

**Polar "C" Invitational Tournament
Rules and Regulations
2007**

1. All games will be played at Polar Arena.
2. Team credentials must be presented to and reviewed by the Tournament Director 45 minutes prior to each team's initial tournament game (NO EXCEPTIONS).
The team credentials include: USA Hockey Player Roster form, proof of insurance (Red Card), and a copy of each player's birth certificate.
**NSPAHA will not be liable for injuries.
3. 18 players may be on a roster and suited per team for each game. Up to **3 certified coaches** are allowed in the player's bench while the game is in progress. **NO EXCEPTIONS!!**
4. A certified Emergency Medical Technician (EMT) will be in attendance at all games.
5. All games will be played under USA Hockey rules as modified by MN Hockey and the North St. Paul Tournament Committee.
6. There will be NO team timeouts during the game.
7. The first 2 periods will be 15 minute running time periods. The 3rd period will be 12-minute stop time. There will be a 5-minute warm up before the first period and 1 minute break between periods. In the 3rd period if 1 team is ahead by 5 or more goals running time will be used until the margin is lower than 5 goals. If the EMT is called on to the ice by the officials for an injury during running time, the clock will be stopped until the next face off.
8. MN Hockey/USA Hockey required safety equipment must be worn.
9. Only USA Hockey registered referees will be used for this tournament. All decisions of the referees are final. There will be NO PROTESTS ALLOWED.
10. In the event of a TIE GAME at the end of regulation play, the following procedure shall be followed:
 - a) There will be a one-minute rest period, and then 4 on 4, 5-minute stop time overtime play.
 - b) If the score is still tied at the end of the overtime period, a shoot-out will be conducted. The Guest team will shoot first. Each team will select 3 players for the shootout, with each team alternating shots on the goalie. If still tied, each team will continue through their roster, alternating shots, until a winner is determined. If the entire roster gets used, the teams will start with their first shooter.
 - c) Any overtime period shall be considered part of the game, and all unexpired penalties shall remain in force. In the event of a shoot-out the penalties will be considered expired and the player is eligible for the shoot-out except any player that has received a game misconduct will not become eligible for the shoot-out.
11. Penalties:

Minor:	2 minutes
Major:	5 minutes and game misconduct
Misconduct:	10 minutes
Fighting:	5 minutes and player is disqualified from remainder of the tournament

****Any player receiving their third penalty in one game will immediately receive a GAME DISQUALIFICATION. Any player involved in fighting either on or off the ice will be suspended for the remainder the tournament.**
12. Any abusive language or conduct directed at game officials or tourney volunteers by any player, coach, manager, or spectators will not be tolerated. **NOISEMAKERS AND/OR LASERS OF ANY KIND WILL NOT BE ALLOWED IN THE ARENA.** They will be confiscated at the door and may not, at the discretion of the Tournament Director, be returned.