

2025 WOMEN'S/GIRL'S SALAAM CUP GAME FORMAT AND RULES



DIV A GAMES	DIV B GAMES	DIV C GAMES	DIV D GAMES
ROUND ROBIN: <ul style="list-style-type: none">• 2 PERIODS• BOTH PERIODS - 15 MIN RUN TIME• 1 TIMEOUT PER GAME• LAST 30 SECS OF 2ND PERIOD STOP TIME IF 1-GOAL SPREAD or TIED• FULL RINK• NO OVERTIME/SHOOTOUTS. GAMES THAT END IN A TIE WILL STAY AS A TIE	ROUND ROBIN: <ul style="list-style-type: none">• 2 PERIODS• BOTH PERIODS - 15 MIN RUN TIME• 1 TIMEOUT PER GAME• LAST 30 SECS OF 2ND PERIOD STOP TIME IF 1-GOAL SPREAD or TIED• FULL RINK• NO OVERTIME/SHOOTOUTS. GAMES THAT END IN A TIE WILL STAY AS A TIE	ROUND ROBIN: <ul style="list-style-type: none">• 2 PERIODS• BOTH PERIODS - 15 MIN RUN TIME• 1 TIMEOUT PER GAME• LAST 30 SECS OF 2ND PERIOD STOP TIME IF 1-GOAL SPREAD or TIED• FULL RINK• NO OVERTIME/SHOOTOUTS. GAMES THAT END IN A TIE WILL STAY AS A TIE	ROUND ROBIN: <ul style="list-style-type: none">• 2 PERIODS• BOTH PERIODS - 15 MIN RUN TIME• 1 TIMEOUT PER GAME• LAST 30 SECS OF 2ND PERIOD STOP TIME IF 1-GOAL SPREAD or TIED• FULL RINK• NO OVERTIME/SHOOTOUTS. GAMES THAT END IN A TIE WILL STAY AS A TIE
<ul style="list-style-type: none">• LATE TO GAME: TEAM MUST HAVE MIN 6 PLAYERS TO START AND IF 10MINS RUNS DOWN, AUTOMATIC DEFAULT• IF TEAM SHOWS UP LATE, 2-MIN DELAY OF GAME PENALTY	<ul style="list-style-type: none">• LATE TO GAME: TEAM MUST HAVE MIN 6 PLAYERS TO START AND IF 10MINS RUNS DOWN, AUTOMATIC DEFAULT• IF TEAM SHOWS UP LATE, 2-MIN DELAY OF GAME PENALTY	<ul style="list-style-type: none">• LATE TO GAME: TEAM MUST HAVE MIN 6 PLAYERS TO START AND IF 10MINS RUNS DOWN, AUTOMATIC DEFAULT• IF TEAM SHOWS UP LATE, 2-MIN DELAY OF GAME PENALTY	<ul style="list-style-type: none">• LATE TO GAME: TEAM MUST HAVE MIN 6 PLAYERS TO START AND IF 10MINS RUNS DOWN, AUTOMATIC DEFAULT• IF TEAM SHOWS UP LATE, 2-MIN DELAY OF GAME PENALTY
<ul style="list-style-type: none">• OFFSIDE RULE APPLIES, NO TOUCH ICING RULE APPLIES• MERCY RULE: 7 GOAL SPREAD IN 2ND PERIOD, GAME IS OVER	<ul style="list-style-type: none">• OFFSIDE RULE APPLIES, ICING RULE DOES NOT APPLY• MERCY RULE: 7 GOAL SPREAD IN 2ND PERIOD, GAME IS OVER	<ul style="list-style-type: none">• OFFSIDE RULE APPLIES, ICING RULE DOES NOT APPLY• MERCY RULE: 7 GOAL SPREAD IN 2ND PERIOD, GAME IS OVER	<ul style="list-style-type: none">• OFFSIDE RULE APPLIES, ICING RULE DOES NOT APPLY• MERCY RULE: 7 GOAL SPREAD IN 2ND PERIOD, GAME IS OVER
<ul style="list-style-type: none">• FULL CAGE MANDATORY. HOCKEY GLOVES MANDATORY	<ul style="list-style-type: none">• FULL CAGE MANDATORY. HOCKEY GLOVES MANDATORY	<ul style="list-style-type: none">• FULL CAGE MANDATORY. HOCKEY GLOVES MANDATORY	<ul style="list-style-type: none">• FULL CAGE MANDATORY. HOCKEY GLOVES MANDATORY
