



TWISTED WRISTER 2025

Rules and Regulations

14th Annual Tournament ~ August 28, 2025 – September 1, 2025

- 1 - A check of credentials and qualifications will take place before each team competes. These documents need to be submitted two (2) weeks prior to the start of the tournament.
Required documents shall include:
 - USA Hockey Certified Team Registration / Roster Form (1-T). Each team will need to have jersey numbers entered and goalies identified on their USAH 1-T Rosters.
 - Travel Permits (Foreign teams must be registered by their federation).
- 2 - Only USA Hockey or CAHA registered teams will be allowed to enter. Rosters must include players, coaches, and at least one (1) manager. GameSheet will be used to score the games, however, teams should have roster labels prepared in case they are needed for scoring on a paper scoresheet.
- 3 - An entry fee of \$2,500.00 published on the Ice Ranch web site shall be collected from each team before play begins. A team will receive a refund of 80% of the fee, if they must cancel out of the tournament and notify the director in writing 45 days before the tournament begins. No refunds will be given for team canceling without 45 days written notice. There is no admission fee for spectators.
- 4 - This will be a USA Hockey Sanctioned Recreational Tournament (U18 Midget / U16 Midget / High School Prep Teams / High School Girls Teams) open to teams properly registered with USA Hockey with competition at the U18 and under level. All USA Hockey rules and CAHA rules will govern. All officials will be USA Hockey registered. High School icing and offside rules will apply. The team listed as “home team” will supply a scorekeeper and a clock operator for each game. Each team is responsible for having a penalty box attendant.
- 5 - There will be a minimum of four teams competing in a round robin format. Points will be awarded according to the following point system: 2 points for a win, 1 point for a tie, and 0 points for a loss. The top 4 teams in each division after the round robin will be seeded into a single elimination playoff for the championship. Each team is guaranteed a minimum of four (4) games.
 - In the case of 4 teams, teams will play each team once in pool play and then teams will be seeded 1-4. All teams will participate in a semi-final game. The two semi-final game winners will meet in the championship.
 - In the case of 6 teams, teams will be divided into two equal pools. The teams will play each team in the other pool once. The top two teams in each pool will earn a bye into the semi-finals. The remaining four teams will play in the quarterfinals. The two semi-final winners will meet in the championship. Each team is guaranteed 4 games.
 - In the case of 8 teams, teams will be divided into two equal pools. The teams will play each team in their own pool once. Following three pool play games, quarterfinal games will be based on point seeding and cross divisions. Quarterfinal winners will play in the semi-finals. The two semi-final winners will meet in the championship.
 - In the case of 10 teams, teams will be divided into two equal pools. The teams will play four (4) games against a team from the other pool. Following four pool play games, semi-final games will be based on point seeding and same division (1st & 2nd in each pool). The two semi-final winners will meet in the championship.
 - In the case of 12 teams, teams will be divided into two equal pools. The teams will play four (4) games against a team from their pool. Following four pool play games, semi-final games will be based on point seeding (1st & 2nd in each pool). # 1 Seed will play the # 2 Seed from the other pool. The two semi-final winners will meet in the championship.
- 6 - Home teams shall wear light sweaters and away teams shall wear dark sweaters. The tournament director reserves the right to change color designations, if necessary. Each team shall furnish their own warm up pucks, however, if necessary, the tournament will have pucks to use in an emergency.

7 - All games will have 3 periods with period duration as follows:

Varsity Tier 1 and Varsity Tier 2 – Three (3) 17-minute stop periods with an ice make at the first whistle after the 8:30 mark of the second period.

Varsity High School Girls – Three (3) 15-minute stop periods with an ice make at the first whistle after the 7:30 mark of the second period.

8 - No game will be played under curfew rules - however if at any time during the third period the score differential is 4 or more, the game clock will go to running time. Stop time will only resume when the deficit is reduced to less than four goals. When in running time, a penalty will start when play resumes.

9 - Tournament officials reserve the right to end any game or move any game to running time if the officials and / or referee deem the game has become unsafe, or to recover time in the tournament schedule.

10 – One (1) time out per team will be allowed in all tournament games.

11 - A tie game after regulation play in the round robin portion of the tournament will remain a tie. Only games designated as quarterfinal, semi-final or championship will have overtime. A tie game after regulation play in the quarterfinal, semi-final and championship rounds will have a one-minute rest period followed by a 4 on 4 sudden death overtime period of 5 minutes. If still tied after the 4 on 4 overtime period, and after a one-minute rest period:

1. In quarterfinal and semi-final games: A 3-man shootout will ensue. Each team will designate 3 shooters and the teams will alternate penalty shots on the opposing goalie, home team first. Best of 3 shots wins. If the score remains tied following the first 3 shooters, each team will designate an additional shooter, different from the first 3. Each team will alternate shooters until a winner is determined (all members of each team must be used in the shootout before repeating).
2. In championship games: the 4 on 4 with goalies, sudden-death format will continue for an additional five minutes. The goalies must switch ends. If the game remains tied at the end of the second 4 on 4 overtime, a 3-man shootout will ensue. Each team will designate 3 shooters and the teams will alternate penalty shots on the opposing goalie, home team first. Best of 3 shots wins. If the score remains tied following the first 3 shooters, each team will designate an additional shooter, different from the first 3. Each team will alternate shooters until a winner is determined (all members of each team must be used in the shootout before repeating).

