



Saturday 09th & Sunday 10th May 2026

Dundee Ice Arena

This tournament pack contains information about the participating teams, the rules and the schedule/format.

Host Venue Address: Dundee Ice Arena, 7 Dayton Drive, Dundee. DD2 3SQ

First Aid Provision: The Dundee Ice Arena will have trained first aiders on duty, they will be available for any first aid requirements over the weekend.

Tournament Rules & Regulations

Participating Teams

Dumfries Demons
Dundee Michelin
Edinburgh Knights
Edinburgh Lions
Glasgow Mustangs

Glenrothes Cougars
Highland Capitals
Highlanders
Paisley Blackhawks
Warriors

All teams should be prepared to play between 09:00 & 20:30 on Saturday and between 09:00 and 19:45 on the Sunday.

Game Format

The teams were drawn into 2 pools at the Recreational JMC meeting on Tuesday 25th November 2025.

Teams in each pool will play all the other teams in their OWN pool, followed by 2 Semi-Finals and the Final, a total of 23 games.

Fixture List For Each Pool

Team	Opponents			
A1 v	A2	A3	A4	A5
A2 v	A1	A3	A4	A5
A3 v	A1	A2	A4	A5
A4 v	A1	A2	A3	A5
A5 v	A1	A2	A3	A4

Team	Opponents			
B1 v	B2	B3	B4	B5
B2 v	B1	B3	B4	B5
B3 v	B1	B2	B4	B5
B4 v	B1	B2	B3	B5
B5 v	B1	B2	B3	B4

All games will be 2 x 20 minutes periods played with a running clock, with the last 2 minutes of every game having a stopped clock. NO time out will be allowed in any games.

There will be a 3-minute warm-up before each game with **NO PUCKS**.

There will be a 2-minute break between each period.

Teams must have a minimum of 5 skaters and 1 goalie dressed and on the ice at the scheduled face-off time. Failure to do so will result in a forfeit and the points awarded to the opposition. **The schedule times should be used as a guide as the event could run ahead of the schedule times (it happens).**

Game Results

A Teams Final placing (after their preliminary 4 games) in Pools A & B will be determined by means of a league table. This league table will be compiled by using the following format:

- a Points
- b Goal Difference
- c Penalty Points
- d Goals Conceded
- e Toss of a Coin

Game Points

2 points for overall game win

1 point for a drawn game

0 points for a loss

Semi Finalists

Semi-Final 1, Game 21 will be between the Winner of Pool A & Runner up Pool B.

Semi-Final 2, Game 22 will be between the Winner of Pool B & Runner up Pool A.

The losing teams in games 21 and 22 will be awarded joint third place in the tournament.

If either of the Semi-Finals ends in a draw, the winners of that game will be decided by means of a penalty shoot-out. This will be carried out in the manner detailed below.

The Penalty Shoot Out

- a. 3 players per team taking 1 penalty shot each
- b. The teams will take alternate penalty shots
- c. The team with the most penalty goals wins
- d. If the number of penalty goals is the same at the end of this series, then a sudden death series of penalty shots will be taken
- e. **The same 3 players** per team taking 1 penalty shot each, in the same rotation.
- f. Penalty shots will again be taken alternately, until one of the teams fails to score in the series, the other team will then be declared the winner of the game.

Finalists

The Final, Game 23 will be contested by the winners of games 21 & 22.

If the Final ends in a draw. 10 minutes of sudden death overtime will be played (5-on5), with the first goal scored to determine the winner.

If it is still a draw after this period of overtime, a penalty shoot-out will determine the winner. This will be carried out in the manner detailed above.

Playing Rules

The normal IIHF rules of ice hockey will apply but the following additional rules, as adopted by the Scottish Ice Hockey Recreational Section, will be used during this tournament –

- a) No deliberate checking/body contact.
- b) **Players must wear ALL their protective equipment, the items must be approved for ice hockey**, this includes elbow guards, gloves, leg guards, shorts, neck laceration protector, and if applicable - a mouth guard.
All SIH Recreational players must wear as a minimum, a half visor.
- c) Any Minor Penalty – 3-minute duration (running clock)
- d) 5 Minute Major – 5 minutes duration
- e) Misconduct – 10 minutes duration
- f) Game Misconduct – removed from the game and misses the rest of the tournament.
- g) Any team involved in a bench clearance will be removed from the tournament and any points won by that team will be forfeited.
- h) Icing will not be called in any games unless the referee determines that there is a potential risk to player safety if two players from opposite teams are chasing down the puck towards the boards.

Note – All penalties will not start until the offending player, or substitute, is in the penalty box.

Teams and players are reminded that any Game Misconduct penalties will follow the standard SIH Discipline processes, and any bans/suspensions will be applied after the event.

At The End Of The Games

If teams wish to do so, they can shake hands, but we ask that both teams leave the ice as quickly as possible and shake hands off the ice as this time is the start of the warm-up period for the next game or an ice cut.

Penalty Box Duties

All teams are allocated penalty box duties throughout the tournament schedule. 2 people per game are required to assist with opening each penalty box door when players receive penalties and once the penalty has expired, allow them back into the game at the time given by the scorer.