PLAYOFFS: <ul style="list-style-type: none">• 2 PERIODS• 15 MIN STOP TIME EACH• FULL RINK• MERCY RULE: 5-GOALS SPREAD IN 2ND PERIOD, GAME BECOMES RUN TIME	PLAYOFFS: <ul style="list-style-type: none">• 2 PERIODS• 15 MIN STOP TIME EACH• FULL RINK• MERCY RULE: 5-GOALS SPREAD IN 2ND PERIOD, GAME BECOMES RUN TIME	PLAYOFFS: <ul style="list-style-type: none">• 2 PERIODS• 15 MIN STOP TIME EACH• FULL RINK• MERCY RULE: 5-GOALS SPREAD IN 2ND PERIOD, GAME BECOMES RUN TIME	PLAYOFFS: <ul style="list-style-type: none">• 2 PERIODS• 15 MIN STOP TIME EACH• FULL RINK• MERCY RULE: 5-GOALS SPREAD IN 2ND PERIOD, GAME BECOMES RUN TIME
SEMIFINALS AND FINALS: <ul style="list-style-type: none">• 1 TIMEOUT PER GAMENO CARRYOVERS	SEMIFINALS AND FINALS: <ul style="list-style-type: none">• 1 TIMEOUT PER GAMENO CARRYOVERS	SEMIFINALS AND FINALS: <ul style="list-style-type: none">• 1 TIMEOUT PER GAMENO CARRYOVERS	SEMIFINALS AND FINALS: <ul style="list-style-type: none">• 1 TIMEOUT PER GAMENO CARRYOVERS
<ul style="list-style-type: none">• IF TIED (SEMIS) : 3-MIN STOPTIME OT, THEN 3-WOMEN SHOOTOUT• IF TIED (FINALS) : 5-MIN STOPTIME OT, THEN 3-WOMEN SHOOTOUT	<ul style="list-style-type: none">• IF TIED (SEMIS) : 3-MIN STOPTIME OT, THEN 3-GIRL SHOOTOUT• IF TIED (FINALS) : 5-MIN STOPTIME OT, THEN 3-GIRL SHOOTOUT	<ul style="list-style-type: none">• IF TIED (SEMIS) : 3-MIN STOPTIME OT, THEN 3-GIRL SHOOTOUT• IF TIED (FINALS) : 5-MIN STOPTIME OT, THEN 3-GIRL SHOOTOUT	<ul style="list-style-type: none">• IF TIED (SEMIS) : 3-MIN STOPTIME OT, THEN 3-GIRL SHOOTOUT• IF TIED (FINALS) : 5-MIN STOPTIME OT, THEN 3-GIRL SHOOTOUT
<ul style="list-style-type: none">• NO TIMEOUTS IN OT	<ul style="list-style-type: none">• NO TIMEOUTS IN OT	<ul style="list-style-type: none">• NO TIMEOUTS IN OT	<ul style="list-style-type: none">• NO TIMEOUTS IN OT
<ul style="list-style-type: none">• LATE TO GAME: TEAM MUST HAVE MIN 6 PLAYERS TO START AND IF 10MINS RUNS DOWN, RESULTS IN AUTOMATIC DEFAULT	<ul style="list-style-type: none">• LATE TO GAME: TEAM MUST HAVE MIN 6 PLAYERS TO START AND IF 10MINS RUNS DOWN, RESULTS IN AUTOMATIC DEFAULT	<ul style="list-style-type: none">• LATE TO GAME: TEAM MUST HAVE MIN 6 PLAYERS TO START AND IF 10MINS RUNS DOWN, RESULTS IN AUTOMATIC DEFAULT	<ul style="list-style-type: none">• LATE TO GAME: TEAM MUST HAVE MIN 6 PLAYERS TO START AND IF 10MINS RUNS DOWN, RESULTS IN AUTOMATIC DEFAULT
<ul style="list-style-type: none">• IF TEAM SHOWS UP LATE, 2-MIN DELAY OF GAME PENALTY	<ul style="list-style-type: none">• IF TEAM SHOWS UP LATE, 2-MIN DELAY OF GAME PENALTY	<ul style="list-style-type: none">• IF TEAM SHOWS UP LATE, 2-MIN DELAY OF GAME PENALTY	<ul style="list-style-type: none">• IF TEAM SHOWS UP LATE, 2-MIN DELAY OF GAME PENALTY
