

2026 ADRENALIN CITY CHAMPIONSHIPS

Game Format and Special Rules for Community and Female Leagues

These rules apply to all Community and Female divisions in U11, U13, U15, U18, and U21.

U13AA, U15AA, U16AA, U18AA, and U21B operate different playoff formats and will have a different set of rules.

Adrenalin City Championship games will be played according to regular game play guidelines and rules of play.

REGULAR SEASON TIEBREAKING PROCEDURES

- 1 In cases where two or more teams are tied in points, the tie will be broken as follows and, in the order, indicated:
 - a) If the tied teams have played each other an equal number of times, league positions are assigned based on results of games between the tied teams. The team with the highest number of points in the games between the tied teams takes the top available position and so on until all available positions have been filled. If the tied teams have not played each other an equal number of times or if teams are still tied, then:
 - b) Tied teams are assigned league positions based on number of wins, with the largest number of wins taking top available rankings, and so on.
 - c) For teams that are still tied, league positions will be assigned based on the ratio of goals for divided by goals against in all league games played, with largest ratio taking top available position and so on.
 - d) If teams remain tied, Hockey Calgary will resolve the final positions. This will be done by scheduling games, where possible, or by resorting to coin toss, at the discretion of Hockey Calgary, after taking into account the number of tied teams and the timing of playoff games.

GENERAL RULES

- 1 The HOME team will be the top team in each bracket and will provide the game sheet.
- 2 Each team must supply two off-ice officials for all games. The Home Team will be responsible for the Timekeeper and Home Penalty box; the Visiting team will be responsible for the Scorekeeper and Visitor



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Penalty box. A maximum of five (5) off-ice officials are permitted in the penalty box and/or scorekeeper area per game. Off-ice officials should be in position at least five minutes before the scheduled start of the game. **As game officials, they are expected to remain neutral and conduct themselves in a respectful manner.**

- 3 Warm Up: Each game will have a 3-minute warm up. The clock will start at the scheduled start time, regardless of whether the teams are on the ice. If the teams are not on the ice, the timekeeper should sound the horn to alert them.
- 4 **GAMES WILL NOT BEGIN BEFORE THE SCHEDULED TIME** with the following game format being observed:

GAME FORMAT	
GAME LENGTH	PERIOD LENGTH
1 hour permit	13, 13 & 13 minute stop time periods
1 ¼ hour permit	15, 15 & 15 minute stop time periods
1 ½ hour permit	15, 20 & 20 minute stop time periods
1 ¾ hour permit	20, 20 & 15 minute stop time periods (flood after 1 st at discretion of Arena Staff)
2-hour permit	20, 20 & 20 minute stop time periods (flood after 1st at discretion of Arena Staff)
2 ¼ hour permit	20, 20 & 20 minute stop time periods (flood/scrape after each period)

- 5 In addition to the period lengths, Timekeeper shall set:
 - 30 second break between each period.
 - 30 second break after regulation prior to shoot out or overtime.
- 6 **Teams may not take the ice more than 5 minutes prior to the scheduled time.**
- 7 Time outs are NOT permitted.
- 8 **GAMES WILL END AT THE SCHEDULED TIME REGARDLESS OF WHEN THE GAME STARTS.** If delays occur for any reason, including a previous game going late, and the game cannot be completed within the scheduled time, the following procedure must be followed:
 - At the first stoppage of play when time reaches five (5) minutes left on the permit, the timekeeper will notify the referee. At this stoppage in play the clock will be reset to two (2) minutes and the remainder of the game completed with stop time.

***Due to scheduling constraints, some teams may not get their full game time – this is unfortunate; however, both teams will have an equal opportunity to affect the outcome of the game.**

GAMES TIED AT THE END OF REGULATION NON-CHAMPIONSHIP GAMES

This includes all games EXCEPT

- Championship Final Games
- North Championship Final Games for U11 and U13
- South Championship Final Games for U11 and U13

During City Championships if after regulation time the game remains tied, the teams will proceed to a shootout. The rules governing the actual shot will be the same as [Hockey Canada's Official Rules 2024-2026](#) Rule 4.11 Penalty Shot.

