

CANLAN YHL

3ON3 RULEBOOK '24



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Section 1: Arena Property

- Any damage to Canlan Sports property will be paid for by the individual(s) responsible, prior to participation in any further League games. Non-compliance constitutes automatic indefinite suspension from the League and possible legal action. If the individual(s) responsible for the damage cannot be identified, the Team will be removed from the League until the damages are paid in full.

Section 2: Alcohol, Containers and Smoking

- As of May 1st, 2013 all Canlan Sports owned and operated facilities have adopted a ZERO tolerance policy on Alcohol consumption and transport as well as smoking in unlicensed areas of our facilities. This includes, but not limited to, lobbies, parking lots, arena playing surfaces, surrounding areas, and dressing rooms. Any parent/team found consuming or carrying alcoholic beverages or smoking in non-designated areas will receive a warning letter (1st offence) outlining the policy and expectations moving forward. A second offence by the same parent/team will result in a \$500 refundable performance bond that will be taken immediately. This will be returned in full at the conclusion of the season if no further incidents arise. If a 3rd offence occurs, the \$500 bond will not be returned and the parent/team will be suspended indefinitely from participation and must apply for reinstatement at a later date. No refunds will be issued for league fees under any circumstances.
- We remind all members that the consumption of alcohol in unlicensed locations and smoking indoors is against the law and that serious liability issues may arise from this action.

(a) Illicit Drug Use

- Illicit drug use in recreational facilities is strictly prohibited. Teams or individuals found in violation of this policy will be expelled from the League. No refund will be issued.

(b) Personal Property

- The League accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the Arena. Locks are not provided for dressing room doors so it is the Team's responsibility to lock their dressing room before going on the ice.

NOTE: Some facilities have dressing room keys/locks available in exchange for a deposit or car keys (contact your facility League Manager for verification).

(c) Notices

All Team Representatives are responsible for checking email or voicemail when contacted by the league with updates. If you, as a team rep, do not check often we highly recommend appointing an alternate rep to ensure items are not missed. We also recommend checking your team information and site weekly for standings and League news. Team Representatives are encouraged to check in with the League Office before each scheduled game and communicate all concerns to the League Manager.

(d) Accidents

- All accidents and injuries must be reported to Arena Management immediately. An incident report must be completed and forwarded to the League Manager

Section 3: Administration, Coaches & Rosters

(e) Registration

- All players must sign the online waiver before their first game, whether they participate in the first game or not. This is a condition of eligibility. This is the responsibility of the coaches and or managers to enforce.
- Players are required to have government issued ID showing the players name and date of birth available, at all times, upon request by Convenor. A team challenging another player's age must provide proof of birth at request.
- Alternatively, the Team Coach or Manager can submit photocopies of all their players IDs ahead of time.

(f) Coaching Staff

- Teams are restricted to have 3 Coaches (including trainers) on the bench
- It is our objective to host a fair and competitive league.
- All coaches are required to have a police clearance with the vulnerable sector. Police clearances need to be within the last (3) years.

(g) Rosters & Eligibility Rules

- The coaching staff is responsible for ensuring that every player that participates in eligible (signed waiver, registered with proof of birth).
- 3 on 3
 - A maximum of 10 players dressed per game including goalies.
- If division is split by caliber, you must only AP players from that division of play.
- Players cannot play in a grouper age group (*some exceptions will be handled case by case – requires league approval*)
- A player must participate in at least one regular season game to be eligible for playoffs. If applicable.

- Any coach who plays a suspended or ineligible player will have all games played up to that point forfeited.

(h) Eligibility

- A team must have a minimum of 4 players (including the goalies) 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 everyone is getting ice time. The team that is short players will need to wear pinnies.
- If a team has 5 or less skaters they may contact the 3on3 convenor to help find sub players to make up a roster of 6 skaters and a goalie.
- Spectators are prohibited from viewing the game from the side of the rink where the players bench is.

(i) 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.

(j) Coaches Responsibilities

- 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.
- All coaches and/or parents present on the bench must be listed on the game sheet.
- All coaches are required to make every effort to ensure equal ice time for all 3on3 participants.
- 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

(k) Payment

- The teams registration fee must be paid in full 1-month prior to the start of the leagues first game. For more information, please review our [Registration Policy](#). Your team can be locked out of your dressing room due to delinquent payment.

