

3on3 League Rules '22 x YHL

Last Revised: March 11, 2022

Please note that this document is subject to revision at the behest of Canlan Sports

Section I: Game Play Rules

1. **All 3on3 games are running time** – period lengths are as follows: 1 x 45 minute period (2 minute warm up – game starts at 43 minutes)
2. U7 and U9 games will be half ice.
3. Line Changes:
 - a) U9, U11, U13, U15, and U17-19 Divisions: Line changes will be done “on the fly” – no buzzer system.
 - b) U7 will have a buzzer system for line changes.
 - c) When line changing, the player leaving to enter the ice can’t leave the ice until the other player is within 6 feet of entering the player’s box and is no longer part of the play.
 - d) Players enter on the ice thru one gate and exit the ice to the player’s box thru the other gate
4. Icing the puck is permitted; play just continues if the puck is iced.
5. Tag up Offside: When players are offside, all must clear the offensive zone to the neutral zone before re-attacking in the offensive zone (Referee will coach the offending team out of the zone)
 - a) If a play is whistled offside the puck is automatically awarded to the opposing team
6. Face-offs occur at the beginning of the game at center ice
7. In U9, U11 and U13 age groups, if the goalies don’t have water bottle at the net and they need a water break, the play is stopped to allow the goalie to skate over to the bench to get some water from a coach (clock does not stop). Once the goalie is back in net the play continues (this is a 15 second stoppage). The coach will communicate to the referee when a water break is needed.
8. **Scoring: A three-goal per player/game rule is in effect.** No individual player can score more than three goals in a game. Timekeepers will track all scorers. If a player scores a 4th goal in any period, the goal will not count.
 - i) When a player has three goals in the game and is awarded a penalty shot –the head coach of his/her team will designate another player on the ice who has not reached his/her limit to take the shot. Timekeepers will keep track of all goals scored on penalty shots.
 - ii) If a team is behind by four or more goals then all players are allowed to score – no limitations on goals per player (the restriction goes back into place once the gap is closed to **three goals behind**)
 - iii) If a player scores when they have already scored three times in the game and their team is either; tied, leading, or **trailing by less than 4 goals**, the goal will not count and possession is awarded to the other team. The player will receive a warning from the referee.
 - iv) If a warned player scores another goal, the opposing team will be awarded a penalty shot. If that same player scores again, the opposing team will be issued 2 penalty shots and the player that scored will be asked to leave the game.
8. **Change of possession**

- i) **Out of Play**: When the puck goes out of play, the team not responsible for the stoppage in play will be awarded the puck. A minimum of ten feet of clearance shall be given to resume play. No face-off will occur.
- ii) **Goal Scored**: When a goal is scored, the scoring team is required to retreat back to the BLUE LINE until the puck is brought forward to the blue line and wait at the line. If the scoring team intentionally touches the puck prior to clearing the blue line, a penalty shot will be awarded. A team clearing the puck after being scored upon has only 10 seconds to proceed past the blue line, or a delay of game penalty will be called.
- iii) **Goalie Freezes Puck**: The goalie has 10 seconds to get rid of the puck. If the goalie hangs onto the puck for more than 10 seconds a delay of game penalty may be assessed. The attacking team is required to clear the ringette line and wait until the puck is played forward. If the attacking team intentionally touches the puck prior to the other team advancing forward, a penalty shot will be awarded.
- iv) **Goaltender Safety**: Referees are instructed to immediately blow the whistle when he/she has lost sight of puck. Quick whistles are also to be blown when goaltenders are down and have a piece of the puck or are beginning to cover the puck. This limits the amount of poking, jabbing and slashing at the goaltender which also limits the chance of injury.
- v) Any other stoppage of play caused by a team (aforementioned offside's, injuries, etc.) will result in possession of the puck being awarded to the team not responsible for the stoppage of play.
9. Timeouts: No timeouts will be awarded during the season.
 10. Pulled Goalie – Teams may pull their goalie for an extra attacker only in the last two minutes of a game, or on delayed penalty calls
 11. Goalies cannot play the puck past the blue line
 12. There will be no overtime during the season. Games will end in a tie.

