

LA CITÉ COYOTES PRESENT

# 2023 RECCUP

## EAST REGION HOCKEY TOURNAMENT

**FEBRUARY 22 & 23**

**RICHCRAFT SENSPLEX EAST**

813 SHEFFORD RD, GLOUCESTER, ON K1J 8H9





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## HOST INFORMATION

<b>DATE:</b>	Wednesday February 22 <sup>nd</sup> , 2023 Thursday February 23 <sup>rd</sup> , 2023
<b>HOST:</b>	La Cité Coyotes 810 Aviation Parkway Ottawa, Ontario K1K 4R3 Phone: 613-742-2493 ext. 2645
<b>VENUE:</b>	<u><a href="#">Richcraft Sensplex East</a></u> 813 Shefford Rd, Gloucester, ON K1J 8H9 Phone: (613) 599-0363

## HOST COMMITTEE:

	Name	Email	Phone	Ext.
Tournament Director	Marc-André Clément	<a href="mailto:mcleme@collegelacite.ca">mcleme@collegelacite.ca</a>	613-742-2493 (w)	2645
			613-868-1263 (C)	
On Site Tournament Coordinator	David Touchette	<a href="mailto:dtouch@collegelacite.ca">dtouch@collegelacite.ca</a>	613-742-2493	2445
On Site Volunteer Coordinator	David Mann	<a href="mailto:dmann@collegelacite.ca">dmann@collegelacite.ca</a>	613-742-2493	2063
Photography/Social Media Marketing/Graphic Design	JJ Ngandu	<a href="mailto:jngand@collegelacite.ca">jngand@collegelacite.ca</a>	613-742-2493	2340
Tournament and Team Ambassador	Rifkat Mbae Ahamada			
Student Paramedic Services		N/A	N/A	
Athletic Therapy Bouge In Balance	Sonia Bougie Emma Wilson	<a href="mailto:ewilso@collegelacite.ca">ewilso@collegelacite.ca</a>		



# IMPORTANT INFORMATION

## Forms

- [Roster and Participant Waiver](#)
- [Non OCAA Extramural Form](#)

## OCR Penalty Assessment Protocol

- [OCR Standardized Extramural Ice Hockey Tournament Penalty-Assessment Protocol](#)

## Concussion Documents

- [OCAA Athlete's Concussion Code of Conduct](#)
- [Concussion Awareness Resource – Rowan's Law](#)
- [Rowan's Law Sign Off Form](#)

## Pre-Game Registration

- Registration table will be set-up at main entrance of Richcraft Sensplex (Between Canadian Tire Arena and HEO Arena).
- All teams must arrive 30 minutes prior to their first scheduled game to officially get rosters established for the score sheets. Score sheets for the remainder of the tournament will be filled out in advance of each game, please notify the tournament director of any changes as soon as possible.
- All players and coaches must have read [Rowan's Law – Concussion Awareness Resource](#) and must have completed (signed) the [Rowan's Law Sign Off Form](#).
- All players must play 2 of their 3 scheduled games to be eligible for any playoff games.

## Dressing Rooms

- Dressing Room Keys will already be on dressing room doors
- 1 room will be designated for your team for each game you are playing (unfortunately, rooms will not be available for the full day)



# TOURNAMENT SCHEDULE

MEN'S TOURNAMENT POOLS					
POOL A			POOL B		
TEAM	SCHOOL		TEAM	SCHOOL	
A1	La Cité		B1	Humber	
A2	St-Lawrence		B2	Boréal	
A3	Canadore		B3	Trent	

