

2026 Capital Cup for Kids Hockey Tournament Rules

1. The goal of this tournament is to provide its players with a safe, fun and competitive hockey environment, while also raising money and awareness for local charities supporting critically-ill children and their families.

2. The Capital Cup for Kids prides itself in clean play that echoes the spirit in which this event was created. To ensure and promote clean play and good will among teams, 7 Capital Cup for Kids volunteers and the Building on Love tournament director have been designated as Commissioners. They are helping to finalize the rules in advance, certifying the rosters, and assisting with the distribution of tourney information to the teams. The Commissioners for the 2026 Capital Cup for Kids are Matt Callahan, Scott Ramundo, John Doolittle, Kevin Kennedy, Andy Rosen, John Nolan, Thomas Snyder, Bill Hollister and Jeff Yule. The second group is our Ambassadors. This group is composed of the remaining team captains.

Commissioners and Ambassadors will be at every game this year. The group will assist off-ice officials with locker room maintenance, communication with referees, scorekeeping, rules, and enforcement of the rules. If at any time there is an issue on or off the ice and a decision needs to be made, the off-ice officials will attempt to resolve the issue at that time. If the issue can't be resolved the off-ice officials on duty will present the issue to the Capital Cup Committee. This committee will come to a decision and that decision will be final.

3. A Division - This is an A level /open tournament. The rosters and ratings are set up to allow versatility and competitive play in the spirit of the Capital Cup for Kids. Captains are tasked with assembling a team that has a balanced skill level in order to create an equal balance of competition amongst teams and ensuring each participant conducts themselves appropriately on the ice and commits to the needed fundraising requirements of the tournament. No player under the age of 25 is permitted to participate in the A/Open Division. Players with Division 1 and Professional experience are permitted to play with all of the captains approving their participation. Exceptions to the age rule are permitted with majority of captain approval. The A division rosters are allowed a maximum of 15 players and a goalie for a total of 16 full time spots. There are also 6 subs allowed per team.

B Division North - This is a B+ level tournament. Captains are tasked with assembling a team that has a balanced skill level in order to create an equal balance of competition amongst all teams. Any player who at **any** point played Division 1, 2 or 3 will be deemed an A player* and will not be eligible to play. *Unless player raters determine that the player has fallen to a B+ level. B Division North rosters are allowed a maximum of 15 players and a goalie for a total of

16 full time spots. There are also 6 subs allowed per team. Each team will be allowed a maximum of 3 full-time players rated at 10 and a maximum of 128 ratings points for a roster of 16 full-time players, which is an average of 8. Any team with less than 16 players must adhere to the 8 average. Two of the six sub spots can be rated a 10. Subs that are rated 10 should only play in the event a full-time player rated 10 is absent.

B Division South - This is a B level tournament. Captains are tasked with assembling a team that has a balanced skill level in order to create an equal balance of competition amongst all teams. Any player who at **any** point played Division 1, 2 or 3 will be deemed an A player* and will not be eligible to play. *Unless player raters determine that the player has fallen to a B level. B Division South rosters are allowed a maximum of 15 players and a goalie for a total of 16 full time spots. There are also 6 subs allowed per team. Each team will be allowed a maximum of 2 full-time players rated at 10 and a maximum of 120 ratings points for a roster of 16 full-time players, which is an average of 7.5. Any team with less than 16 players must adhere to the 7.5 average. One of the six sub spots can be rated a 10. Subs that are rated 10 should only play in the event a full-time player rated 10 is absent.

C Division - This is a C-level tournament. No A or B+ players will be allowed to play unless approved by all captains.. Captains are tasked with assembling a team that has a balanced skill level in order to create an equal balance of competition amongst all teams. Any player who at **any** point played Division 1, 2 or 3 will be deemed an A player* and will not be eligible to play. *Unless player raters determine that the player has fallen to a C level. No players rated 9 or 10 will be permitted to play in this tournament. C division rosters are allowed a maximum of 15 players and a goalie for a total of 16 full time spots. There are also 4 subs allowed per team. Each team will be allowed a maximum of 3 full-time players rated at 8 and a maximum of 112 ratings points for a roster of 16 full-time players, which is an average of 7. Any team with less than 16 players must adhere to the 7 average. Subs must be rated 7 or less. Subs may only be used if you drop below 10 players or with all captains approval.

