

The Perth Lanark Minor Hockey Association Competitive Teams welcomes and thanks you for entering our 14th Annual Duel Tournament on October 24 – 26, 2025 which will be held at both our Perth and Lanark Arena's.



Enclosed please find a copy of the Game Schedule, A Map of the Arena's, Places to Eat/Accommodations & Tournament Rules

Upon arrival and before each game, Managers and or Coaches please visit our registration table in the lobby to register your team.

There are canteens in both the Perth and Lanark arena's with snacks, special food selections and beverages.

Travelling to and from Perth and Lanark is approximately a 15 minute drive. Perth has a variety of things to do, a lot of shops, eat in and take out establishments to enjoy.

The Spare Room Bowling alley is available for teams to rent by the lane by the hour or by the entire facility by the hour for larger groups. Please contact them for more information; Website: <https://www.thespareroomperth.com> Phone: 613-706-7090 Email: Hello@thespareroomperth.com

There is a Chalet building at our outdoor recreation complex at Conlon Farms teams have rented in the past. It has 30 chairs, 6 tables, washrooms, a water fountain, private space. Outside, there's a sledding hill, playground, and more. The Chalet is about a 5-minute drive from the arena.

For more information visit; <https://www.perth.ca/recreation-culture/recreation/conlon-farm-recreation-complex/>

For those in Lanark; The Lanark Legion which is approximately a 3 minute walk from the Arena has graciously opened its doors to all teams and families attending on Saturday, October 26 between 11am-5pm. Feel free to come and go as you please, enjoy a team meal together etc. Please note, children are parents responsibility and we hope all those utilizing the Legion will be respectful to the establishment and please clean up after yourselves.

- **On Saturday, Lanark Legion** is offering a Hot Dog Combo for \$5.00 (hot dog, chips, drink) & a Hamburger Combo for \$7.00 (hamburger, chips & drink) Please **contact Connie** by October 18 to inform of team orders to ensure there is enough prepared at 613-278-2432 or connieechlin@gmail.com
- **Fitz's Fresh Cut Fries** & Take out is open this weekend located a short walk from the Arena at 103 Mill St. (corner of Mill & George) offering a complete take-out menu including fresh cut fries, fresh curd poutines, homemade burgers, sandwiches, salads and finger foods.
- **Lanark Pizzeria** is offering 13% (no tax!) off anything purchased when paying cash. Inform that you are attending the tournament. They are not an eat in establishment, and are not able to deliver this day however, they are a 1 min drive/3 minute walk from the arena, 1 min walk to the Legion. Menu can be found at www.lanarkpizzeria.com If ordering multiple pizza's they have requested to please order in advance, the day before to ensure timely & quality product.

Again, we thank you for choosing to attend the PLMHA 14th Annual Duel Tournament and hope you have a fun filled weekend of hockey!

If you have any questions, please contact;

Laurie Rose - Tournament Coordinator

plmha.tournaments@gmail.com - 613-390-2432

or speak with any PLMHA team representative available on site at the arena's during the day.

U11 DUEL TOURNAMENT SCHEDULE

FRIDAY, OCTOBER 24 - SUNDAY, OCTOBER 26, 2025



U11 TEAMS

PERTH LANARK WINGS
ALEXANDRIA GLENS
CASTOR RIVER CANUCKS
FRONTENAC FLYERS
KANATA BLAZERS
KEMPTVILLE ROYALS
MISSISSIPPI THUNDER KINGS
PEMBROKE KINGS

FRIDAY - LANARK ARENA (67 PRINCESS ST.)

TIME	HOME	vs	AWAY
11:00am - 11:50am	PERTH LANARK WINGS	vs	KEMPTVILLE ROYALS
12:00pm - 12:50pm	FRONTENAC FLYERS	vs	MISSISSIPPI THUNDER KINGS
1:00pm - 1:50pm	KANATA BLAZERS	vs	ALEXANDRIA GLENS
2:00pm - 2:50 pm	PEMBROKE KINGS	vs	CASTOR RIVER CANUCKS

SATURDAY - LANARK ARENA (67 PRINCESS ST.)

