



## GUIDE AND REGULATIONS



# REGIONAL CHAMPIONSHIPS HOCKEY LAC ST-LOUIS SEASON 2024-2025

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## Form - "List of official team players" (T112)

Each team participating in the regional championships must have in its possession, from the first game, the "Official Team Roster (Old T-112)" form, duly approved by the regional office and sent to the team by its organization's registrar.

### **Documents to be presented**

At the time of the team's first game, the team must submit the "Official Team Roster" form (T-112), **which must have been issued on or after March 1<sup>st</sup> 2025**. As team members' signatures are no longer required, the site supervisor may, if he deems it necessary, ask players and coaches to identify themselves with proof of identification.

### **Welcoming teams**

The site supervisor must ensure that the "Official Team Roster" form has been approved by the regional office and its issue date is on or after March 1<sup>er</sup> 2025. He must ensure that members who appear on the form with the status **"Ineligible" do not take part** in the competition. The regional office is solely responsible for verifying competence.

### **Suspensions**

Teams are not required to submit game sheets for their pre-championship games. A list of suspensions will be updated daily and sent to the various competition sites for consultation.

**Important** - Be sure to pass this information on to your teams.

## Handshake

For teams in the M11 and M13 divisions, the handshake takes place after the game.

For teams in the M15, M18, Junior and Senior divisions, the handshake takes place before the start of the game.

Reference to Hockey Québec administrative regulations.

### Article 7.2.8 Handshake

A. At the beginning or end of each game, players from each team will shake hands to demonstrate sportsmanship and a constructive attitude towards competition.

B. As stipulated in the game rules (start of game and periods), all players must remain on their respective benches or in the penalty box at the end of the game, until the referee signals otherwise. At the referee's signal :

- i) The players move to the center of the rink to shake hands;
- ii) Players will proceed to their dressing room in the event that it has been decided not to proceed with the handshake exchange.

C. In special circumstances, the match referee may forbid the players from shaking hands if he judges that they are not in the right frame of mind to do so.

- D. A Game Misconduct penalty in addition to any other penalty he may incur shall be assessed any player:
- i) Who is clearly identified as the instigator of a crowd at the time of the handshake. The player will receive a Game Misconduct penalty in addition to any other penalty he may have incurred.  
**Note:** The Game Misconduct penalty may be awarded to the player deemed to have instigated the gathering, notwithstanding the fact that the referee does not award any penalty as a result of the gathering.
  - ii) A player who does not retaliate after being hit shall not be assessed any penalty under this section but may be penalized for any other infraction of the rules of the game.

## Regional championship rules

THESE RULES APPLY TO THE LAC ST-LOUIS REGIONAL CHAMPIONSHIPS. THEY SUPPLEMENT OR CLARIFY THE RULES OF THE REGIONAL LEAGUES, HOCKEY QUÉBEC AND HOCKEY CANADA. ALL MEMBERS ARE SUBJECT TO THEM.

IN THE EVENT OF A DISCREPANCY BETWEEN THE FRENCH AND ENGLISH REGULATIONS, THE FRENCH VERSION WILL PREVAIL OVER THE ENGLISH VERSION.

### 1. SUSPENDED / INELIGIBLE MEMBER

In addition to any other sanction provided for in the rules, a team using the services of a suspended or ineligible member automatically loses the game by default.

### 2. RESULTS UPDATE

If necessary, in order to facilitate and accelerate the sending of scoresheets to the regional office, host organizations should send them by e-mail: [info@hockeylsl.ca](mailto:info@hockeylsl.ca). The score sheet must be sent immediately after each game if the paper format is used. This directive does not apply to the use of digital scoresheets.

### 3. GAME DURATION

All games will be timed and there will be a three-minute warm-up period before each game.

⚙ M11-A, M11-B, M11-C, M13-A, M13-B, M13-C, M15-A, M15-B, **M15-C**, M18-A, M18-B

🌸 *M11-A girl's, M11-B girl's*

1st period of ten (10) timed minutes.

2nd period of ten (10) timed minutes.

3rd period of ten (10) timed minutes.

⚙ M11-AA, M11-BB, M13-AA, M13-BB, M15-AA, **M15-BB**, M18-AA, M18-BB, Junior A, Junior B, Senior A, Junior AA

🌸 *M13-A girl's, M13-B girl's, M15-A girl's, M15-B girl's, M18-A girl's, **M18-B girl's**, Junior A girl's*

1st period of fifteen (15) timed minutes.

2nd period of fifteen (15) timed minutes.

3rd period of fifteen (15) timed minutes.

