

Penguins GRIT Rules & Game Protocols

1. REQUIRED FORMS & REGISTRATIONS

- All teams must have a current UPMC Lemieux Sports Complex (UPMC LSC) Liability Waiver on file before playing (signed when registering the team)
- The UPMC Lemieux Sports Complex GRIT Tournament is sanctioned by USA Hockey. The tournament will be conducted under USA Hockey rules.
- All players and teams from the United States participating in this tournament shall be properly registered with USA Hockey. Proof of such registration shall be presented to the Tournament Director prior to participation of the tournament.
- Tournament registration fee must be paid in full prior to the event

2. ZERO TOLERANCE POLICY

- In accordance with [USA Hockey Zero Tolerance Policy](#) and UPMC LSC all players, officials and spectators are required to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey sanctioned games. Thus, the following points of emphasis must be implemented by all USA Hockey participants and spectators. All participants must adhere to the policies outlined below. Failure to do so may result in temporary or permanent expulsion from all UPMC LSC Leagues / Events.
 - In accordance with Rule 601 Abuse of Officials and Other Misconduct, players may receive a minor for Unsportsmanlike Conduct, Misconduct or Game Misconduct for any of the following actions
 - a) Challenges or disputes the rulings of any game official
 - b) Taunts or incites an opponent
 - c) Creates a disturbance during the game
 - d) Shoots the puck after the whistle, if in the opinion of the official such shot was avoidable.
 - Any player that threatens or verbally abuses an official will be assessed a Game Misconduct and minimum 1 game suspension.
 - Using any language that is hateful or discriminatory in nature anywhere in the facility will result in a Match Penalty & minimum 2 game suspension. This includes racial/ethnic slurs and slurs related to gender or sexual orientation.

3. FACILITY CONDUCT

- This is a family friendly facility. Officials may remove any spectator for threatening, abusive, or excessively vulgar language. This includes vulgar gestures or body language.
- Alcohol is not permitted in the facility or surrounding parking lots.
- Tobacco products are not permitted to be used in any area of the facility, including on the ice.
- Spectators under the influence of alcohol/drugs will be asked to exit the premises immediately.
- Spectators must adhere to good sportsmanship guidelines. Any spectator using excessively foul language, or engage in disruptive / threatening behavior will be asked to leave the facility. Refusal to leave may result in a penalty towards the team whom they are associated with. Play will not resume and the clock will run until the offending spectator(s) have left the facility. If this causes a potential influence on the outcome of a game, a forfeit may be used a punishment towards the team the spectator is associated with.

4. LEAGUE DIVISIONS ** (Note, formats shown below are suggestive regarding how the tournament may be organized from year to year. Age classifications may be split based on level designation (AA, A, B, etc.) or divided based on My Hockey Rankings (MHR)) **

- Age Classifications - 10U, 12U, 14U, 16U, 18U
- 4 games guaranteed
- 3 team divisions: Round Robin – each team will play the others twice; semi-final game between 3rd place and 2nd place (1st place bye); Championship game (winner vs. 1st place)
- 4 team divisions: Round Robin, first round; semi-final. Winners go to Championship game.
- 5 team divisions: Round Robin, first round. Top two (2) teams go to Championship game.
- 6 team divisions: Round Robin (teams will not play every team in the division). Top two (2) teams go to Championship game.
 - Divisions may be divided into two sub divisions with two separate Championship games.
- 8 team divisions: Two (2) 4-team brackets - Round Robin within bracket, first round; top two (2) teams in each bracket go to semi-finals; remaining teams go to consolation game. Winners of the Semi-final games go to Championship game.
- 7 or 9 team divisions: blind draw; top two (2) teams go to Championship game

5. TOURNAMNET POINTS STUCTURE

- Periods – 1 Point for a win, ½ point for a tie
- Final Score – 2 Points for a win, 1 point for a tie

6. TOURNAMENT SEEDING PROTOCOL (TIEBREAKERS)

- Most Points
- Head-to-Head
- Periods Won
- Goal Differential (Capped at +/- 5 per game)
- Fewest amount of Penalty Minutes
- Team that registered earlier (Time Stamped in DASH)
- Coin Toss

7. TOURNAMENT THREE OR MORE TEAMS TIED

- Procedure will follow the above protocol, step-by-step, with the first priority to break the tie-breaker, either by advancing the higher team, at any given step, to a playoff seed, then starting over with the remaining teams, or by eliminating the lowest team and starting over with the remaining teams.
 - Head-to-Head will only be used if every team involved in the tie have played each other.