PLEASE NOTE: if a team does not turn up for penalty box duties **2 points will be deducted from their points total.** Please check your penalty box allocation throughout the weekend. THERE IS NO APPEAL PROCESS.

Player Eligibility

All players must be first team registered with the team that they intend to play for at the tournament on or before 31st December 2025.

Team Lists

Team lists must be submitted by Sunday 29th March 2026 at the latest.

Team lists must be returned using the excel template provided, showing the player's jersey number, Christian Name, Surname, Licence Number, along with the usual 'C', 'A', 'G', 'P', 'M' and any mouth guard requirements. (details on the template)

The excel file must be named – 'COMPETITION NAME - YOUR TEAM NAME'.

Clubs must ensure that all players entered onto the team sheet for this event are eligible to play. Any players registered after the SIH tournament signing deadline, 31st December 2025, suspended players and ex-league players (*players signed with any league team this season = 2025-2026, prior to joining a SIH recreational team*) **ARE NOT ELIGIBLE FOR THIS COMPETITION.**

All clubs must bring the official team sheet printed from the SIH online system (flexViews) to the event and this must be supplied to the scorer at least 30 minutes prior to the first game.

Note: This team sheet should be printed from the system no more than 2 days prior to the event.

Game Sheet – Official in Charge of the Team

The team's qualified, minimum Level 1 coach should check & sign the game sheet before the end of the 3-minute warm-up.

The coach must ensure any suspended players are entered into the suspended player box before signing the game sheet.

Guest Goalies

Goalies (recreational) may be allowed to guest for a team in emergency situations.

Clubs must send their guest goalie request to the SIH Recreational Rep, giving as much notice as possible, any guest goalie requests will be reviewed by the Recreational JMC.

If a guest goalie request is approved, the Recreational JMC will allocate a goalie, clubs must not source or suggest a guest goalie.

Guest goalies allocated to teams will meet the following criteria –

1. they were registered before 31st December 2025.
2. they have not played in any other SIH Recreational end-of-season tournament.

For clarity, when a goalie plays at a SIH Recreational end-of-season event, they are competition-tied to the team they played for and are not eligible to play at another end-of-season tournament.

Abuse of Officials

We want everyone taking part in the tournament to have fun and enjoy their weekend and this includes the on and off ice officials. We would like to ask all teams and players to show some respect for the referees and the volunteers in the timekeeper's box.

Any abuse of officials will not be tolerated, including the volunteers in the box doing timekeeping and scorer duties, without these on & off-ice officials, we couldn't play.

If a ref calls a penalty during a game, the player should go directly to the penalty box to serve the penalty, any backchat from players could incur further penalties.

If a team Captain or Assistant has a problem with any referee decision then they should keep their queries to the end of the game to stop wasting playing time, it's a running clock.

Any team that insists on debating calls with referees during the game, causing a delay, will be given 1 warning and any further delays in that game will result in the offending team/player being awarded a delay of game penalty for each further occasion.

Note: Only the Referee can instruct the timekeeper to stop the clock, anyone abusing the volunteers performing the timekeeper & scorer roles may receive an abuse of official penalty.

Any abuse of officials, physical or verbal, will result in a 5+Game Misconduct Penalty and removal from the tournament. This behaviour falls significantly below the standards expected within Scottish Ice Hockey governance.

Trophies And Awards

All individual trophies become the property of the team/player to whom the awards were made and do not require to be returned. The winner's trophy must be returned by the date requested by the Recreational JMC, ahead of the event the following year.

Winners, Runners Up, Fair Play Award – decided by the playoff stats for least PIMs taken.

Top Goalie – decided by using feedback from teams & referees.

Top Points Scorer – decided by the round robin stats for most goals & assists.

Best Defenceman – decided by using feedback from teams & referees.

Player of the Tournament - decided by using feedback from teams & referees.

Player's Equipment

Players are responsible for looking after their own kit throughout the weekend and it is not the responsibility of the organisers or Dundee Ice Arena if any items go missing.

We would like to suggest that you take a "valuables bag" to your team bench when you are playing games or leave your valuables with family or friends.

Player Conduct, Damage or Vandalism

Any club or player that causes deliberate damage to the Dundee Ice Arena will be asked to leave the building and they will be reported to SIH. The parent club will be held responsible for any costs to repair any damage caused by the actions of their players and the club can recover the costs from the individual, if they choose to do so.

Smoking and Vaping indoors is against the law and as such, is not permitted inside any ice rinks. Anyone caught will be reported to rink management and removed from the building. Rink management and SIH officials have the authority to remove teams/players from the changing room and the building if evidence or suspicion of vaping / smoking is found (i.e smell, paraphernalia, etc.).

The coach in charge of the team will be held responsible and as such should ensure their team smoke/vape in the appropriate place e.g. designated smoking areas outside the rink.

Please note that SIH adopts the IIHF Anti-Doping Policy and players may be subject to random drug tests during the competition.

