



CANLAN ICE SPORTS  
**YOUTH 3ON3 HOCKEY LEAGUE**  
RULE BOOK 2016

*The following rules are for the benefit of all 3on3 participants...*

**Section I: Game Play Rules**

1. NO intentional body contact allowed
2. All 3on3 games are running time – period lengths are as follows:
  - Tyke – Juvenile: 3 x 15 minutes
  - *Note Tyke & Novice change on the buzzer system, details outlined below*
3. **Line Changes:**
  - i) **Tyke & Novice divisions:** Line changes are in 2-minute intervals. A buzzer will sound to instigate the changes. When the buzzer sounds, players must leave the puck immediately and skate directly to the
  - ii) players leave the benches early, the referee will award possession to the opposing team. Teams will receive one warning before being penalized. The players cannot be instructed to come back to the bench until the buzzer sounds.
  - iii) **Atom, Peewee, Bantam, and Midget Divisions:** Line changes will be done “on the fly” – no buzzer system.
4. **Tyke & Novice Goalies:** Once the buzzer sounds, goalies must remain in their goal creases and not play the puck until the line change is complete with the new line reaching the ice.
5. Icings are not called in games
6. Two-line passes are not called
7. **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
8. Face-offs occur at the beginning of each period at center ice
9. Teams in all divisions will switch ends at the end of each period
10. **Scoring:** A two-goal per/player/period rule is in effect. No individual player can score more than two goals in each period during regular play. Timekeepers will track all scorers and post player number in the timekeeper’s box. If a player scores a 3<sup>rd</sup> goal in any period, the goal will not count.
  - i) If a team is behind by two or more goals, then all players are allowed to score – no limitations on goals per period (unless the gap is again closed to one goal behind)
  - ii) If a player scores when they have already scored twice in a period and their team is leading, the game is tied or their team is trailing by only 1 goal, the goal will not count and possession is awarded to the other team.
  - iii) Goals scored on penalty shots do not count towards the 2 goal maximum per player. Any player can score as many goals as they like per period on a penalty shot.

- iv) In the Novice divisions, if a goal is scored and the buzzer sounds before the zone is cleared, the new line of the defending team must clear the puck from the zone before the scoring team can take control of the puck

#### 11. 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 by the team scored upon. 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 hash marks on the face-off circles 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) Any other stoppage of play caused by a team (aforementioned offsides, injuries, etc.) will result in possession of the puck being awarded to the team not responsible for the stoppage of play.

12. **Timeouts:** No timeouts will be awarded during the regular season. (Where applicable – Each team will be awarded a 30 second timeout in each playoff game.)

13. **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

14. Goalies cannot play the puck past the blue line

15. There will be no overtime during the regular season. Games will end in a tie at the end of the third period

16. All suspensions will be issued at the discretion of the league managers

#### Section II – Roster and Eligibility Rules

1. No more than 9 skaters and 1 goalie can be dressed for any given game – no exceptions
2. A team must have a minimum of 5 players dressed for a game to avoid default, this includes the goalie.
3. No more than 3 coaches/parents may be behind the bench at any time.
4. No players may be added to the game sheet after the start of the third period.
5. Spectators are prohibited from viewing the game from the side of the rink where the players' benches are.
6. If jersey colours are the same, the visiting team must use "pinnies" which will be provided. Please ask our 3on3 Convener for assistance.
7. All coaches are required to make every effort to ensure equal ice time for all 3on3 participants.
8. Every 3on3 participant must have filled out a waiver form (including parent's signature) and filled out a player's code of conduct before stepping on the ice.
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. **Alternate (Substitute) Players/Goalies (AP's)** Alternate players must be registered in the league and pay the fee of \$50+ HST. They can play as many games as they are needed for. AP's will register in our main office, and sign a waiver & code of conduct at time of registration. They will then receive a helmet sticker. Teams are also permitted to borrow other players at the same or lower level skill and the same age division or down one age group (example: Atom players cannot play in the Bantam divisions). All borrowed substitute players must be cleared with the Convenor or League Manager prior to the start of playoff games. AP's should wear any jersey with a different number (#11 and up), NOT one of the team's jerseys (as to not have conflicts with recording stats)
13. **In the event that a goalie is going to be absent**, the coach must contact the league convenor 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, 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.
14. Under no circumstances can a player or goalie who is not registered, play in the 3on3 league. Failure to abide by this rule will result in a game default and possible further action at the discretion of league management.
15. **Game Sheets:** 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 "AP" (for alternate 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 gamesheet.

### Section III – Penalties

1. All minor penalties will result in a penalty shot.
2. All major penalties will result in 2 penalty shots and an ejection from the game. The **Penalty Shot Procedure** is outlined below:
  - i) When a penalty is called, the clock will not stop (all divisions).
  - ii) Penalty shot must be taken by the player infringed upon (if applicable) and all players on the ice must remain there until the shot is taken.
  - iii) The player taking the penalty shot will line up at centre ice.
  - iv) All other players from both teams will line up by the far blue line.
  - v) All players will start from a standing position.
  - vi) Referee will blow the whistle to start play.

- vii) 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.
    - (1) Penalties can still be called on penalty shots.
  - viii) Should the player miss the penalty shot, play will continue.
  - ix) If a goal is scored, players must clear the zone as normal.
  - x) If the buzzer sounds in the Tyke or Novice division’s right before or while a player is taking a penalty shot, the penalty shot will be completed. Line changes will take place after the shot has been attempted.
3. **Any individual receiving 3 minor penalties in one game will receive a game ejection.** The player may also receive a suspension for the following game if this is a consistent problem.
  4. 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 minor penalties before receiving a game ejection. Coincidental minor penalties will result in a face-off at centre ice.
  5. 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.
  6. All checking from behind penalties – regardless of being considered a major or minor penalty – will accompany an ejection from the game and may result in a one game suspension.
  7. All intentional checking to the head penalties – regardless of being considered a major or minor penalty – will accompany an ejection from the game and an additional minimum one game suspension.
    - a) Referees will use their discretion on whether a check to the head was intentional or not.
  8. All game ejections will be reviewed by league managers to determine if further discipline is required.
  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. If a goal on a penalty shot would have no impact on the outcome, the penalty shot will not 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 behaviour will be conducted by league managers with possible disciplinary actions taken.

## 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. The 3on3 Convenor has the right to waive floods pursuant to timing issues.
3. There is a 3 minute time limit for warm-ups prior to the start of the games.
4. It is at the league manager's discretion to move players and/or teams in order to create balanced divisions. While Canlan Ice Sports will attempt to honour player requests, groups of players will not be permitted to play on the same team to the detriment of the division as a whole.
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. **Code of Conduct** – Canlan Ice Sports identifies the standard of behaviour that is expected of all 3on3 Youth Hockey League members which, for the purpose of this code includes players, coaches, volunteers and spectators. Canlan Ice Sports is committed to providing an environment in which all individuals are treated with respect. All members shall avoid behaviour which brings Canlan Ice 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 behaviour that is disrespectful, offensive, abusive, racist or sexist. In particular, behaviour which constitutes harassment or abuse will not be tolerated. Failure to comply with this Code of Conduct may result in disciplinary action.
7. Suturing or the administration 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. Epi-pen's are excluded from this rule.