12 - In the event there is a tie in game points when determining seed positions for the quarterfinal or semi-final round the tiebreakers will be applied as follows:

1. If two teams are tied, head-to-head results between the two teams.

If still tied or more than two teams tied:

2. Subtracting goals-against from goals-scored, all games considered, the team with best +/- rating being ranked highest. Maximum goal differential for any game is capped at +6.

If still tied:

3. Team allowing the fewest goals against.

If still tied:

4. The team with the fewest penalty minutes.

If still tied:

5. Coin toss.

13 - Teams are required to check in one hour before their scheduled game time for locker room assignments and all teams will be flexible and cooperative in the event that start times or rink assignments need to be changed. The first game of the day will start on schedule.

14 - Penalty Box will be covered by volunteers from the participating teams. NO coaching from the penalty box. The team listed as “home team” will supply a scorekeeper and a clock operator for each game.

15 - Teams must be ready to take the ice within 2 minutes after the Zamboni doors have closed unless

directed otherwise by tournament officials. A 5-minute warm up period will start when the Zamboni doors close and the referee permits.

16. The USAH Sanctioned Tournament SafeSport Program protocol will be adhered to.

17 - Locker rooms will be assigned, and keys may be checked out at the tournament table or at venue's front desk before each game. All teams are to follow the USAH locker room policy: Teams must have at least one coach or team rostered official that is SafeSport Trained and Screened present directly monitoring the locker room during all team events. A coach must monitor and supervise the environment and conduct, in the locker room, at all times, while players are present and appropriately secure the locker room when players are on the ice. Meetings between a player and a coach in the locker room must be monitored by an additional adult. Teams are required to leave their locker room clean and damage free. Tournament officials will inspect for damage and cleanliness after game. Teams will be held responsible for following the USAH locker room policy and any damage to the locker rooms will be repaired at the expense of the team/player responsible for the damage. Teams will be refused a locker room for the remainder of the tournament if there are issues. Locking the locker room during the game is the responsibility of the team. RJHS and The Ice Ranch are not responsible for lost or stolen items.

18 - The tournament committee, through its director will handle protests and disputes. The director reserves the right to make final decisions regarding the interpretation of the tournament rules. The director will act in the best interest of the players, coaches, and the game in general. The director's decisions are final and not subject to appeal. Issues relating to officiating are not subject to the jurisdiction of the tournament director. Coaches may make a formal written appeal regarding officiating to the tournament committee no sooner than 12 hours after the game in question has ended. At that time, a meeting of the tournament committee and the director of officiating will convene to consider the appeal. The decision of the tournament committee and the director of officiating will be final. The fee for a written appeal is \$150.00 and is payable when filing the appeal with the tournament director.

19 - Championship and Runner-Up team banners will be presented to the first and second place teams of each age division at the conclusion of the championship game.

20 - Any player receiving a major penalty for fisticuffs (fighting) shall automatically be assessed a game misconduct penalty and a three-game suspension from the tournament. The player must leave the ice surface and team bench area immediately. Furthermore, all teams registered under CAHA must comply with all additional suspensions. Any team that accumulates twelve (12) penalties in a single game will see their coach suspended from the next game. Any player that accumulates four (4) penalties in a single game will be suspended from their next game.

21 - Any player, coach, team, team official, parent, or spectator who demonstrates rude, vulgar, damaging, or unsportsmanlike conduct during the duration of the tournament at any of the tournament venues and/or on hotel property is subject to discipline by the Ice Ranch/RJHS tournament committee. This may include removal from ice arena/hotel property, suspension from games, or expulsion from the entire tournament/hotel stay.

22 - All players are required to wear mouth guards and neck guard protection.

23 - Only the head coach or the team manager may express concerns to the tournament director and / or other tournament officials.

24 - No noise devices allowed. This includes but is not limited to bells and horns.

25 - The following rules are mandated by CAHA:

1. Any team which enters a tournament which fails to appear on time for a scheduled game shall (1) forfeit all of its tournament games, (2) shall pay for all expenses, including but not limited to referee's fees and all ice costs for each forfeited game and shall be denied entry in any tournaments for the remainder of the season.
2. All teams including but not limited to out-of-state teams, must place on file with the tournament director before the first tournament game, a copy of the Team Roster Form which has been approved and signed by their USA Hockey or CAHA Registrar. If any team shall fail to comply with this rule, that team shall forfeit all games until the proper signed and sealed team roster is presented to the tournament director. The team

violating this rule shall remain obligated to and shall pay all financial obligations to all opponents for the forfeited game costs and the league or tournament entry fees.

26 - All teams must register in the age appropriate level / division per the USA Hockey sanctioned levels. Any team found in violation of these rules will forfeit 100% of the tournament registration fee, no exceptions.

27 - Game results will be posted on the Twisted Wrist Tournament ESS webpage within 24 hours of the game being completed. All games will be scored using GameSheet. A \$25.00 charge per team has been included in the registration fee to cover the per game GameSheet scoring fee.