



TOURNAMENT RULES & GAME FORMAT

Welcome to Frozen Pride Classic 2025 (“FPC25”) produced and hosted by Seattle Pride Hockey Association (“SPHA”). By participating in FPC25, all players hereby agree to the following tournament rules & game format:

1. By playing in FPC25, all players hereby agree to adhere to [SPHA’s Participant Conduct Policy](#) and [USA Hockey’s Zero Tolerance Policy](#).
2. At time of tournament, all players must be at least 18 years of age and be fully paid prior to any games.
3. All players must be fully registered with their respective team via mySPHA, a current 2024-25 member of USA Hockey, and players acknowledge that there is an inherent risk of injury while playing ice hockey.
4. All [2021-25 USA Hockey Official Rules of Ice Hockey](#) apply. See Supplemental Rules below for variations.
5. All teams are guaranteed a minimum and maximum of four (4) round-robin games. There will be no standings or championships in this tournament.
6. SPHA will staff each game with two (2) USA Hockey-certified referees and one (1) scorekeeper.
7. Team Captain’s must furnish the scorekeeper with a roster at the start of each game. Rosters should be typed and sorted numerically – rosters should not be handwritten.
8. Teams must furnish their own sets of playing jersey & socks.
9. SPHA reserves the right to move teams if there is a clear lack of team parity.
10. Fighting is **NOT** welcomed and **WILL NOT** be tolerated. Any player(s) assessed a penalty under Rule 615 (Fighting) will result in immediate ejection from the tournament.

FPC25 Game Format:

1. There will be no standings, and no points issued to winning teams.
2. Games may end in a tie.

FPC25 Time Regulations:

1. In the interest of staying on schedule, all players are encouraged to be ready 5+ minutes prior to their **scheduled game time**. The warm-up clock may begin once the ice doors are closed or at the scheduled game time, whichever is sooner (this means a warm-up may begin on-time even if the ice doors are still open to prevent delays).
2. There are no time-outs in round-robin play.
3. Game Lengths: See below table for Primary Game Lengths.
4. All penalty(ies) will be 2:00 minutes in length.
5. Total game times not to exceed 60-minutes total.

SPC24 Supplemental Rules:

1. Any player who receives any combination of three (3) Penalties in one (1) game will be immediately ejected from that game. However, this will not result in a Game Misconduct or ejection/expulsion from the remainder of the tournament.
2. **No checking**. FPC25 is to be played under the competitive contact category.
3. Team Captains may not perform any roster changes without consulting SPHA in advance.
4. Any player currently suspended by any USA Hockey sanctioned adult hockey league, or any other adult hockey league within the State of Washington, is not eligible to play in the tournament. Any suspensions levied in the tournament may carry over to any player’s regular adult league team sanctioned by USA Hockey.

- A. If you are currently suspended by USA Hockey and/or any of its leagues and/or associations, and/or any other league within the State of Washington, please contact SPHA and your Team Captain to determine eligibility to play.
 - B. We respectfully ask for your cooperation and transparency. If you fail to notify SPHA and continue to participate in the tournament, you may be permanently removed from future SPHA programs.
5. **FOR ALL DIVISIONS:**
- A. **'Gretzky Rule'** applies in the tournament. Gretzky Rule states that no player may score more than three (3) goals in a single game. If a player scores a fourth (4th) goal, it will be disallowed, and the play will resume in the offending team's defensive zone (like icing). No penalty will be assessed.
 - B. **'Blue Line Icing'** applies in the tournament. This means that there will be no icing unless the puck is shot from inside a team's defending zone, and it crosses the opposing team's far-red line.
6. SPHA's Conduct & Ethics Committee reserves the right to review all cases involving Major Penalties, Game Misconducts, and Match Penalties.

PRIMARY GAME LENGTHS	
It is imperative that we collectively work together to ensure all scheduled ice times remain on-time and on-schedule to maximize our use of these 60-minute ice slots. Scorekeepers may start the warm-up clock earlier than a scheduled game time if the ice cut is completed early. To that end, always be ready and waiting to take the ice for your game a few minutes early.	
ROUND-ROBIN	
<ol style="list-style-type: none"> 1. 4-minute warm up. 2. Two (2) 13-minute, run-time periods, plus a 13-minute, stop-time, third period. 3. The final 30-seconds of period one and two will be stop-time. 4. 60-second intermission between periods. 5. No time outs given. 	
▲ BE READY EARLY! To stay on schedule, the warm-up clock may begin once the ice doors are closed.	
PENALTY TIMES	
Minor: 2:00 minutes (Third Period: 2:00 minutes)	Major: 5:00 minutes (Third Period: 5:00 minutes)

Please understand that it is a collective effort to maintain ice times and to prevent delays and overruns. While there are unavoidable delays (i.e., major injuries, repairs to boards or ice), here are some helpful tips to prevent unnecessary delays:

1. Start clearing the ice of warm up pucks approximately 30 seconds prior to the end of warmups.
2. After warmups, promptly line up for the face-off drop.
3. During stoppages of play or after a goal, quickly prepare for the proceeding face-off drop.
4. At the end of the game, perform a handshake line and depart the ice.

There are no account credits or refunds for players and/or teams impacted by delays and/or lost ice times from events outside of SPHA's controls.

Thank you for your cooperation and understanding. Have a great tournament!