WOMEN'S TOURNAMENT	
TEAM	SCHOOL
C1	La Cité
C2	Humber
C3	Trent
C4	St-Lawrence

\*Men's Games represented by **BLUE**; Women's Games represented by **ORANGE**

WEDNESDAY FEBRUARY 22 <sup>nd</sup>							
HEO ARENA				CANADIAN TIRE ARENA			
GM	TIME	HOME	AWAY	GM	TIME	HOME	AWAY
1	12:15	St-Lawrence	La Cité	2	11:45	La Cité	St-Lawrence
3	1:15	Trent	Humber	4	12:45	Humber	Trent
5	2:15	Humber	La Cité	6	1:45	Canadore	St-Lawrence
7	3:15	Trent	St-Lawrence	8	2:45	Humber	Boréal

\*Men's Games represented by **BLUE**; Women's Games represented by **ORANGE**

THURSDAY FEBRUARY 23 <sup>rd</sup>							
HEO ARENA				CANADIAN TIRE ARENA			
GM	TIME	HOME	AWAY	GM	TIME	HOME	AWAY
9	8:15	La Cité	Canadore	10	8:15	Boréal	Trent
11	9:15	St-Lawrence	Humber	12	9:15	La Cité	Trent
MSF1	10:15	1 <sup>st</sup> Place-Pool B	2 <sup>nd</sup> Place-Pool A	MSF2	10:15	1 <sup>st</sup> Place-Pool A	2 <sup>nd</sup> Place-Pool B
FRIENDLY	11:15	Canadore	Trent	SKILLS	11:15	WOMEN SKILLS (ALL TEAMS)	
				SKILLS	12:15	MEN SKILLS (ALL TEAMS)	
				FINAL	1:15	1 <sup>st</sup> Place (Qualifier)	2 <sup>nd</sup> Place (Qualifier)
				FINAL	2:15	Winner MSF2	Winner MSF1
				BUFFER	3:15		

Awards presentations and team pictures will be on ice immediately, after each Championship game.



# TOURNAMENT FORMAT

## Number of games

- Each team is guaranteed 3 games as well as participation in the Skills Challenge

## All Games

- 3-person shoot-out
- If tie remains, sudden death shoot-out utilizing all players until tie is broken.

## Round robin points

- 3 points for regulation win, 2 points for shootout win, 1-point shootout loss, & 0 points for regulation loss.

## Officials/Referees:

All referees will be qualified at Level 3, or above. There will be a minimum of 2 qualified officials for each game

## Game Protocol:

- Teams will enter ice surface at same time – players are not allowed to cross the center red line. There will be a maximum number of coaches/players permitted on the bench – this is included in the rules section and will be enforced!
- At game's end, teams will then shake hands at center, and then leave the ice.

## Tournament Championship Game Protocol:

As per game protocol, with the addition of the following before the final handshake:

- The winning team's captain(s) will be called up individually to receive the keeper plaque
- Both teams will stay on the ice for a team picture.

## Medical/Athletic Therapy:

The La Cité Coyotes will provide medical services through volunteer paramedic program students. A Certified Athletic Therapist, as well as Student Athletic Therapists, may be available throughout the event for taping and on-site coverage of injuries or emergencies. A treatment room will be available onsite for private treatment and injury assessment. Every team is responsible for providing their own taping and general medical supplies.



# TOURNAMENT RULES / REGULATIONS

*\*Also see 2023 RECCup Tournament Rules and Regulations*

## Team:

- A minimum of 8 players (including goalie) and a maximum of 18 players may participate in each game for any one team and no more than 20 players may be on the team's tournament roster (including goalies). The tournament roster must be submitted prior to the team's first game *and all players listed must have participated for that campus during at least 1 OCR tournament within the current season.* No new players may be added after the first game. (If players are coming late, make sure that their name appears on the roster before the first game.)
- Any team using an ineligible player (non-student or player not listed on game sheet) will forfeit that game, and the player will be **EJECTED FROM THE REMAINDER OF THE TOURNAMENT.**
- Tournament officials (*major or minor*) or coordinators may request ID from any player at any time. Players should be able to provide proper student ID if asked.