<ul style="list-style-type: none">• OFFSIDE RULE APPLIES• ICING RULE APPLIES• FULL CAGE MANDATORY. HOCKEY GLOVES MANDATORY	<ul style="list-style-type: none">• OFFSIDE RULE APPLIES• ICING RULE DOES NOT APPLY• FULL CAGE MANDATORY. HOCKEY GLOVES MANDATORY	<ul style="list-style-type: none">• OFFSIDE RULE APPLIES• ICING RULE DOES NOT APPLY• FULL CAGE MANDATORY. HOCKEY GLOVES MANDATORY	<ul style="list-style-type: none">• OFFSIDE RULE APPLIES• ICING RULE DOES NOT APPLY• FULL CAGE MANDATORY. HOCKEY GLOVES MANDATORY
<ul style="list-style-type: none">• HIGHSTICKING THE BALL RESULTS IN A 2MIN PENALTY	<ul style="list-style-type: none">• HIGHSTICKING THE BALL RESULTS IN A 2MIN PENALTY	<ul style="list-style-type: none">• HIGHSTICKING THE BALL RESULTS IN A 2MIN PENALTY	<ul style="list-style-type: none">• HIGHSTICKING THE BALL RESULTS IN A 2MIN PENALTY
HANDSHAKES: NO HANDSHAKES AT END OF ANY GAME	HANDSHAKES: NO HANDSHAKES AT END OF ANY GAME	HANDSHAKES: NO HANDSHAKES AT END OF ANY GAME	HANDSHAKES: NO HANDSHAKES AT END OF ANY GAME
1ST HALF HOME SIDE STARTS ON AWAY SIDE & VICE VERSA 2ND HALF, TEAMS SWITCH SIDES	TEAMS DO NOT SWITCH SIDES AT HALF; STAY ON OWN SIDE	TEAMS DO NOT SWITCH SIDES AT HALF; STAY ON OWN SIDE	TEAMS DO NOT SWITCH SIDES AT HALF; STAY ON OWN SIDE
MALE COACHING STAFF (ALL DIVISIONS): <ul style="list-style-type: none">- ONLY ROSTER DESIGNATED STAFF ALLOWED BEHIND BENCH- NOT ALLOWED ON RINK FLOOR TO TEND TO INJURIES, NOR INTERACTIONS WITH REFS/PLAYERS DURING GAME; TIMEOUTS AND INTERMISSIONS EXCEPTED- NOT ALLOWED TO PARTICIPATE IN HANDSHAKES WITH OPPOSING TEAMS	MALE COACHING STAFF (ALL DIVISIONS): <ul style="list-style-type: none">- ONLY ROSTER DESIGNATED STAFF ALLOWED BEHIND BENCH- NOT ALLOWED ON RINK FLOOR TO TEND TO INJURIES, NOR INTERACTIONS WITH REFS/PLAYERS DURING GAME; TIMEOUTS AND INTERMISSIONS EXCEPTED- NOT ALLOWED TO PARTICIPATE IN HANDSHAKES WITH OPPOSING TEAMS	MALE COACHING STAFF (ALL DIVISIONS): <ul style="list-style-type: none">- ONLY ROSTER DESIGNATED STAFF ALLOWED BEHIND BENCH- NOT ALLOWED ON RINK FLOOR TO TEND TO INJURIES, NOR INTERACTIONS WITH REFS/PLAYERS DURING GAME; TIMEOUTS AND INTERMISSIONS EXCEPTED- NOT ALLOWED TO PARTICIPATE IN HANDSHAKES WITH OPPOSING TEAMS	MALE COACHING STAFF (ALL DIVISIONS): <ul style="list-style-type: none">- ONLY ROSTER DESIGNATED STAFF ALLOWED BEHIND BENCH- NOT ALLOWED ON RINK FLOOR TO TEND TO INJURIES, NOR INTERACTIONS WITH REFS/PLAYERS DURING GAME; TIMEOUTS AND INTERMISSIONS EXCEPTED- NOT ALLOWED TO PARTICIPATE IN HANDSHAKES WITH OPPOSING TEAMS