



2026 Jason Simmons Memorial Hockey Tournament Rules

(updated March 26th, 2026)

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| <ul style="list-style-type: none">● Men's A Division 19+● Men's B Division 19+● Men's C Division 19+● Men's D Division 19+● Men's E Division 19+● Men's F Division 19+ | <ul style="list-style-type: none">● Men's G Division 35+● Men's H Division 45+● Women's A Division: 19+● Women's B Division: 19+● Family Division |
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Tournament Format

- Each Division has 4 teams
- Each team is guaranteed 3 games
- The top two teams in each division will play in the championship game for that division.

Player Eligibility - Competitive Divisions

- Except for the Family and exhibition games, all players must be 19 years or older before the start of the tournament
- A Division: 19+ with no eligibility restrictions
- B Division: 19+ with teams permitted 5 carded players in any one game.
- Teams in C, D, and E are permitted 2 carded players (Junior A and B hockey and higher)

Player Eligibility - Competitive Divisions (continued)

- **No player may compete in two competitive divisions** (Family divisions do not apply to this rule).
- Goaltenders may be considered an exception and are permitted to play only with the organizing committee's approval.
- Lineups (rosters) submitted at registration are considered final at 4 PM on the first day of the tournament. Lineup changes before 4 PM on the first day of the tournament should be submitted via email (info@jasonsimmmons.ca).
- Once the tournament begins, lineup changes must be submitted to the rules committee for review (info@jasonsimmmons.ca) and approved by the committee before the change is implemented.

Player Eligibility - 35+ Divisions

- Players must be 35 years or older in this calendar year.
- Teams are permitted to have 2 players under 35 years old before the tournament.

Player Eligibility - 45+ Divisions

- Players must be 45 years or older in this calendar year.
- Teams are permitted 2 players under 45 years old before the tournament.

Player Eligibility - 55+ Divisions

- Players must be 55 years or older in this calendar year.
- Teams are permitted 2 players who are under 55 years before the tournament.

Regular Divisional Game Rules

Regular Game Scoring:

- All round robin games remain in a tie at the end of regulation.

Championship Qualification

- The two best records (based on win-loss) advance
- Tie breaker rules are as follows: (maximum +/- per game is 5 goals)

Two Teams Tied:

If two teams are tied, the winner is decided in the following order

1. record against each other. If still tied,
2. winner will be decided by +/- for the tournament
3. most goals scored in the games involving the two tied teams, if still tied
4. fewest goals against in the games involving the two tied teams, if still tied
5. Highest % of goals for / total goals (Goals for + Goals Against)
6. Coin toss

Three Teams Tied

If three teams are tied, the three teams will be ranked based on the following order

1. +/- for each team for the games involving the three teams tied, if still tied
2. most goals scored in the games involving the three tied teams, if still tied
3. fewest goals against in the games involving the three tied teams, if still tied
4. Highest % of goals for / total goals (Goals for + Goals Against)
5. Coin toss

Regular Divisional Game Rules (continued)

Game Format

- All games begin with a one-minute warm-up that will start when the Zamboni doors close; the clock will not be stopped.
- Games consist of 2 x 25-minute periods.
- No stop clock except for the final minute of play when the score is a 1 goal spread. The clock runs if a game is tied.
- In the last 5 minutes of each period, no line changes on a whistle; all line changes will be on the fly. Referees will be assessing penalties. Red line will NOT be in play; therefore, no icing will be called.
- A player receiving a game misconduct or 7-minute major will result in an automatic suspension from further play in the tournament. The committee will also decide on any future participation in the tournament.

Rules

- Slap shots and body contact are prohibited. Either infraction will result in a penalty.
- Any player receiving a fighting major will be banned from the tournament indefinitely.
- Any player intoxicated will be ejected from the game by the referee
- All minor penalties are 3 minutes. All major penalties are 7 minutes.
- **There is a zero-tolerance policy for any abusive behaviour directed at players, officials, or spectators.**
- All rosters must be submitted before the first game and will be final; no additions permitted
- All Hockey Canada rules will govern play unless otherwise listed here.
- Teams must vacate the dressing rooms before the conclusion of the first period of the following game. Please respect the dressing rooms and keep them clean.

Additional Rules for Division Championships

For championship Games that are tied at the end of regulation time, the following format will be used to determine a winner:

Tied Championship Games:

1. 3 on 3 for 5 minutes
2. Three-player shootout (home team shoots first)
3. Sudden death shootout (no player can shoot twice until all players have shot once)

Championship Clock:

The championship game will have a stop clock **in the final 2 minutes if the score is a 1 or 2-goal spread.**

Decisions

All decisions of the rules committee will be final.

Please contact the rules committee anytime via info@jasonsimmons.ca if you have questions.