The shootout procedure shall be as follows:

- 1 The ice will not be re-surfaced prior to the shootout.
- 2 The Teams will not change ends for the shootout.
 - a) The Home Team has the option to shoot either first or second.
 - b) The teams shall alternate shots.
- 3 Three (3) players from each team shall participate in the shootout and they shall proceed in such order as the Coach selects. All players are eligible to participate in the shootout unless they are serving a 10-minute misconduct or have been assessed a game misconduct, gross misconduct, game ejection, or match penalty.
- 4 Once the shootout begins, the goalkeeper cannot be replaced unless they are injured. No warm-up shall be permitted for a substitute goalkeeper.
- 5 Each team will be given three shots unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden victory" format.
 - a) Sudden victory is achieved by each team sending one additional shooter, should one team score and the other not a winner will be declared. If both shooter's score or both shooter's miss then each team will send another shooter to participate until one team has scored and one has not.
 - b) No player may shoot twice until everyone who is eligible has shot once.
 - c) It is the scorekeeper's responsibility to place a check beside each shooter as they shoot during the shootout.
- 6 If a team declines to participate in the shootout procedure the game will be declared as a shootout loss for that team.
 - a) If a team declines to take a shot it will be declared as "no goal".

GAMES TIED AT THE END OF REGULATION CHAMPIONSHIP GAMES



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- Championship Final Games
- North Championship Final Games for U11 and U13
- South Championship Final Games for U11 and U13

Sudden Death Overtime

- 1 If the score is tied at the end of Regulation, a three-minute, 3-on-3, sudden victory overtime period shall be played. (Three (3) skaters and one (1) goaltender or four (4) skaters and no goaltender).
- 2 Teams will not change ends for the overtime period.
- 3 Overtime period will be played with stop time. Teams may change on the fly at any time.
- 4 Goaltenders may be removed at any time during overtime and replaced with another skater.
- 5 At no time will a team have less than three (3) players on the ice.
- 6 Goaltenders may be removed at any time during overtime and replaced with another skater.
- 7 If the three (3) minute period has expired and the game remains tied, a shoot-out will determine the winner following the same format as per above.

Penalties During Overtime

- 1 Penalties incurred in regulation time and not completely served will carry forward into overtime and will be completed in overtime unless the game is ended.
 - a) Should regulation time end and a team is on a 5-on-4-man advantage, that team shall start overtime 4-on-3. Once player strength reaches 4-on-4, at the next stoppage of play, player strength is adjusted to 3-on-3.
 - b) Should regulation time end and a team is on a 5-on-3-man advantage, that team shall start overtime 5-on-3. Once player strength reaches 5-on-4 or 5-on-5, at the next stoppage of play, player strength is adjusted to 4-on-3 or 3-on-3 as appropriate.
 - c) Should regulation time end and a team is on a 4-on-3 advantage, that team shall start overtime 4-on-3. Once player strength reached 4-on-4, 5-on-4, or 5-on-5, at the next stoppage player strength is adjusted to 3-on-3 or 4-on-3 as appropriate.
 - d) Should regulation time end and teams are 3-on-3, overtime will start 3-on-3. Once player strength reached 4-on-4, 5-on-4, or 5-on-5, at the next stoppage player strength is adjusted to 3-on-3 or 4-on-3 as appropriate.
 - e) Should regulation time end and teams are 4-on-4, overtime will start 3-on-3. Once player strength reached 4-on-4, at the next stoppage player strength is adjusted to 3-on-3.
- 2 A “time” penalty call in any of the overtime periods will result in a penalty shot(s) being awarded to the non-offending team for each time penalty called. A “time” penalty is defined as a two (2) minute minor, a four (4) minute double minor, five (5) minute major penalty and/or a five (5) minute match penalty where a player(s) would make his/her team short-handed. If a 10-minute misconduct, game misconduct or gross misconduct penalty is called without an associated “time” penalty, the player will either sit in the penalty box (in the case



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of a 10-minute misconduct) or leave the ice and retire to the dressing room (in the case a Match penalty, Game Misconduct or Gross Misconduct).