(l) Game Format

- 3 on 3
- 1 period, 45 minutes. 2 minute warm up at the start of every game. 43 minutes of game play.
- U7 & U9 will be half ice games. ** pending complex format. **

(m) Game Forfeits

- Game forfeits. In the event of a forfeited game, the score will be recorded as 3-0

(n) Line Changes

- U9, U11, U13, U15, U17-U19 divisions: Line changes will be done " on the fly" – no buzzer system. If applicable.
- U7 will have a buzzer system for line changes. If applicable.
- When line changing, the player leaving to enter the ice cant leave the ice until the other player is within 6 feet of entering the players box and is no longer apart of the play.
- Players enter on the ice through one gate and exit the others player through the other gate.

(o) Body Checking

- All divisions are non-contact. No exceptions.

(p) Equipment Requirements

- All players must wear a full face mask or cage and a neck guard to participate.

Section 4: Standing & Points

(q) Goal Spread

- If a difference of 5 goals or more exists at any time during any point, the team that is down in points is permitted to add an extra player on the ice. The player is permitted to stay on the ice for 4 v 3 until the goal differential has been reduced to a 4 goal difference.

(r) Season Points

- Teams receive two points for a win, one point for a tie, zero points for a loss.

(s) Standings- After Preliminary Play (if applicable)

- Regular season standing will be determined by the following if ONLY 2 teams are tied in points.
 1. Head-to-Head
 2. Teams winning percentage (points per game)

3. Most wins
 4. Goals percentage: Goals for divided by total goals (GF/GF+GA)
 5. Least penalty minutes
 6. Coin flip
- Regular season standings will be determined by the following if 3 or more teams are tied in points.
 - Goals percentage: Goals for divided by total goals (GF/GF+GA)
 - Least goals against
 - Most goals for
 - Least penalty minutes

Please note: All teams tied in the division will be seeded based on this procedure. When the final 2 teams remaining are to be seeded, the tiebreaker does not recert to the 2- team tie breaker procedure.

*DETERMINING GOAL QUOTIENT Total "goals for" / (Total "goals for" + Total "goals against")
Example... "For" = 10 goals. "Against" = 4 goals. Ratio =10/(10+4)= .714.*

Higher Percentage Number, Gains Higher Position A 9-1 game will be calculated as 8-1 (max goal differential is 7)

(t) Participation in Games

- A team that does not present itself for a game will forfeit that game and will be subject to expulsion from the league (at the discretion of the league staff). No refunds will be given.

(u) Forfeits

- All forfeit games (for any reason) will be recorded as a 5-0 score.

(v) Sweater Conflict

- If a jersey colour conflict arises, the visiting team will be asked to wear their alternate jerseys. If they do not have an alternate, the home team will be asked to wear their alternates.

Section 5: Game Play

- Icing the puck is permitted; play just continues if the puck is iced.
- 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 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.

Section 6: Scoring

(w) Scoring:

- A two goals per period per game rule is in effect. No individual player can score more than two goals per period. Timekeepers will track all scorers. If a player scores a 3rd goal in any period, the goal will not count.
- 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.
- 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)
- 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.
- 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.
- No timeouts will be awarded during the season
- Pulling the goalie: Teams may pull their goalie for an extra attacker ONLY in the last two minutes of game or on a delayed penalty call.
- There will be no overtime during the season. Games will end in a tie.

Section 7: Change of Possession

(x) 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.

(y) 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.

(z) 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.

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.
- 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.

Section 8: League Penalties & Suspensions

- Fighting is not permitted in the Youth 3on3 Hockey League.
- This is a non-contact league.
- 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.

(aa) Penalty Shot Procedure

- When a penalty is called, the clock will not stop (all divisions).
 - 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.
 - The player taking the penalty shot will line up at centre ice.
 - All other players from both teams will line up by the far blue line.
 - All players will start from a kneeling position, with both knees touching the blue line.
 - Referee will blow the whistle to start play when players are in the proper position.
 - 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.
 - Should the player miss the penalty shot, play will continue.
 - If a goal is scored, players must clear the zone as normal.

(bb) Penalties

- Any individual receiving 3 penalty infractions in one game will receive a game ejection.
 - 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.

- 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.
- 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.
- 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).
- 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.

(cc) Suspension Guidelines

- 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 of 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 9: Miscellaneous

- 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. All female teams must have a female parent assist with this should the coach be male.
- All coaches must submit a Criminal Record Check prior to being behind the bench.
- 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.
- 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.

- 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.
- The League Convenor reserves the right to cancel floods in order to keep games on time.
- 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.
- 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.
- In addition to our league rules, our league also abides by the Hockey Canada Rule Book for items not covered in this document.

Helpful Resources

Canlan Website: www.canlansports.com

Customer Care Centre: <https://faq.canlansports.com/hc/en-us/articles/4403843896091-Customer-Contact-Centre>

Help Centre: <https://faq.canlansports.com/hc/en-us>

