



CANLAN ICE SPORTS  
YOUTH 3ON3 HOCKEY LEAGUE  
RULE BOOK

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

Section I: Game Play Rules

1. There is no intentional body contact allowed in the 3on3 Youth Hockey League
2. All 3on3 games are running time .period lengths vary by region:
  - British Columbia (3 x 15min)
3. Icings are not called in games
4. Two-line passes are not called
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)
6. Face-offs occur at the beginning of each period at center ice
7. Teams in all divisions will switch ends at the end of each period
8. Line Changes:
  - i) 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 bench. The next line cannot leave the bench until the last player on the ice reaches the bench. If 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.
  - ii) Atom, Peewee, Bantam, and Midget Divisions: Line changes will be done .on the fly. . no buzzer system.
9. 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
10. Scoring: A two-goal per/player/period rule is in effect. No individual player can score more than two goals in each period. Timekeepers will track all scorers and post player number in the timekeeper's box. If a player scores a 3rd goal in any period, the goal will not count.
  - i) When a player has two goals in a period, and is awarded a penalty shot if this player scores on the penalty shot, the goal will count. Timekeepers will keep track of all goals scored on penalty shots.
  - ii) If a team is behind by three or more goals, then all players are allowed to score no limitations on goals per period (unless the gap is again closed to less than three goals behind)
  - iii) In the Tyke and 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.

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 three 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 10 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

3. No more than 3 coaches/parents may be behind the bench at any time

4. Spectators are prohibited from viewing the game from the side of the rink where the players benches are

5. If jersey colors are the same, the visiting team must use cover-ups or pinnies. which will be provided. Please ask our 3on3 convener for assistance

6. All coaches are required to make every effort to ensure equal ice time for all 3on3 participants.

7. Every 3on3 participant must have filled out a waiver form (including parent's signature) and provide a copy of birth certificate prior to the first game

8. 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.

9. 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 \$5. 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.

10. Substitution Rule (Players): Substitute Players are limited to two per team, they are to be registered to the roster with a signed waiver and birth certificate at a cost of \$100/player. Teams are 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.) No teams that have registered substitute players are allowed to borrow additional players for playoff games. All borrowed substitute players must be cleared with the Convener or League Manager prior to the start of Playoff games. Spares are not permitted during Playoff Games unless they have played a minimum 4 Games for that team during the regular season and the team is missing a player from their original roster.

11. Substitution Rule (Goalies): 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, 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.

12. Under no circumstances can a player who is not registered on a team 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.

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 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.

### Section III . Penalties

1. All minor penalties will result in a penalty shot. 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) No other players on ice can start skating until the player taking the penalty shot has crossed the blue line. (With the exception of our Oakville Ontario location which allows players on the opposing team to chase the shot taker immediately after whistle is blown).
- 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 divisions 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.

2. 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.

3. 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.

4. A major penalty will result in the offending player(s) ejection from the game and two penalty shots

being awarded to the opposing team.

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 game ejections in the 3rd period will be reviewed very closely by league managers.

7. 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).

8. 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.

9. 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. The 3on3 convenor has the right to waive floods pursuant to timing issues.

2. There is a 3 minute time limit for warm-ups prior to the start of the games.

3. 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.

4. 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.

5. Code of Conduct . Canlan Ice Sports identifies the standard of behaviour that is expected of all 3 on 3 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.