8. ROSTERS & TEAM OFFICIALS

- Submission of team rosters: Unless prior permission has been received, the roster submitted to the Tournament Director shall be considered final. Each team must submit to the Tournament Director, a valid team roster and/or provide the team's USA Hockey roster link. The following team documentation is required for USA Hockey teams: Team Membership Application and/or an Official Team Roster. All players participating, as well as team officials must be on the official roster or team roster addendum
- Teams will be required to provide an adult volunteer to staff their team's penalty box.

9. JERSEYS & EQUIPMENT

- Team listed as “Home” will wear white
- Teams are responsible for their own warm-up pucks
 - Each team must provide two (2) “game” pucks to the officials prior to the start of the game
- Teams are required to bring two sets of matching jerseys (one light & one dark) with numbers (matching their USA Hockey Roster)

10. GAME & TOURNAMENT PROTOCOLS

- Teams should be ready to start their game 15-minutes prior to their scheduled start time.
- All games will have a 3-minute Warm Up & 1-minute intermissions between periods
- All games will be three 13-minute periods
 - Penalties lengths will follow the 1:30, 4:00 and 8:00 times.
- No Timeouts in Round Robin or Consolation Games
- No Overtime or Shootouts in Round Robin or Consolation Games
- Running Clock – Five (5) goals in the 3rd period, reverts to stopped clock if the goal differential is reduced to two (2).
 - Penalty times will not change
 - If their penalty expires during a stoppage, players must wait till play is started leave the penalty box
- Games may be curfewed by the rink, tournament director or scorekeeper (if needed and it does not affect the outcome of the game)

11. PLAYING RULES

- All game will follow the [2025-29 USA Hockey Rule Book](#) unless otherwise stated
- Any Fighting Major will result in a suspension for the remainder of the event.
 - All other Majors / Game Misconducts will follow USA Hockey protocol
- All Match Penalties will result in a suspension for the remainder of the event and follow USA Hockey protocol.

12. GAME OFFICIALS

- All games will be officiated by USA Hockey certified Officials.
- Do not confront officials for any reason.

13. PLAYOFFS / CHAMPIONSHIP GAMES

- Games will follow all standard game format and will also include the following.
 - Timeout - Each team is permitted one (1) timeout per game, 60-seconds in length
 - a) Must be used in regulation time (no timeouts in Overtime)
 - Overtime – If regulation should end in a tie, a 3-minute stopped clock, 3 on 3 will be played. Goalies will switch ends (long change) for overtime.
 - Shootout – If the game is still tied after overtime, a 3-player shootout will take place followed by head-to-head if needed.
 - a) Home team chooses to shoot 1st or 2nd
 - b) First 3 shooters for each team must be different
 - c) Once head-to-head is started (4th shooter) any players may shoot and repeat.
 - d) Players serving a penalty are not eligible to participate in the shootout.

14. OTHER

- The Tournament Director with the assistance of the Tournament Committee will be the final authority in all matters pertaining to the conduct and the governing of this tournament.
 - NO PROTESTS WILL BE ALLOWED regarding rules interpretations and judgment calls by game officials.
 - Live Barn will NOT be used to overturn any aspect of the tournament games
 - PROTESTS regarding player eligibility will be heard by tournament officials. If the protest is upheld and it is determined a player has violated the eligibility rule, both the player and coach will be disqualified from the tournament, beginning from the point at which the player is determined ineligible. Disqualification will not affect a team's prior results or change a team's record.
- All decisions of the Tournament Director and Committee are final.
- UPMC Lemieux Sports Complex will not be responsible for any refund due to a team's inability to participate in the tournament unless the team withdraws within 30 days of the tournament. Teams withdrawing less than 30 days will only receive a refund if the tournament slot vacated is filled with another team.