place at centre ice.

General Conduct

1. The officials' decision is final in all matters concerning the application of the rules of the game as is the decision of the APMHA Tournament Director regarding all aspects of the conduct of the tournament.