### 4. STOP TIME

A thirty (30)-second time-out per team per game will be allowed for regional championships.

## 5. DIFFERENCE OF SEVEN (7) GOALS

After two (2) periods of play, as soon as there is a difference of seven (7) goals, the referee will end the game.

## 6. ICE RESURFACING

The ice surface will be resurfaced after each game. Teams must be ready as soon as the previous game has finished. **The host organization may decide to start a game a maximum of 15 minutes before the scheduled start time. No team may refuse this change to the schedule.**

## 7. GAME CHANGE

No game changes will be accepted during the Regional Championships. In the event of a winter storm and/or force majeure, only the Regional Office may issue any instructions.

Junior AA - In the event of a conflict with the Metropolitan League calendar, a game change may exceptionally be considered by the regional office.

L.Q.H.F. - Due to L.Q.H.F. schedules, if there is a party conflict with the latter, only the Regional Office will be able to indicate any directive.

## 8. HOME AND VISITOR

The home team must wear dark jerseys and must use the home team's bench and the room designated by the organizing committee. In the event of disagreement, the final decision will rest with the host organization's organizing committee.

**Preliminary round: You must refer to the schedule published online. Positions are determined by regular-season standings. (Each team will have one (1) home game and one (1) away game.)**

**Elimination round (Sixteenth-final / Eighth-final / Quarter-final \*if applicable in the chart): The team's position is based on team standings according to preliminary round results.**

**Semi-Final - All categories: Team positions are based on team standings following the results of the preliminary round.**

**Final - Categories with 5 or more teams: In the presence of a representative of the two (2) teams concerned, a member of the host organization's organizing committee will proceed with a draw sixty (60) minutes before the start of the game. The winner of the draw will have the choice of being the host or the visitor.**

**Final - Categories with 4 teams or less: Team's positions are based on team standings according to preliminary round results.**

## 9. AFFILIATION

No affiliated player may take part in a game if the team fields all the players listed on the team registration, except for a team with only nine (9) players plus one (1) or two (2) goaltenders on its registration sheet.

**Note 1:** - During regional championships, no team may use affiliated players from the Structure Intégrée Féminin AAA.

## 10. OVERTIME

**Preliminary round:** if the game is tied after the three (3) regulation periods, the official ends the game; no overtime or shootout will be granted.

**Elimination round:** in the event of a tie after the three (3) regulation periods of play, there will be an overtime period as follows: A single five (5)-minute overtime period at stopped time, with a line-up of three (3) players per team plus a goaltender, with the exception of penalized players who must serve their penalty and the application of Franc Jeu formula rules. The first goal scored ends the game.

After this five (5)-minute overtime period, if the game is still tied, a shoot-out will take place as stipulated in article 9.6.2.

**Semi-Final and Final:** In the event of a tie after the three (3) regulation periods of play, there will be an overtime period as follows: A single ten (10)-minute overtime period at stopped time with a line-up of three (3) players per team plus a goaltender, with the exception of penalized players who must serve their penalty and the application of Franc Jeu formula rules. The first goal scored ends the game.

After this ten (10)-minute overtime period, if the game is still tied, a shoot-out will take place, as stipulated in article 9.6.2.

Please refer to Appendix 2 - OVERTIME

## 11. PLAYER OR BENCH OFFICIAL ARRIVING AFTER THE START OF THE GAME

A player or team official may join the game before the end of the 2nd period as long as the team in question notifies the referee at the start of the game and the member's name is not crossed out on the score sheet.

**Note** - Any player or team official arriving after the 2nd period is not allowed to take part in the game, including overtime and shoot-outs if necessary.

## 12. DELAY OR LATE ARRIVAL AT A GAME WITHOUT FORCE MAJEURE

**A team that does not show up at the scheduled time or does not have the minimum number of players required to start the game, without a force majeure situation, will be granted a 15-minute grace period, including the warm-up period, so that it has the minimum number of players at the rink to begin the game. In addition, the team will be assessed a Minor penalty (2 minutes) for delaying the game. After the grace period, the team forfeits the game (1-0) and loses its "Franc Jeu" point.**

## Appendix 1 - Fair play

### REFERENCES TO HOCKEY QUÉBEC ADMINISTRATIVE REGULATIONS

#### **Article 7.7.6 Application Franc Jeu in overtime periods**

A. Application overtime period - five (5) minutes

If there is an overtime period due to the application of this rule, **the offending team will have to start this period with three (3) against four (4) players** for a duration of five (5) minutes. No player from the offending team will have to go to the penalty bench to serve this five (5)-minute major penalty.