TIME	HOME	vs	AWAY
8:00am - 8:50am	PEMBROKE KINGS	vs	PERTH LANARK WINGS
10:00am - 10:50	ALEXANDRIA GLENS	vs	MISSISSIPPI THUNDER KINGS
12:00pm - 12:50pm	KEMPTVILLE ROYALS	vs	KANATA BLAZERS
1:00pm - 1:50pm	CASTOR RIVER CANUCKS	vs	FRONTENAC FLYERS
5:00pm - 5:50pm	CASTOR RIVER CANUCKS	vs	KEMPTVILLE ROYALS
6:00pm - 6:50pm	KANATA BLAZERS	vs	FRONTENAC FLYERS

SATURDAY - PERTH ARENA (2 BECKWITH ST. E.)

3:00pm - 3:50 pm	PERTH LANARK WINGS	vs	ALEXANDRIA GLENS
4:00pm - 4:50pm	MISSISSIPPI THUNDER KINGS	vs	PEMBROKE KINGS

SUNDAY - LANARK ARENA (67 PRINCESS ST.)

SEMI FINALS - TOP 4 TEAMS BASED ON POINTS

TIME	HOME	vs	AWAY
8:00am - 8:50am	U11 2nd	vs	U11 3rd
9:00am - 9:50am	U11 1st	vs	U11 4th

SUNDAY - PERTH ARENA (2 BECKWITH ST. E.)

FINALS - WINNING TEAMS FROM SEMI FINALS

TIME	HOME	vs	AWAY
9:30am - 10:50am	U15	vs	U15
11:00am - 12:20pm	U18	vs	U18
12:30pm - 1:20pm	U11	vs	U11
1:30pm - 2:50pm	U13	vs	U13



EAT IN & TAKE OUT IN PERTH

- St. Louis Bar & Grill
- Mex & Co
- Tangled Garden 2.0
- Red Fox
- Pizza Hut
- Perth Restaurant
- Peter's Family Restaurant
- Michael's Table
- Fiddlehead's
- Domino's Pizza
- Thomasino's Pizza
- Jersey Joe's Pizza
- Milano's Pizza
- FAST FOOD
 - Tim Horton's
 - Wendy's
 - McDonald's
 - Subway
 - KFC
 - A & W
- CHINESE
 - Hot Wok
 - Skye Dragon

PLACES TO EAT IN LANARK & ALONG THE WAY

- TAKEOUT
 - Lanark Pizzeria
 - Fitz's Fresh Cut Fries & Take Out
 - Village Treats (Balderson)

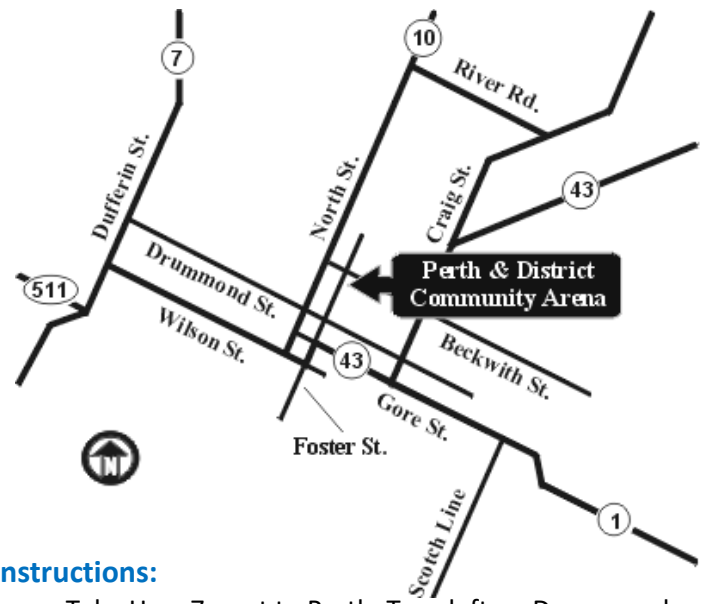
Travel from Perth to Lanark approx. 15 Mins