Section II – Roster and Eligibility Rules

1. A team must have a minimum of 4 players (including the goalie) dressed for a game to avoid default. (In regular season games, players from the other team will be asked to join the team short players, to ensure that everyone is getting lots of ice time. The team that is short players will need to wear pinnies)
2. Teams may only dress a maximum of 9 players and 1 goalie. Teams that dress more than that will be asked to send 1 player home and will be assessed a delay of game penalty.
3. **Teams may only pick up substitution players of the same age and skill level. If a player is brought in that does not match the team, the game will be forfeited.**
4. **All players, including subs, must have registered, and received a sticker prior to playing in the game.**
5. **If a team has 5 or less skaters they may contact the 3-on-3 Convenor to help find sub players to make up a roster of 6 skaters and a goalie. The Convenor should be given as much notice as possible.**
6. Spectators are prohibited from viewing the game from the side of the rink where the players' benches are.

7. If jersey colors are the same, the visiting team must use “pinnies” which will be provided. Please ask our 3on3 Convener for assistance. **All players are required to have a different number on their jersey.**
8. All coaches are required to make every effort to ensure equal ice time for all 3on3 participants.
9. Players are not permitted to play up more than one division (i.e. an Atom aged player may play at the Pee wee level if asked, but cannot play in a Bantam division). This helps to eliminate potential injuries.
10. Female players are eligible to register in and play one age level down.
11. **Helmet Stickers:** All registered players will receive a CSA-approved 3on3 sticker to be worn on their helmet for the duration of the season. No player without a sticker will be permitted on the ice. Replacement cost of a lost sticker is \$10. In the event that a player purchases a new helmet, replacement will be free as long as the old helmet with the sticker is turned in. Stickers must be placed on a flat surface at the back of the helmet so on-ice officials can easily see it.
12. **Substitution Rule (Goalies):** In the event that a goalie is going to be absent, the coach must contact the League Convener to find a replacement goalie already registered in the league. Please provide as much advance notice as possible. If the league fails to provide a goalie, the team may be granted permission to bring in a new goalie, such goalie’s parent or guardian must sign a waiver form prior to going on the ice. If a waiver is not signed, the game will result in a default. If the team fails to find a substitute goalie, teams may play with 4 skaters – one of these players must be assigned to playing behind their blue line. The extra player should not stay in net as they are not properly protected to do so.
13. It is the **coach’s responsibility** to ensure that attendance is reflected accurately on the game sheet, and that the jersey numbers are accurate. Players and coaches absent must be crossed off the game sheet. When using a substitute player (working within the rules), the substitute player’s full name **MUST** be written clearly (along with their player number) with the letters “SP” (for substitute player) beside their name. Teams whose coach fails to comply will receive a bench minor for delay of game.
 - a) All coaches and/or parents present on the bench must be listed on the game sheet.

Section III – Penalties

1. **Fighting is not permitted in the Youth 3on3 Hockey League.**
2. **This is a non-contact league.**
3. **Back talk / unsportsmanlike behaviour towards to the ref from both players and coaches is not tolerated. Player/coach will be kicked out of the game immediately.**
4. All minor penalties will result in a penalty shot.
 - a. **The Penalty Shot Procedure is outlined below:**
 - b. When a penalty is called, the clock will not stop (all divisions).
 - c. Penalty shot must be taken by the player infringed upon (if applicable) and **only players on the ice at the time that the penalty occurred are allowed to “chase”.** If player changes are made **those players must not get involved in the penalty shot.**
 - d. The player taking the penalty shot will line up at centre ice.
 - e. All other players from both teams will line up by the far blue line.
 - f. **All players will start from a kneeling position, with both knees touching the blue line.**

- g. Referee will blow the whistle to start play, when players are in the proper position.
 - h. All players may begin skating on the whistle; players on the penalized team are allowed to “chase” the player taking the shot and can prevent it if able to do so.
 - i. Should the player miss the penalty shot, play will continue.
 - j. If a goal is scored, players must clear the zone as normal.
5. Any individual receiving 3 penalty infractions in one game will receive a game ejection.
- a. Coincidental minor penalties will result in no penalty shots for either team – but the timekeeper will mark this penalty down to be counted toward the maximum of 3 penalties. Coincidental minor penalties will result in a face-off at centre ice. Double minor penalties count as one infraction. Any Player assessed three (3) Minor penalties, two (2) Double-Minor infractions or any combination of three (3) penalties (of any duration) in one game will receive an automatic Game Ejection penalty. Any player who in the opinion of an official engages in conduct that is deliberately reckless or endangers his/her opponent’s safety, may be assessed a Game Ejection penalty and ruled off the ice for the remainder of the game. A repetition in Game Ejections for any Player or Team can result in suspension.
6. Any major penalty will be written up on an incident report by the referee and will be reviewed by the league managers to determine the length of the suspension for offending players. **Under no circumstances will fighting be permitted in 3on3. Expulsion from the league may result. A player suspended or expelled from the league for any reason will not be entitled to any refund or credit.**
7. **Under no circumstances will disrespecting the officials, league manager, facility staff, coaches will be tolerated. Expulsion from league may result for the current season and future seasons.**
8. Any Intentional Penalty may result in immediate ejection from the game, this is the discretion is the decision of the referee or if a convener has witnessed this, they will speak with the referee to make the final decision.
9. In the event that there is no goalie on a team and a penalty is called against that team, the goal will automatically be awarded (rather than having the player take a shot on an empty net).
10. If a delayed penalty is called near the end of the game and the clock runs out, and where an additional goal would change the outcome of the game, the penalty shot will be taken.
11. During the course of the game, the **referee’s decision is final**. A zero tolerance approach will be used by the referee towards aggressive and/or abusive coaches, players and spectators. A review of incidents involving inappropriate behavior will be conducted by league managers with possible disciplinary actions taken.