Photography at this event

Players, friends or family can take photos on mobile phones or small compact cameras.

Entry Into Dundee Ice Arena & Tournament

Spectators will not be charged an entry fee to this event.

Please note that under 12s must be accompanied by an adult.

If you have any queries, feel free to email your JMC Rep, with the Recreational Rep in copy.



RECREATIONAL SCOTTISH CUP

DUNDEE ICE ARENA

09TH MAY & 10TH MAY 2026



The teams were drawn and put into 2 groups at the Recreational JMC meeting on Tuesday 25th November 2025.

POOL A

- 1 Dumfries Demons
- 2 Glasgow Mustangs
- 3 Highlanders
- 4 Edinburgh Lions
- 5 Edinburgh Knights

POOL B

- 1 Highland Capitals
- 2 Warriors
- 3 Dundee Michelin
- 4 Paisley Blackhawks
- 5 Glenrothes Cougars

Saturday 09/05/2026

Game	Start	End	Time	2 x Penalty Box	Draw	Home Team	Score	Score	Away Team
1	09:00	09:50	00:50	<i>Edinburgh Lions</i>	B1 V B2	Highland Capitals		v	Warriors
2	09:50	10:40	00:50	<i>Glenrothes Cougars</i>	A1 V A2	Dumfries Demons		v	Glasgow Mustangs
	10:40	10:55	00:15	ICE RESURFACE					
3	10:55	11:45	00:50	<i>Edinburgh Knights</i>	B3 V B4	Dundee Michelin		v	Paisley Blackhawks
4	11:45	12:35	00:50	<i>Highland Capitals</i>	A3 V A4	Highlanders		v	Edinburgh Lions
	12:35	12:50	00:15	ICE RESURFACE					
5	12:50	13:40	00:50	<i>Warriors</i>	A5 V A1	Edinburgh Knights		v	Dumfries Demons
6	13:40	14:30	00:50	<i>Edinburgh Lions</i>	B5 V B1	Glenrothes Cougars		v	Highland Capitals
	14:30	14:45	00:15	ICE RESURFACE					
7	14:45	15:35	00:50	<i>Paisley Blackhawks</i>	A2 V A3	Glasgow Mustangs		v	Highlanders
8	15:35	16:25	00:50	<i>Dumfries Demons</i>	B2 V B3	Warriors		v	Dundee Michelin
	16:25	16:40	00:15	ICE RESURFACE					
9	16:40	17:30	00:50	<i>Highlanders</i>	B4 V B5	Paisley Blackhawks		v	Glenrothes Cougars
10	17:30	18:20	00:50	<i>Dundee Michelin</i>	A4 V A5	Edinburgh Lions		v	Edinburgh Knights
	18:20	18:35	00:15	ICE RESURFACE					
11	18:35	19:25	00:50	<i>Glasgow Mustangs</i>	B1 V B3	Highland Capitals		v	Dundee Michelin
12	19:25	20:15	00:50	<i>Warriors</i>	A1 V A3	Dumfries Demons		v	Highlanders

Sunday 10/05/2026

Game	Start	End	Time	2 x Penalty Box	Draw	Home Team	Score	Score	Away Team
13	09:00	09:50	00:50	<i>Dundee Michelin</i>	A2 V A4	Glasgow Mustangs		v	Edinburgh Lions
14	09:50	10:40	00:50	<i>Dumfries Demons</i>	B2 V B4	Warriors		v	Paisley Blackhawks
	10:40	10:55	00:15	ICE RESURFACE					
15	10:55	11:45	00:50	<i>Highland Capitals</i>	A5 V A3	Edinburgh Knights		v	Highlanders
16	11:45	12:35	00:50	<i>Glasgow Mustangs</i>	B5 V B3	Glenrothes Cougars		v	Dundee Michelin
	12:35	12:50	00:15	ICE RESURFACE					
17	12:50	13:40	00:50	<i>Glenrothes Cougars</i>	A4 V A1	Edinburgh Lions		v	Dumfries Demons
18	13:40	14:30	00:50	<i>Edinburgh Knights</i>	B4 V B1	Paisley Blackhawks		v	Highland Capitals
	14:30	14:45	00:15	ICE RESURFACE					
19	14:45	15:35	00:50	<i>Highlanders</i>	B2 V B5	Warriors		v	Glenrothes Cougars
20	15:35	16:25	00:50	<i>Paisley Blackhawks</i>	A2 V A5	Glasgow Mustangs		v	Edinburgh Knights
	16:25	16:40	00:15	ICE RESURFACE					
21	16:40	17:30	00:50	<i>Volunteers</i>	Semi 1	Winner Pool A		v	Runner Up Pool B
	17:30	17:45	00:15	ICE RESURFACE					
22	17:45	18:35	00:50	<i>Volunteers</i>	Semi 2	Winner Pool B		v	Runner Up Pool A
	18:35	18:50	00:15	ICE RESURFACE					
23	18:50	19:40	00:50	<i>Volunteers</i>	Final	Winner Game 21		v	Winner Game 22

Last 2 minutes with a stop clock - 5 mins allocated for this