## Coaches:

- The minimum age for bench staff is 18.
- A maximum of 3 *registered team staff (as appears on team roster form)* are permitted on the players' bench. If the team has a qualified trainer/therapist (also registered with the team), he/she may also be on the team's bench providing that there is room.
- Players under suspension are not permitted to act as a coach, assistant coach or be on the bench with the team and *must* keep clear of the playing area.

## Referees/Officials:

- 2-man system.
- CAHA referees/officials will be used for all games

## Games and Game Time:

- **2-minute warm-up** at the beginning of each game. (*The warm-up time will start once the Zamboni doors are closed, regardless of if teams are on the ice or not.*)
- **THREE stop-time periods (10-10-10)** (50 minute maximum has been allotted for each game. If a game extends beyond that for any reason it will be ended at the tournament convener's discretion.)
  - Running time 3<sup>rd</sup> period if goal differential is 4 or more, stop time if 3 or less) If the goal spread is reduced to 3 or fewer, the clock will again operate on stop time.
- 30 second breaks between periods
- A single 30-second time out is permitted *per team, per game.*
- All games must be decided! *As per other OCCCCR Tournaments,* a single simultaneous (3-person, total goals) shoot-out will take place at the conclusion of the final period if necessary. If necessary, the shoot-out would continue in sudden-victory format.
  - *During the shootout,* all players must make an attempt before any player can shoot twice. *In the case where one team has a shorter bench and has exhausted all shooters, both teams can begin to send players who have already made an attempt until all players have had a second opportunity to shoot. (ie. a single player cannot continuously make an attempt in the shootout.)*
- An overtime period of 5 minutes, sudden victory, will take place in the Championship game only. If the game still has not been decided, a shoot-out (3-person, total goals) will take place. If necessary, the shoot-out would continue in sudden-victory format.



## Penalties:

- Penalties are 2-minute minors, 5-minute majors or 10-minute misconducts.
- Any player who accumulates 3 minor penalties in a single game shall be ejected for the remainder of that game.
- Any majors received in the third period results in automatic expulsion from the game. Misconducts received in the third period will result in expulsion from next scheduled game.
- \*[OCR Penalty Protocol](#) will take precedence over any rules stated in this section. Please refer to that document specifically.

## Tie Breakers:

- *Points during the La Cité Coyotes Men & Women's Hockey Tournament or RECCup East Region Hockey Tournament will be awarded as follows:*
  - +3 Regulation Win, +2 Shootout Win, +1 Shootout Loss, 0 Regulation Loss

The OCAA tie breaking procedure will be used to begin placing teams as follows:

- a) The team with the best win/loss record in the games between the teams involved shall be awarded the higher position in the standings.
- b) If a tie persists, the team with the greatest positive point spread (points/goals for, minus points/goals against) in the games played between the teams involved in the tie shall be awarded the higher position in the standings.
- c) If a tie persists, the team with the least penalty minutes amongst tied teams (total tournament minutes) will be used to break the tie.

In the event of three or more teams/competitors being tied for an event place, the highest position will be determined by the above procedures. Applying the above tie breaking procedure from the beginning will break the tie for the next position.

## Tie breaker positioning:

The following will be used to determine position in the event of a tie:

1. Winner of the round robin game between the tied teams if they played each other. If not, then;
2. Team with most regulation wins
3. Team with the best goal differential (Goals for minus Goals against) will be placed higher
4. Least penalized team will be awarded the highest standing.
5. In case of a 3 or more-way tie in standings, #1 through #4 will be applied to determine the top team from the group of tied teams. The process will then revert to #1 for the remaining tied teams and continue to do so after each tie is broken until all the ties have been resolved.

**Same rules apply for Playoff Round games & Championship Round**





## Abuse of Game Officials:

- Officials will implement a ZERO TOLERANCE POLICY on unsportsmanlike behaviour. Verbal abuse of officials (including timekeepers and convenors) results in penalties ranging from minor penalties through gross misconducts for direct threats, at **OFFICIALS DISCRETION**. Physical abuse of an **ON OR OFF ICE OFFICIAL** during this event will, at minimum, result in life suspension from all Campus Recreation Activities hosted by Collège La Cité.