The following suspension guidelines will apply:

- Any major penalty - minimum 2 game suspension.
- Any misconduct or game misconduct – minimum 1 game suspension.
- Any fighting or match penalty – minimum 5 game suspension
- Any Gross Misconduct – minimum 2 game suspension.
- All checking from behind penalties – minimum 2 game suspension.
- Any player receiving their 3rd game ejection of the season – minimum 1 game suspension.
 - Any player receiving a 4th or 5th game ejection of the season will serve a minimum 1 game suspension for each occurrence.

- **Any player receiving their 6th game ejection of the season will be suspended from the league.**
- **These are minimum guidelines; suspensions could be greater depending on severity of incident.**
- **All suspensions are at the discretion of the League Manager and/or League Convenors**

Section IV – Other

1. A coach or parent representative must be present at all times in or very close to the dressing room while occupied by players, this is to monitor the safety and bullying of players.
 - a. All female teams must have a female parent assist with this should the coach be male.
2. **All coaches must submit a Criminal Record Check prior to being behind the bench.**
3. **It is at the league manager's discretion to move players and/or teams in order to create balanced divisions.** While Canlan Sports will attempt to honor player requests, groups of players will not be permitted to play on the same team if it is a detriment to the division as a whole.
4. In the heat of the moment, whether you are coach, parent or player and you have concerns or questions regarding a decision or incident made during the course of a game we would ask those who are upset to please wait for 24 hours and then proceed with voicing your concerns via email or over the phone.
5. Coaches Report Form – All comments/concerns must be submitted in writing to the league manager. Parents must also submit their comments/concerns in writing. League Managers can be contacted by email or phone at the facility main office.
6. The League Convenor reserves the right to cancel floods in order to keep games on time.
7. Code of Conduct – Canlan Sports identifies the standard of behavior that is expected of all 3on3 Youth Hockey League members which, for the purpose of this code includes players, coaches, volunteers and spectators. Canlan Sports is committed to providing an environment in which all individuals are treated with respect. All members shall avoid behavior which brings Canlan Sports or the sport of hockey into disrepute, including but not limited to abusive use of alcohol, use of non-medically prescribed drugs and use of alcohol by minors. Members shall refrain from comments or behavior that is disrespectful, offensive, abusive, racist or sexist. In particular, behavior which constitutes harassment or abuse will not be tolerated. Failure to comply with this Code of Conduct may result in disciplinary action.
8. Distributing or administering of any form of medication to a player by any Team Official other than a medical doctor or the player's parent is forbidden. Any violation of this regulation may result in the immediate suspension of the administering individual.
9. In addition to our league rules, our league also abides by the Hockey Canada Rule Book for items not covered in this document.

***Attention parents, spectators, coaches
ZERO TOLERANCE for the following:***

- Inappropriate language and behavior towards the referees, timekeepers, other coaches, players or facility staff.
- Inappropriate language or behavior will result in that person or persons being banned from the facility for at least the remainder of the day.
- **REMEMBER** all coaches, parents and players signed off on the code of conduct waiver.
- Suspension guidelines are listed in regular league rules.

League Manager will only discuss issues with team officials; protests will not be allowed

Canadian Hockey Association; Fair Play Guidelines for Spectators

- Participant's play hockey for their enjoyment, not to entertain me
- I respect the official's decisions and encourage participants to do the same.
- I will give positive comments that motivate and encourage continued effort.
- Respect for opponents, fellow spectators, arena staff and facilities will be shown.
- I will not condone the use of violence or bad language in any form.
- I will not use bad language, nor will I harass players, coaches, officials, and arena staff or other spectators.