



GUIDE ET RÈGLEMENTS

CHAMPIONNATS RÉGIONAUX HOCKEY LAC ST-LOUIS

SAISON 2025-2026 (English version)

<i>Regional Championships Rules.....</i>	1
1. SUSPENDED / INELIGIBLE MEMBER	1
2. RESULTS UPDATE	1
3. WARM-UP	1
4. HAND SHAKING	1
5. GAME DURATION	2
6. STOP TIME	2
7. DIFFERENCE OF SEVEN (7) GOALS.....	2
8. ICE RESURFACING	2
9. GAME CHANGE	3
10. HOME AND VISITOR.....	3
11. AFFILIATION.....	4
12. OVERTIME.....	4
13. PLAYER OF BENCH OFFICIAL ARRIVING AFTER THE START OF THE GAME	4
14. DELAY OR LATE ARRIVAL AT A GAME WITHOUT FORCE MAJEURE	5
15. PROTEST.....	5
<i>Appendix 1 – Fair play</i>	6
<i>Appendix 2 - Surtemps</i>	7
<i>Appendix 3 - Shootout.....</i>	8
<i>Appendix 4 – Tie Breaking.....</i>	9

Regional Championships 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

The management of games is done online on designated platforms. In the event that a game cannot be managed online, the Timekeeper must use a paper-format scoresheet. The head of the host organization must send a copy of the scoresheet to the regional office at info@hockeysl.ca immediately after the game.

3. WARM-UP

A warm-up period of three (3) minutes is allocated for all divisions. The warm-up period begins as soon as the exit doors for the surfer are closed and when the first player arrives on the ice.

For all divisions and classes, the off-ice official makes the signal sound with one (1) minute to warm up.

At the end of the warm-up, the off-ice official rings. The 2 teams must be ready to shake hands and be at the center of the ice (that is, having picked up the pucks and made their team call).

If a team is not ready, the referee MUST call a minor penalty for having delayed the game (A92) to the offending team. If both teams are not ready, both teams will receive a minor penalty for having delayed the game (A92).

4. HAND SHAKING

M11 to SENIOR: at the beginning of the game, after receiving the signal from the official, the two (2) teams must perform the handshake.

5. GAME DURATION

Games must be completed, even if the game exceeds the scheduled end time.

✿ M11-A, M11-B, M11-C, M13-A, M13-B, M13-C, M15-A, M15-B, M15-C, M18-A, M18-B

✿ *M12-A Féminin, M12-B Féminin*

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 B, Junior C, Junior D, Senior A

✿ *M12-AA Féminin, M15-AA Féminin, M15-A Féminin, M15-B Féminin, M18-AA Féminin, M18-A Féminin, M18-B Féminin, Junior B Féminin*

1st period of fifteen (15) timed minutes.

2nd period of fifteen (15) timed minutes.

3rd period of fifteen (15) timed minutes.

6. STOP TIME

Thirty (30) seconds of time-out per team per game will be allowed during the Regional Championships.

7. 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.

8. ICE RESURFACING

The ice surface will be redone after each game. The teams must be ready as soon as the previous game is finished. The host organization may decide to start a game no more than 15 minutes before the scheduled time. No team can refuse this change to the schedule.

9. GAME CHANGE

No games changes will be accepted during the Regional Championships. In the case of a winter storm and/or force majeure, only the Regional Office will be able to issue a directive.

Junior B – In case of conflict with the calendar of the Metropolitan League, a change of game may be exceptionally considered by the regional office.

L.Q.H.F. - Due to the schedules of the L.Q.H.F., if there is a game conflict with it, only the Regional Office may issue a directive.

Playoffs – L.H.G.M. - Due to the schedules of the LHGM playoffs, if there is a game conflict with it, only the Regional Office will be able to issue a directive.

10. 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 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-Finals - All categories: Team positions are based on team standings following the results of the preliminary round.

Finals - 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.

11. AFFILIATION

No affiliated player can take part in a game if the team aligns all the players appearing on the team roster except for a team having only nine (9) players plus one (1) or two (2) goalkeepers on its official form.

Note: - During the Regional Championships, no team can call on affiliated players from the AAA Warriors' Franchise.

12. OVERTIME

Preliminary round: if the game is tied after the three (3) regulation periods, the official ends the game; no overtime or shoot out 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

13. PLAYER OF 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.

14. 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.

Minimum number of players ([Reference Hockey Québec 7.2.1](#))

- A. At the single-letter level, during regular season, playoffs and Regional Championships, a team must show up at the beginning of the game with a minimum of six (6) players in uniform and one (1) goaltender.
- B. At the triple and double-letter level, a team must show up at the beginning of the game with a minimum of 10 players in uniform plus one (1) or two (2) goaltenders.