## Harassment of Officials, Unsportsmanlike Conduct/Misconduct

- Rule 9.2 (F) will be enforced during the tournament on ice AND off ice.  
Any player or team official who engages in verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Gross Misconduct penalty and the referee shall report full details of the incident to president.

## Policies Regarding Alcohol, Smoking, Chewing Tobacco and/or Drugs:

- No team member (player, coach, or team representative), shall display or consume alcoholic beverages/illegal drugs while in attendance at the game site, including parking lots.
- Any player who appears to be “under the influence”, before or during a game will be ejected from the tournament. Players at fault may be subject to further discipline.
- Smoking is not permitted inside the arena. Please use designated areas if you need to smoke.
- Chewing tobacco is not permitted during the game. If chewing tobacco is used in the dressing room, please spit into a bottle/container, and dispose of it properly. Evidence of chewing tobacco left in the dressing room or on team benches will result in disciplinary action against the offending team. The facility may also take action against offending teams.

## Supplementary Discipline:

- In addition to the suspensions imposed under La Cité Coyotes Men & Women’s Extramural Hockey Tournament Rules, the OCR may suspend the offending person for any or all extramural activities. As well, all information will be sent to the players’ athletic director for further discipline.



# SKILLS CHALLENGE

## Fastest Skater:

- Each team must select 3 of their players to participate.
- Each round will see 2 skaters competing head-to-head (schedule will be pre-determined).
- Players will be timed for one full lap around the rink.
- Players must remain on the outside of each cone as well as pass behind the net during their lap. Failure to do so will result in disqualification.
- Players will begin on opposite ends of the center red line and skate in a counter-clockwise direction around the rink finishing once they cross the center red line where they began.
- Each head-to-head race will begin on the referee's whistle and will be recorded by the referee's stopwatch.

\*The skater with the fastest time will win the FASTEST SKATER competition.

## Accuracy Shooting:

- Each team must select 3 of their players to participate.
- Each round will see 2 shooters competing head-to-head (schedule will be pre-determined).
- Players must shoot the puck into the openings on the target to score points. 1 point for low targets and 2 points for raised targets.
- Players cannot score on the same target hole twice in a row.
- Players must shoot from the designated shooting area.
- Players will have 20 seconds to score as many points as they can.

\*The player having scored the most points after 20 seconds will win the accuracy shooting challenge.

\*TIE BREAKER – In case of a tie, a 2<sup>nd</sup> round of the shooting challenge between the tied players will occur.

## Saves Master:

- Each team can select up to 2 goalies to compete.
- Each team must also select 3 shooters from their team.
- One player from each opposing team (based on the goalie) will take turns attempting to score on each goalie (Total number of turns will depend on number of opposing teams). Schedule will be pre-determined.
- Each scoring attempt is officiated in accordance with official shootout rules.

\*The goalie that makes the most saves out of the total shots faced will be crowned the SAVES MASTER.

TIE BREAKER – In the case of a tie, sudden victory simultaneous shootouts will be held until a victor is crowned.



# ARENA INFORMATION

## Location & Contact:

Richcraft Sensplex East, 813 Shefford Rd, Gloucester, ON K1J 8H9  
Phone: (613) 599-0363

## Directions and Map

Please visit Google Maps [LINK](#) for complete directions to and from the Arena.

## COVID Response Plan

Please visit following [LINK](#) for complete COVID protocols and vaccination requirements.

## Virtual Tour of the Richcraft Sensplex

[CLICK HERE](#)

## Parking:

Free on-site parking is available. Please obey all fire lanes and parking regulations. Buses may be directed to the back of the Arena for long-term parking.

## Bytown Royals Pro Shop:

Unfortunately, the Pro Shop will be CLOSED for the Coyotes tournament. (TBD)

## Concession Stand/Snack Bar

The concession stand/Snack bar which includes quick service, is located on the first floor, near the entrance, and will be open from 9am to 9pm.