Masters Division – The Masters Division will consist of two separate Divisions, A and B, of 4 teams each. Master Division captains are tasked with assembling a team that has a balanced skill level in order to create an equal balance of competition amongst all teams within the specific Master Division. Any player who at **any** point played Division 1, 2 or 3 will be deemed an A player* and will be reviewed by Masters Division captains to determine that the player is eligible to play in the appropriate Master Division and full consensus from the specific Masters Division Captains is reached. Rosters will be submitted at an agreed upon date and each roster will be reviewed by the Masters captains.

Over-65 Division – This is one division composed of players 65 and older. Two teams will be formed by the co-captains based on enrollment of players and talent ratings to ensure evenly-matched teams. Each team will be capped at 15 skaters and two goaltenders, with substitute players as needed. Teams may be readjusted game by game to ensure parity and competitive balance.

All Divisions - Rosters will be submitted at an agreed upon date and each roster will be reviewed by all team captains. All rosters are to include Birthdate and a valid current USA Hockey Registration Number of each player. If there are any issues involving rosters or the balance of skill level associated with a team or teams, the captains will agree to meet and work towards a mutual agreement to resolve the issue. If the issue is not resolved satisfactorily, the captains will have **one** opportunity to present that issue to the Commissioner Committee. The Commissioner Committee will make a decision on the issue at hand and that decision will be final. All captains agree that players in this tournament must go through the proper ratings system, with no exceptions and agree that any unrated player will not be eligible to play in the tournament.

4. A Division - All players must be **26 or older** unless the player is grandfathered in or voted in by all captains.

B Divisions North and South - All players must be **30 or older** unless the player is grandfathered in or voted in by all captains.

C Division - All players must be **30 or older** unless the player is grandfathered in or voted in by all captains.

Masters Division - All players must be **50* or older**. A player with a 50th Birthday in the current calendar year qualifies. The age limit can be waived for female players as long as the skill level under Rule #2 applies. The age limit can also be waived for Goalies with the full intention that captains maintain the B-C level status of the Masters Division. Rosters and skill level will be governed in accordance with this rule and Rule #5 below.

Over 65 Division - Age limit – All players must be **65 or older**. Goaltenders and female players may be exempt from the age limit if allowed by the co-captains.

5. Any players who played at the professional level are only allowed to play in the Open/A division with captain's approval.

6. All players must have required hockey equipment to include the following: The use of a helmet, with a half or full shield, is mandatory. The helmet and face protection must be used in its original, unaltered state and be properly secured. Hockey gloves, elbow pads, shin guards, protective hockey pants and a cup are also required. Shoulder pads are recommended but optional. Any player found violating this rule would be required to leave the ice until such time as the equipment meets this standard. A second violation in the same game will result in a misconduct penalty.

7. Periods will be 15 minutes in length in rounds 1-2 and 12 minutes in round 3. Finals will be 15 minute periods. The Commissioner reserves the right, at any time, to change the length of the periods should the tournament get off schedule. A,B,C divisions will have 15 minute periods, with exception of Saturday family day which will be 12 minute periods.

8. Games tied at the end of regulation will go to a three-person shootout, then a sudden death shootout. In the final championship game only, if at the end of regulation time, it is a tie game, a 4 vs. 4, 5 minute overtime period will be added. If it is a tie at the end of overtime the shootout procedure above will apply.

9. Running time may be used in the third period only if the goal differential is six or more if both captains and game officials agree. Game officials may determine run time will be used if conduct on the ice is deteriorating or if the tournament is running behind.

10. A minor penalty will be two minutes in the penalty box.

11. **Fighting is not tolerated.** Any players involved in a fight will be disqualified from any further play during the tournament.

12. Any offensive language towards the refs will result in a penalty and a second offense will be a game ejection.

13. Four (4) penalties in a game is an automatic game ejection and may result in further disciplinary action. Two (2) expulsions of any player as a result of this rule in any of the three preliminary games may result in disqualification from any further play during the tournament. All of these cases will be referred to the Commissioner Committee for final decision.

14. Players who are ejected from the game must leave the ice and bench immediately. If this rule is not followed the player may be disqualified from further play in the tournament.

The case will be referred to the Commissioner Committee for final decision. Two game ejections or game misconducts, at any time during the Capital Cup Tournament regardless of year will result in permanent disqualification from playing in the tournament.

15. This is a no-checking tournament. Body checking will be called as a minor penalty. Cross checking, slashing, and high-sticking will be called as a minor penalty along with a 5-minute misconduct equaling 7 minutes served in the box. This will count as two penalties towards the four-penalty ejection rule.

