



2026 U21 FLEET CITY CHAMPIONSHIPS



On behalf of the VMHA organizing committee, we welcome you to the inaugural running of the U21 Fleet City Championships. We sincerely hope all the players, coaches and families have a wonderful experience in a weekend filled with competitive and clean hockey. This tournament is centered on players having a FUN experience to wrap up their 2025-26 season.

All teams will play five games over the weekend using the format highlighted on the coming pages.

RINK HOSTS

Team managers/coaches, there will be a tournament host at each rink for all 20 games over the weekend. As you arrive, please check in with them for any last-minute details. We're also there to answer any questions that may come up. Alternatively, you could reach the tournament coordinator, Colin, by texting him at 250-858-5665.

GENERAL

All BCAHA & VIAHA guidelines & rules apply unless noted otherwise in the below. All players must adhere to BC Hockey Rules & Regulations. Players will be asked to leave if not properly dressed.

RESPECT

Unsportsmanlike conduct (fighting, abusive language/behaviours) exhibited by players, coaches or parents will not be tolerated on or off the ice. Referees have total authority and control of the ice/arena and may remove any player, coach or parent that is acting in an unsportsmanlike manner. VMHA supports all referee's decisions. Protests & Appeals: The decision of the on-ice officials is final. There are no appeals of on-ice decisions regarding playing rules.

TEAMS RESPONSIBILITIES

- As always, teams are responsible for leaving the changerooms clean and in good condition after use.
- All teams must be in good standing with their respective associations & governing bodies.
- It is the responsibility of each team to apply for and receive a tournament permission number and/or letter of permission to enter the tournament from their Association and/or governing body.
- No additional players, coaches or team officials can be added to the roster once the team list has been submitted.
- Roster must include all players' names and jersey numbers, including designation of C and A's, as well as all team staff names.
- No player may participate with more than one team in the tournament. In the event a team's only goaltender becomes ill or injured and unable to compete, a replacement goaltender may play. The replacement goalie:
 - may be given 10 minutes to dress if the starting goalie is removed from a game
 - does not need to be on their original team roster, but must be affiliated to the team
 - may be drawn from a team already competing in the tournament if the ill or injured goalie's team does not have an affiliated goalie available
 - must meet all other requirements to compete in the tournament

JERSEYS

- Home teams to wear their colours; Away team to wear their whites.
- If there is a conflict (i.e. a team only has one set of jerseys) we will leave it up to the coaches to discuss, as always, prior to the game starting.

LENGTH OF GAMES

All game slots (except gold & bronze medal game) are 1 hr and 20 minutes in duration and will end 4 minutes prior to the end of the allotted time (on wall clock), regardless of the time remaining on the score clock to allow for issuance of MVP & Digger Awards plus the customary team handshakes.

The tournament committee reserves the right to shorten the third period due to unforeseen time overruns. **The wall clock rules in the 3rd period, not the game clock.**

Pool Play Games will consist of:

- 5 min warm-up (time will start at the beginning of allotted game slot)
- 3 x 15 min periods (stop time)
- 1 min break between periods
- The third cannot be lengthened to fill the remaining ice time
- In the event of a tie, NO OVERTIME will be played. Pool Play games can end in a tie
- No timeouts permitted
- If required, the final buzzer will sound 4 mins before the end of the scheduled ice time (wall clock) to allow for awards & handshakes



Crossover Games on Sunday morning:

- 5 min warm-up (time will start at the beginning of allotted game slot)
- 2 x 15 min periods + a 20 minute 3rd period (stop time)
- 1 min break between periods
- No timeouts permitted
- Game to end 4 min before the end of the scheduled ice time (wall clock) to allow for awards & handshakes

Finals (Placement Games / Medal Games) on Sunday – see below

SPORTSMANSHIP RULE

In an effort to keep the games 'clean', we are implementing the following rules for the 2026 Fleet City Championships:

1. Any player with more than 6 minutes in penalties in a single game will be ejected from that game. They can return to play in the next scheduled game.
2. If a player is served a misconduct penalty at any point in a game, that player will be removed from that game AND must sit out the next game in the tournament.
3. Sportsmanship Points (+1) will be awarded for all Pool Play games on Friday & Saturday to teams with 12 mins or less of penalties per game. **Please note, any misconduct penalties will result in zero Sportsmanship Points for that game regardless of the total team penalty minute tally for that game.**

Please note, these rules are in place to keep the game about hockey and not the 'extra curricular' behaviours we can see with this age bracket, particularly given it is the final tournament of the season, and for some, their final stab at minor hockey.