PERTH ACCOMMODATIONS

- Aquarius Motel 613-267-4261; www.aquariusmotel.ca
- Colonial House Motor Inn 613-267-3660; www.colonialhouse.ca
- Tay Inn 613-267-3300; www.tayinn.com
- Perth Plaza Motel 613-264-1022; www.perthplazamotel.com
- Best Western 613-326-0082; <http://bestwesternplusperth.com/>
- Visit Perth website www.beautifulperth.com for a list of Bed & Breakfast's; businesses and historical sites

****NOTE:** Carleton Place & Smiths Falls are both approx. 15-20 mins from Perth & Lanark and also have accommodations**

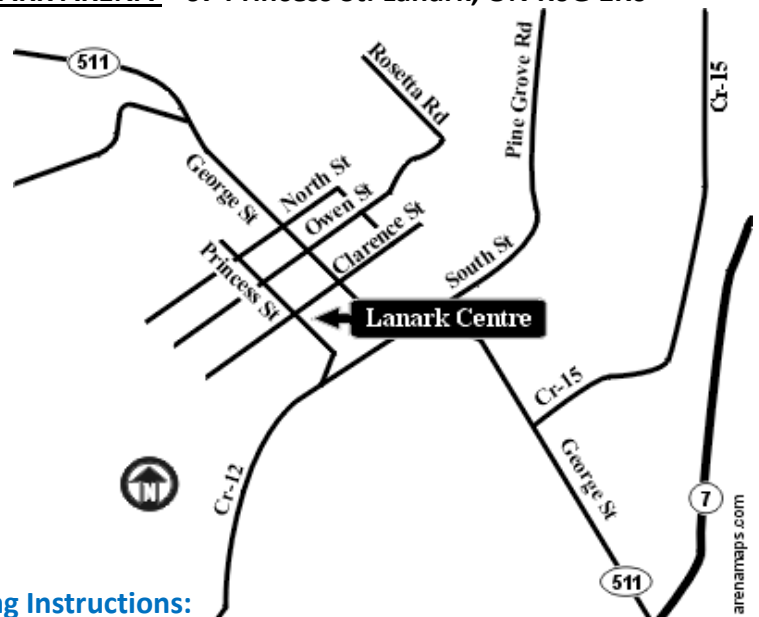
PERTH ARENA – 2 Beckwith St. E. Perth, ON K7H 1B3



Driving Instructions:

From Ottawa: Take Hwy-7 west to Perth. Turn left on Drummond Street, and left on Foster Street. Arena is down one block on the corner of Foster and Beckwith.

LANARK ARENA – 67 Princess St. Lanark, ON K0G 1K0



Driving Instructions:

From Ottawa: Take Hwy 7 West to Perth. Turn right onto Concession Road 12A Lanark/Fergusons Falls Rd/Lanark County Rd 15. Turn Right onto Pine Grove Rd (County Rd 12, also known as South St. when you hit Lanark). Turn Right on George St, Left on Hillier, Right on Princess.



Perth Lanark Minor Hockey Association

Duel Tournament Rules

This is a HEO Minor sanctioned tournament therefore Hockey Canada and HEO Minor rules and regulations will apply.

1. The team manager or coach must check in at the assigned registration table 1 hour prior to the start of the team's first game. The official team roster (and rosters of any affiliated players, if applicable) must be provided by the team to participate in the tournament. Only players whose names appearing on the official roster(s) will be eligible to play unless prior notification is given to and accepted by the tournament coordinator a minimum 24 hours prior to the start of the tournament.
2. All teams must be available to play 15 minutes prior to the scheduled start time.
3. Each team is required to have two sets of jerseys. Home teams must wear light coloured jerseys where possible. In the event of a conflict, the home team must change their jerseys. Visiting teams will advise opposing team of any conflict, 30 minutes prior to game time.
4. Each team can carry up to 19 players including 2 goalies.
5. Please be courteous of our facilities. Teams are required to vacate dressing rooms within 20 minutes after the end of each game unless the room is reassigned to them for their next game. Rooms should be left neat and clean and will be inspected. Should any damages occur, team officials will be responsible.
6. Each team is to have a registered trainer on the bench for each game. Please inform a PLMHA representative at registration and the other team if you do not have a trainer.
7. Players must not go on to the ice until the arena staff have left the ice, the Zamboni door has been closed and the game officials (refs) have entered the ice surface.
8. Referees are assigned by the District Referee in Chief, and their decisions are final.
9. Timekeepers and scorekeepers are designated by the teams Tournament Organizing Committee. All teams are welcome to have a representative in the timekeeper's box if they choose to and this is recommended. The tournament coordinator will not assume responsibility if a team chooses NOT to have a representative in the timekeeper's box.
10. All first round and semi final games will consist of a 2 minute warm up and 3 - 10 minute stop time periods. The running clock will be set for each game at 50 minutes.