15. PROTEST

No protest pertaining to the judgment by an official (Referee, Linesman, etc.) may be considered. The official's decision in such matters is final.

Any protest pertaining to an official's decision on the application or non-application of a playing rule must be made by a member in good standing.

The protest is receivable only if it is done in accordance with the following steps:

→ First (1st) step:

A notice of protest must be given to the Referee at the time of infraction or the next stoppage of play. The Official must have the notice registered on the scoresheet, specifying the moment it was given to him. Should this step not be completed, the protest is not receivable.

→ Second (2nd) step:

During tournaments, playoffs, regional, interregional or provincial championships: The team involved must follow up on its protest in writing no later than one (1) hour after the conclusion of the game to the registrar or designated Event Officer where the game was played and be accompanied by a cash deposit or bank transfer of \$200.

Deposits will be remitted only if the claimant obtains a favorable decision.

In the case of tournaments, and championships, the decision of the Discipline Committee with which the protest was lodged is irrevocable and cannot be appealed ([Reference Hockey Québec 7.2.7](#))

Appendix 1 – Fair play

REFERENCES TO HOCKEY QUÉBEC ADMINISTRATIVE REGULATIONS

Article 7.7.6 Application of ‘Franc Jeu’ during overtime

A. Application for a five-minutes (5) overtime period:

If an overtime period occurs due to the application of this rule, the offending team will begin this period with three (3) against four (4) players for a duration of **two (2) minutes**.

The coach of the offending team, through the captain on the ice, will designate a player to serve this minor penalty of two (2) minutes. The coach may designate a player who was not on the ice (Read, end of period).

B. Application for a 10-minute overtime period : (semifinals and finals)

If an overtime period is imposed due to the application of this rule, the offending team will begin the overtime period with three (3) against four (4) players for a duration **of two (2) minutes**.

The coach of the offending team, through the on-ice captain, will designate a player to serve this two (2) minute minor penalty.

The coach may designate a player who was not on the ice at the time of infraction, meaning the end of the period. Should both teams have not kept their “Franc Jeu” point, teams will be required to play three (3) against three (3) players plus one (1) goaltender per team.

Note : “Franc Jeu” points do not apply to overtime periods.

Appendix 2 - Surtemps

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 regulations 9.6.2

A. After each game of a tournament, if there is a tie between two (2) teams, the Coach will send a player who will attempt to score against the opposing goaltender. He does not need to inform the officials of the order in which his three (3) players will shoot.

Should the score still be tied after this first (1st) round, the coach shall designate, in turn and one at a time, players who will take part in the shootout. All players other than the goaltender must take part in the shootout before a player is permitted to return a second time.

B. A player serving a penalty at the end of overtime shall be allowed to take part in the shootout.

C. The shootout will be carried out as follows:

- i) The Home Team shall have the choice of shooting first (1st) or second (2nd);
- ii) Once this choice is made, the designated team sends its first (1st) player to attempt to score against the opposing goaltender. Then the opposing team does the same until all three (3) designated players of each team have had their turn.
- iii) The choice made by the coach does not indicate the order in which the players must appear at centre ice to take their shot.
- iv) Playing rules related to penalty shots are in effect.
- v) Shots are taken in turn and no simultaneous shots on the two (2) goaltenders will be accepted.
- vi) The team having scored the most goals in the completed round is declared the winner.

D. When it becomes necessary to conduct a second or third round to break the tie, the order in which the players will appear is at the coach's discretion and may not be the same as in the first (1st) round. However, for each full round, all players at the end of the game must participate in the shootout before a player may return for another try. The game ends when the tie is broken following an equal number of shots taken by each team.

Appendix 4 – Tie Breaking

REFERENCE TO HOCKEY QUÉBEC ADMINISTRATION RULES

9.7 Tie Breaking

It is important to know that for each tiebreaker; the objective is to identify the best team or teams. Each criterion aims to eliminate one or more teams until the objective of identifying the best team or teams is achieved.

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

For each criterion, only teams tied are retained until finally a criterion determines the first (1st) team.

When the first (1st) team has been identified or eliminated, a second (2nd) tiebreaker must be restarted with the teams tied, starting from the first (1st) criteria to determine the 2nd team if necessary and so on.

- A. The highest number of points
- B. The highest number of wins
- C. The least goals “against”
- D. The most goals “for”
- E. The team having scored the quickest goal in all games played

Note: If a team does not show up for a game, all games played against such team by other teams shall not be considered.

- F. The team having cumulated the most “Franc Jeu“ points
- G. By a draw