- 3 If both teams receive a time penalty or penalties on the same stoppage of play, then each team will take a penalty shot(s) with the home team shooting first. In the case of multiple penalties being assessed to both teams, a penalty shot will be awarded to the non-offending team for each time penalty called against the offending team. The teams will shoot one shot each until all time penalties have been accounted for. If the teams are still tied after all penalty shots have been taken, overtime will continue.
- 4 Players who have been assessed a "time" penalty in overtime will not serve the time duration of their penalty. If, however, the penalty they incur carries a game misconduct or game ejection they must leave the ice surface and retire to the dressing room for the remainder of the game.
- 5 The player who has been fouled will take the penalty shot unless he/she has been injured. If the fouled player is injured or if the referee cannot determine a specific fouled player, any eligible player on the non-offending team may take the penalty shot.
- 6 Any player who is ejected from a final game or is serving 10-minute misconduct penalty is not eligible to participate in the overtime period or shoot-out.

Shoot Out Procedure

During City Championships, if after the overtime period the game remains tied, the teams will proceed to a shootout. The rules governing the actual shot will be the same as [Hockey Canada's Official Rules 2024-2026](#) Rule 4.11 Penalty Shot.

The shootout procedure shall be as follows:

- 1 The ice will not be re-surfaced prior to the shootout.
- 2 The Teams will not change ends for the shootout.
- 3 The Home Team has the option to shoot either first or second.
- 4 The teams shall alternate shots.
- 5 Three (3) players from each team shall participate in the shootout and they shall proceed in such order as the Coach selects. All players are eligible to participate in the shootout unless they are serving a 10-minute misconduct or have been assessed a game misconduct, gross misconduct or match penalty.
- 6 Once the shootout begins, the goalkeeper cannot be replaced unless they are injured. No warmup shall be permitted for a substitute goalkeeper.
- 7 Each team will be given three shots unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden victory" format.
 - a) Sudden victory is achieved by each team sending one additional shooter, should one team score and the other not a winner will be declared. If both shooter's score or both shooter's miss then each team will send another shooter to participate until one team has scored and one has not.
 - b) No player may shoot twice until everyone who is eligible has shot.
- 8 Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime.



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- 9 If a team declines to participate in the shootout procedure the game will be declared as a shootout loss for that team.
 - a) If a team declines to take a shot it will be declared as "no goal".

“OVERTIME GAME” (IF NECESSARY)

This will only occur in very rare circumstances when a game is tied and cannot be completed by the end of the maximum permit time (regulation time plus the overtime as permitted by Hockey Calgary) as well as an extra time allowed by the arena staff.

- 1 In these rare circumstances, subsequent “overtime” game will be scheduled by Hockey Calgary.
- 2 In the “overtime game” the teams will begin the overtime format from the beginning (3-on-3, sudden victory overtime period with three (3) skaters and one (1) goaltender, or four (4) skaters and no goaltender).
- 3 This is considered a continuation of the original game and only those players in the original line up will be eligible.
- 4 Any player who was ejected from the original game is not eligible to participate in the overtime period or shoot-out.
- 5 Any player who was still serving a 10-minute misconduct at the conclusion of the original game overtime is not eligible to participate until they have completely served their 10-minute misconduct.
 - a) Ex. Player still has 6 minutes remaining on their 10-minute misconduct at the start of the “Overtime Game”. Player will not be eligible to play in the “Overtime Game”.
 - b) Ex. Player still has 2 minutes remaining on their 10-minute misconduct at the start of the “Overtime Game”. Player must finish serving the final 2 minutes of the 10-minute misconduct before being eligible to participate in the “Overtime Game”.