## Meatings Barbeque (fully licensed Bar and Grill)

[Meetings Barbeque](#) is located on the second floor and overlooks 3 of the ice surfaces including the 2 surfaces that our tournament will be played on. It will only be open as of 11am on Friday morning.

## WiFi

Free WiFi is available throughout the facility.



# SERVICES & EMERGENCY CARE

## Hospitals

<b><u>Montfort Hospital</u></b> 713, Montréal Road Ottawa, ON K1K 0T2 613-746-4621	<b><u>Ottawa Civic Hospital</u></b> 1053 Carling Avenue Ottawa, ON K1Y 4E9 613-722-7000
<b><u>Ottawa General Hospital</u></b> 501 Smyth Road Ottawa, ON K1H 8L6 613-798-5555	

## Walk-in Medical Clinics

<b><u>Appletree Medical Centre</u></b> 2116 Montreal Road Ottawa, ON K1J 6M7 613-482-0118 Hours: 9am – 7pm	<b><u>St. Joseph Medical Centre</u></b> 1887 St Joseph Blvd Orléans, ON K1C 7J2 613-903-7563 Hours: 8am – 9pm
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## Pharmacies

<b><u>Shoppers Drug Mart</u></b> 2339 Ogilvie Road Ottawa, ON K1J 8M6 613-741-4653 Hours : 8am – 12am	<b><u>The Medicine Shoppe Pharmacy</u></b> 5303 Canotek Rd Unit 19, Gloucester, ON K1J 9M1 613-745-5905 Hours : 9am – 5pm
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## Sporting Goods Stores

<b><u>Sport Chek St. Laurent Shopping Centre</u></b> 1200 St Laurent Blvd Ottawa, ON K1K 4H4 613-741-3378 Hours: 9:30am – 9pm	<b><u>Lacroix Sports Orleans</u></b> 4366 Innes Rd, Orleans, ON K4A 3W3 613-824-5196 Hours: 9am – 8pm
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# ARENA EMERGENCY ACTION PLAN

**Arena Location & Address** – Richcraft Sensplex East, 813 Shefford Rd, Gloucester, ON K1J 8H9

**Main Entrance Access Point** – West end of building, under large illuminated “Richcraft Sensplex” and “Ottawa Senators” signs

**Location of Phone** – on desk in ice control office (outside of rink 1); when calling, select any line and dial 911. Instructions for phone use posted above phone on cork board; additional phone(s) available in pro shop, or in league office (in lobby at entrance of rink 1 and 2 hallway)

**Location of AED** – hung on wall in main lobby (outside of rink 1); located under posted first aid sign  
**Charge Person** – Certified on-site Athletic Therapist (or team therapist if there is one)

- After assessing the athlete and determining it to be an emergency, the **Charge Person** will activate the EAP

## **Call Person**

- Call **911**. State your name.
- Please state what you require: **Ambulance, Fire or Police**
- State that you have a medical emergency.
- Nature of occurrence -- Athletic Therapy Student will provide this information
  - MOI
  - Vital (Consciousness, Pulse, Breathing, Skin Appearance, Temperature, Moisture, Pupil)
  - Neck/head trauma
  - Bleeding
  - Fractures
- State what action is being taken for the injured person -- (Athletic Therapy Student will provide this information)
- Exact location (rink #, on ice or in change room, on bench, etc.); locate easiest access point to injured person (it may be Zamboni doors, it may be main entrance, it may be side/back emergency entrance)

**Stay online until 911 operator disconnects.**

## **Control Person** –

- Assist the Charge Person with athlete care and management
- Bring emergency equipment from sideline based on what is required
  - Spinal Board
  - AED
  - Splints
  - Cervical Collar
- With the help of the rest of the coaching staff, clear the ice of players and help with crowd control and ensure EMS have a clear path to the injured person