PLMHA DUEL TOURNAMENT RULES

11. FINAL games will consist of a 2 minute warm up and 3 - 15 minute stop time periods and the running clock will be set for 80 minutes. No timeouts shall be allowed in any tournament games. If the running clock ends before the game clock, the game is over. Note: 3 - 15 minute stop time periods is for U13 and above. U11 and below Final games will be 3 - 10 minute stop time periods, 50 min running clock.
12. If at any time during the second and/or third period, there is a five (5) goal lead, running time will commence. Stop time will resume when the five (5) goal lead no longer exists.
13. First round games that are tied at the end of regulation time (stop time or running time, whichever comes first) will remain in a tie. The following point system will be used to a maximum of 5 points per game:
 - 2 points for a win
 - 1 point for a tie
 - 0 points for a loss
 - 1 point for each period won
 - 0.5 points for a tied period
14. Semi Final and Final games that end in a tie at the end of regulation time (stop time or running time, whichever comes first) will proceed to a 3 min running clock over time.
 - The over time will be played with 3 on 3 players except for any carry over penalties from regulation time. If a team is assessed a penalty, then play will be 4 on 3. If the team is assessed a 2nd penalty while 1 penalty has not expired, then play will be 5 on 3. If there is no whistle, it goes to 5 on 4 when the first player gets out and then 5 on 5 when the second player gets out. It then goes back to 3 on 3 once the whistle goes.
15. If after the 3 min overtime there is still a tie, the game will go to an automatic shoot out. Teams do not change ends for Shootouts.
 - Coaches will circle their first 3 shooters on the game sheet at registration before puck drop. No player may shoot twice in the shoot out until all available players have taken a turn. Any team found to have violated this by allowing a player to shoot twice before all others have gone, will result in the opposing team automatically being awarded the win.
 - If any player(s) are serving a penalty at the end of overtime, they will not be eligible to participate in the shootout. The coach must name an alternate shooter before the shootout.
 - The home team will decide which team shoots first, and that team shall start at the center ice red line. Once the first shooter has gone, the other team shall shoot, also starting at the center ice red line.
 - Each team will get the first 3 initial shooters and if no winner is determined after 3 shooters per team, then they will commence one at a time, alternating teams until there is a winner.

PLMHA DUEL TOURNAMENT RULES

- The Time Keeper will keep track of who has shot and will indicate the order of shooters by placing 1, 2, 3 etc beside the applicable shooter in order of which they shoot.
16. Players must play in at least one of the first-round games to be eligible to play in a semi-final and or final game.
 17. If for any reason the goal tender cannot continue to play and no second goaltender is available to replace; he/she must be replaced immediately by a substitute player. No time will be allowed for the goal tender to repair his/her equipment or to dress a substitute goal tender.
 18. Any 5 minute major penalty for fighting, any match penalty or any gross misconduct penalty will disqualify the player/team official from any further participation in the tournament.
 19. Zero tolerance is in effect for all coaches, players and spectators and will be strictly enforced by the referees and/or tournament committee/coordinator.
 20. The day tournament committee and/or tournament coordinator reserve the right to make any decisions on the interpretation of the tournament rules, objections, protests, etc. All decisions by the organizers/coordinator will be final.
 21. PLMHA and the Tournament Organizing Committee do not accept any responsibility for theft, damage, accidents or injury to participants, spectators, equipment, personal belongings, etc.
 22. One final note: a friendly reminder that there are players who wish not to be photographed for their own personal reason so please respect their wishes and do not photograph players from other teams in the tournament without consent – legal actions could be brought upon you