B. Application overtime period - ten (10) minutes (Semi-final and Final)

If there is an overtime period due to the application of this rule, **the offending team must start the overtime period with three (3) against four (4) players** for a duration of five (5) minutes.

The coach of the offending team, through the captain on the ice, will designate a player to **serve** this five (5) minute major penalty. The coach may designate a player who was not on the ice at the time of the infraction (read, end of period). If the two (2) teams have not kept their Franc Jeu point, the teams will play **three (3) against three (3)**, with one goalkeeper per team.

Note: Franc Jeu does not apply in overtime.



## Appendix 2 - Overtime

Reference to Hockey Québec administrative regulations.

### Article 9.6 Overtime regulations

#### 9.6.1 Overtime periods

A. **For all games played in** tournaments sanctioned by Hockey Québec, after the application of the Franc Jeu rules when games are to be finished, in the event of a tie after the three (3) regulation periods of play, there will be an overtime period in accordance with the following procedure:

B. A single five (5) minute overtime period at stopped time, with a line-up of **three (3)** players per team plus a goalkeeper, with the exception of penalized players who must serve their penalty and the application of Franc Jeu formula rules. The first goal scored ends the match.

**In the event of a penalty or loss of the Franc Jeu point, add one (1) player.**

C. After this five (5) minute overtime period, if the game is still tied, a shoot-out will take place as stipulated in article **9.6.2**.

D. In the semi-final and final games of each tournament sanctioned by Hockey Québec, after the application of the Franc Jeu rules, in the event of a tie after the three (3) periods of regulation play, there will be an overtime period in accordance with the following procedure:

- i) A single ten (10)-minute overtime period with a line-up of **three (3)** players per team plus a goalkeeper, with the exception of penalized players who must serve their penalty and the application of Franc Jeu rules. The first goal scored ends the match.
- ii) After this ten (10)-minute overtime period, if the game is still tied, a shoot-out will take place, as stipulated in article **9.6.2**.

## Appendix 3 - Shootout

REFERENCE TO HOCKEY QUÉBEC BY-LAWS

### 9.6.2 Shootout

A. After each tournament game, if there is a tie between the two (2) teams, the coach will send a player to attempt to outwit the opposing goalkeeper; he does not have to inform the officials of the order of his three (3) players.

If there is still a tie after this first (1st) round, the coach will designate the players who will take part in the shoot-out, one at a time.

All players, with the exception of the goalkeeper, must take part in the shoot-out before a player returns a second (2<sup>nd</sup>) time

B. A player who was in the penalty box at the end of the overtime period is eligible to participate in the shootout.

C. The shootout will take place as follows:

i) The home team has the choice of whether or not to start the shoot-out.

ii) Once the choice has been made, the designated team sends out its first player, who attempts to beat the opposing goalkeeper.

Then the first player on the other team does the same, and so on until all three (3) players on each team have completed a full round.

iii) The coach's choice does not represent the order in which players must come to center ice to take their shot.

iv) The rules for penalty shots apply.

v) Shots are taken in turn and no simultaneous shots may be taken on either of the two (2) goalkeepers.

vi) The team having scored the most goals in the entire round is declared the winner.

C. When a second (2<sup>nd</sup>) or third (3<sup>rd</sup>) round becomes necessary to break the tie, the order in which the players play is left to the coach's discretion and may not respect the order of the first round. Thus, in each round, all players who finish the match must take part in the shoot-out before a player returns another time. The match ends when the tie is broken, after a player from each team has taken a shot on goal.

## Appendix 4 - Tie-breaking

REFERENCE TO HOCKEY QUÉBEC BY-LAWS

### 9.7 Tie-breaking

It's important to know that for each tie-breaking round, the aim is to identify the best team or teams. The aim of each criterion is to eliminate one or more teams until the goal of identifying the best team or teams is reached.

When there is a tie in the standings between two (2) or more teams, all these teams are subject to the following points:

For each criterion, only tied teams are retained until a criterion finally determines the 1<sup>re</sup> team.

When the 1<sup>re</sup> team has been identified or eliminated, a second tie-breaking round must be repeated with the teams tied from the 1<sup>re</sup> criteria to determine the 2<sup>e</sup> team if necessary and so on.

- A. Most points.
- B. Most wins.
- C. Fewest goals against.
- D. Most goals for.
- E. The team with the fastest goal in all games played.

**NOTE 1:** In the case of a team not showing up for a match, all matches played against it by other teams are not to be considered.

- F. The team with the most Franc Jeu points.
- G. By random draw.