

2024 Michigan Senior Olympics Hockey Rules & Regulations

Entry Regulations

1) Age divisions will be determined by the age of the youngest member as of December 31, 2024, not including the goalie. The following age divisions will apply: 50+; 60+; 65+; and 70+. There is an age allowance for a younger goalie. The allowances are as follows:

Age Division Minimum Age of Goalie (as of 12/31/24)

- A) 50+ 45
- B) 60+ 50
- C) 65+ 55
- D) 70+ 60

2) Proof of age will be required at check-in at the event. The goalie's age will not be factored into the team's age division calculation. Athletes, excluding the goalie, must be 50 years of age on or before December 31, 2024. In the event that there are too few teams in order to have separate divisions, all age groups will play in one division unless otherwise determined.

3) The MSO reserves the right to reassign teams prior to the tournament and/or following completion of pool play to determine if the tournament will be divided into Elite and Recreational Division.

4) Team rosters are limited to 20 persons, including non-playing bench personnel. Michigan Senior Olympics is an open state that allows non-residents to compete in the games. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. Only individuals listed on the roster will have access to the bench area and be eligible to receive awards. USA Hockey membership is NOT required.

5) All substitutes and players need to be on the roster prior to the tournament. (The only exception is goalies). The Tournament director at his/her discretion may allow emergency substitutes to play as a result of injuries despite roster and prior game status

6) Professional hockey players will not be eligible to compete in the Michigan Senior Olympic Hockey Tournament until 20 years after the date they last competed as a professional.

7) A player can only play on one age/division team per competition.

Format

1) The tournament format will be round robin, with the results used to seed teams into a single elimination bracket. During round robin play, teams will earn points based on the following formula:

WIN in Regulation = 3 points.

WIN in Overtime = 2 points.

LOSS in Overtime = 1 point.

TIE = 1 points.

LOSS = 0 points

Seeding for single elimination will be based on total points. Ties for seeding after pool play will be broken on the following basis:

a) Head-to-head competition.

b) Number of wins.

c) Goal differential (Total goals for less total goals against. A higher number is better).

d) Goals for.

e) Goals against.

f) Coin toss.

POOL PLAY

2a) There will be a 5 minute warm-up period, then three 15 minute run time periods. During pool play if the game is tied at the end of regulation the game will end in a tie. The final two minutes of the 3rd period will be stop time hockey, unless the goal differential is 3 or greater. If the differential is 3 or greater the clock will continue to run until the goal differential is reduced to 2. There will be no overtime during pool play. In a run time clock all penalty clocks will stop on the whistle and resume on the puck drop.

PLAYOFFS

2b) There will be a 5 minute warm-up period, then three 12 minute stop time periods. This means that the game clock will start to run when the puck is dropped by an official and will stop when an official blows his whistle to stop a play. The only exception is when there is a goal differential of 5 or more goals in the third period. If that occurs that clock will run continuously without stopping (except for timeouts and injuries) until the goal differential is reduced to 4 or less. If the game is tied at the end of the third period the teams shall play a five minute stop time overtime period which will be a sudden death period.

3) Elimination games can never end in a tie.

4) During elimination play the following overtime formats shall be in effect: - Teams will play one 5 minute stop time sudden death period. If still tied teams will play a 5 round shootout. The team that scores the most goals wins. If tied after 5 rounds the shootout will continue in 1 round increments. The home team decides the order in which the teams shoot.

4a) A player that is serving a penalty or misconduct at the end of overtime is ineligible to shoot in the shootout. The only exception being a player that is serving a minor penalty for a player issued a misconduct, the player serving the minor is eligible to shoot. However, a player serving a bench minor or a penalty for goalie is not eligible.

4b) Every eligible player on the roster must shoot before a player can shoot a second time.

5) During a shootout the puck must be continually moving forward, the shooter may not play the puck until the referee blows his whistle, and the goaltender may not leave his crease prior to the shooter playing the puck.

6) Teams scheduled to play outside of their age and/skill division must play these games in order to be eligible to advance.

Sport Rules

1. This tournament will be conducted in accordance with USA Hockey rules, except as modified herein. For a copy of these rules, please call USA Hockey at (719)

576-3724 or visit www.usahockey.com.

2. All players must be registered **with the Michigan Senior Olympics** in order to play.

3. Slap shots are permitted. However, at no time will sticks be permitted above the waist. The penalty shall be a face-off in the violating team's end.

4. Checking is not permitted. Any player who intentionally pushes, shoves, checks or fails to avoid body contact with an opponent shall be assessed a 2-minute penalty.

5. USA Hockey or CAHA approved helmets are required for all players. Full protective equipment is mandatory. Facemasks are strongly recommended.
6. Penalties will be assessed as follows: Minor-2 minutes; Major-5 minutes; Misconduct -10 minutes. Any player receiving a total of three penalties in one game will be ejected from that game. Fighting will result in an automatic disqualification from the tournament. Any combination of 3 major penalties and/or misconducts will result in disqualification from the tournament.
7. Any game misconduct penalty will incur an automatic 1 game suspension. The tournament director may waive or increase this suspension at his/her discretion.
8. The center red line will not be enforced for two line passes.
9. Each team shall be granted one 30-second timeout per game and one 30-second timeout in overtime. Timeouts do not carry over from regulation. In a run time game a time-out stops the clock until the ensuing face-off.
10. Team jerseys must be of like design and color. Other uniform clothing should be of like design and color. Teams are encouraged to have one colored and one white jersey. The home team shall have the primary choice of jersey color should both teams have similar colors. Uniforms shall be free of inappropriate symbols or wording; the tournament director shall have final say on whether or not content is deemed to be inappropriate. Examples are anything that promotes or endorses any illegal activities and profanity/racial slurs.
11. With the consensus of both captains and the officiating crew teams may elect not to switch sides between periods, once this decision is made and communicated to the referees it may not be changed for the duration of the game. This decision overrides all rules which dictate that teams switch ends.
12. Verbal abuse of officials is prohibited. The tournament director may, at his/her discretion, issue a suspension for verbal abuse of an official (including off ice officials such as scorekeepers, goal judges, and tournament staff), even if there was no penalty called on the ice.
13. If any player makes intentional physical contact with an official in an unsportsmanlike way an immediate expulsion from the tournament will occur in addition to a 3-year ban from the MSO hockey tournament. The tournament director may waive/increase this suspension at his/her discretion.
14. All players must compete in at least one round robin game to be eligible for elimination play.