15A. **Over 65** - Competitive contact shall not be allowed. Incidental contact should not be considered a penalty when the contact was unavoidable or casual in nature.

If a player unintentionally falls to the ice and is not able to recover quickly, the referee should stop play immediately. It does not matter who is in control of the puck. It is not mandatory that that player leaves the ice. The referee should err on the side of caution when stopping play because of the potential injury of a player.

The three-second rule for the goalie's possession of the puck shall be reduced to one second. In addition, if the puck is stationary and reasonably close to the goalie, the goalie shall be considered in possession of the puck. If there is doubt that the goalie has possession, the referee shall err on the side of caution and protection of the goalie. When the puck is in the goal crease, there should be no "scrambles" to retrieve the puck.

16. Major penalties will result in a 5-minute penalty and an ejection from the game. If the major includes a game misconduct, that player will be out for the next game as well and may be expelled from the tournament. The incident will be referred to the Commissioner Committee for final decision.

17. **A Division / B Division / C Division/ Masters A Division** – Slap shots are permitted.

18. **Masters B Division** – Slap shots taken with the stick raised above the waistline are not allowed. Shots can be taken with the stick raised to the level of the waistline or below. In the event of a slapshot as defined here, there is an immediate whistle and a face-off goes to the defensive zone.

19. **Over 65 Division** - no slapshots. Also, there will be no body checking, and body contact

is to be avoided as much as possible. Play will stop if a player is knocked down until he/she gets up. When the puck is in the goal crease, there will be no "scrambles" to retrieve the puck.

20. Two line passes are permitted. Tag rule for offsides.

21. Each team is allowed one timeout per game.

22. A player must play in two of the three preliminary games to be eligible for the finals unless authorized by the Commissioner in advance based on consultation with team captains and leadership committee.

23. **A Division** - A Division players, who in the past played in the B division, are allowed to also play in the B, C, Masters division only if they fit within the ratings system and all captains agree that the player in question fits within the ratings for that particular division.

B Division North and South - Players who play in B Divisions are eligible to also play for a team in the A Division, C Division, or Masters Division, only if they fit within the ratings system for the A, C or Masters Division.

C Division - Players in the C Division may also play in the Masters, or B Divisions, only if they fit within the ratings system for the Masters or B Divisions.

Masters Division - Players who play in A, B, C Division, who are 50 and over are eligible to also play for a team in the Masters Division, provided that player passes through the Masters rating system. Players who play in the Masters Division are also eligible to play for a team in the A, B or C Division. * A Players in the Master Division can only play in one of the Masters A or Masters B Division but not both.

Players may only play for one team in each of the five divisions, but may play for two separate teams, provided they are in different divisions. Players are not allowed to play in more than 2 divisions.

24. Players who are **not** on the official team roster may **not** play in the tournament. Team will forfeit the game 1-0 if it is found that an unregistered player plays in the tournament.

25. If at any point the Commissioner Committee determines that any team as a whole is far

above the level of play of the rest of the teams, the team will be allowed to play the three games but will receive a 1-0 forfeit loss for each of the three games and will not be allowed to play in the finals.

26. A Division / B Division / C Division / Masters Division – A team will receive 3 points for a win, 2 points for a shootout win, 1 point for a shootout loss, and 0 points for a loss in regulation.

27. Over 65 - The over 65 division is non-competitive. No standings points will be recorded.

28. A Division (4 teams) – The top two teams will play in the championship.

B Division North (4 teams) - The top two teams will play in the championship.

B Division South (4 teams) - The top two teams will play in the championship.

C Division (4 teams) - The top two teams will play in the championship.

Masters Division A (4 teams) - The top two teams will play in the A championship.

Masters Division B (4 teams) - The top two teams will play in the B championship.

Over 65 - The two teams will play three games against each other with no standings and no championships.

29. Tiebreakers in final standings of A,B,C and Masters go to:

1) Head to Head

2) Fewest Goals Against

3) Goal Differential (Note: in a given game the goal differential will be a maximum of 6, regardless of a greater goal differential Ex: 15-2 = 8-2)

4) Fundraising Total

30. No people other than dressed players are allowed on the bench at any time unless approved by the tournament director.

31. Email addresses on registration may be used by Building on Love or Capital Cup Committee for fundraising and promotional use.

32. Photos taken during the tournament may be used to promote the event in the future, without use of a release form.

33. By signing in at your registration, at the event and online players understand and agree to the rules prior to the tournament and that all skaters play at their own risk and agree not to hold any one person, group of people or organization liable for any injury sustained during the tournament.