MERCY RULE

As the number of "goals for" do not count for tie-breaking purposes, a mercy rule will be in effect for all games over the tournament weekend. Starting in the second period, if a team is leading by 6 or more goals, run time will begin and continue until the goal differential is less than 6. Run time is only applicable in the second and third periods. Penalties called during run time will be 3 minutes in duration. The score clock will not display a goal differential of more than 6 goals.

OTHER INFORMATION

- **Fundraising** – there will be almost no fundraising during this tournament, outside of a traditional online 50-50 which will be circulating for the entire tournament. The draw will take place on Sunday March 15 @ 8pm and the winner will be notified.
- **Player Treats** – Tournament Organizers will be dropping off some player treats for various games over the weekend starting with pizza following the Friday evening sessions.
- **MVP & Digger Awards** will be selected by the coaches for their own players and issued following each of the first four rounds of the tournament in the customary 'blue line ceremony'. These awards will not be issued in the final games on Sunday to allow for longer playing time.

TOURNAMENT FORMAT

POOL PLAY FORMAT (15-15-15)

There are two pools with four (4) teams in each. Each team will play three games within their respective pool and tally points using the below format. Team standings will be calculated after the three initial Own Pool games, with points being accrued for each of these games as follows:

- +2 for game win
- +1 for game tie
- 0 for game loss
- +1 for Sportsmanship (team total of 12 mins of penalties or less)
 - **Note: any misconduct penalties will result in automatic loss of the team's Sportsmanship Point for that game.**

TIE BREAKER

If two or more teams have equal number of points at the conclusion of Saturday's games, the tie breaker is determined as follows:

- Head-to-Head Results. If still tied,
- Team with the most wins. If still tied,
- Team with the least Goals Against for all games. If still tied,
- Team with the fewest PIM for all games. If still tied,
- Flip of a coin (best of 3 🎲)



CROSSOVER GAMES (SUNDAY AM) (15-15-20)

As stated on the schedule, following Saturday's games the tournament will be split into two flights for the four crossover games on Sunday morning. Each game has a standard 80 minute ice slot.

- In the event of a tie, NO OVERTIME will be played due to ice time limitations. In the unfortunate circumstance of tie, the following will determine the outcome:
 - Team with the fewest penalty mins for the entire tournament. If still tied,
 - Team with the least Goals Against for all games in tournament. If still tied,
 - Team with the most points overall in the tournament. If still tied,
 - Flip of a coin (best of 3)

PLACEMENT GAMES (SUNDAY PM) (15-15-20)

For games U21-582 & U21-583, we have the standard 80 mins of ice time and will use a typical format of:

- 5 min warm up
- Period Lengths of 15-15-20 (stop time)
- 1 min break between periods
- The final buzzer will sound two minutes before the end of the scheduled ice time (wall clock)
- No timeouts permitted
- In the event of a tie, NO OVERTIME will be played. Games can end in a tie.

For game U21-585 (**Bronze Medal Game**) we have 20 extra minutes (100 mins total) in the event of a tie. Scheduled ice time is from 4:35-6:15. Format will be:

- 5 min warm up
- Period Lengths of 15-15-20 (stop time)
- 1 min break between periods
- No timeouts
- If game still underway, and tied, at 6:05, sound final buzzer, and move to shootout
- In the event of a tie, we will go straight to a shootout using the below format

For game # U21-584 (**Gold Medal Game**) we have 50 extra minutes (130 mins total) in the event of a tie & for post-game pictures etc. Scheduled ice time is 4:05-6:15pm. Format will be:

- 5 min warm up
- Period Lengths of 15-15-20 (stop time)
- 1 min break between periods
- One 30 second timeout permitted per team during regulation time
- In the event of a tie, we will go straight to a 5-minute Sudden Victory OT period.
 - Will be played in a 3 vs 3 format (plus goalies)
 - Penalties called during overtime will follow the same format as the NHL where the non-penalized team will add a skater for the 2 min duration making it a 4 vs 3 format. No team will go below three skaters on the ice
 - No timeouts permitted during OT period
- If there is no score at the conclusion of the OT period, the game will move to a shootout using the below format

SHOOTOUT FORMAT

- Coaches designate 3 eligible shooters* from each team.
 - * To be eligible, a player cannot be serving a penalty at the final buzzer of OT or at the end of game, as applicable.
- The team that wins the coin toss, will have the choice to shoot first or second.
 - Please note – when it becomes impossible for a team to win (i.e. one team scores on their first two attempts, and the other team scores no goals on their first two attempts) then the remaining “shooters” will not be required to shoot.
- If still tied after 3 shooters each, continue in sudden-death format, until the winner is declared. Exact same as the NHL.
- Once all eligible players on a team have taken their turn as a shooter, the coach may then choose any players from their roster to shoot one more time.

