



3 on 3 Super League 2017 Format & Rules



Rules for Full-Ice 3-on-3 Hockey

Roster Requirements

1. MINIMUM – All teams must have a minimum of nine (9) skaters plus one (1) goaltender paid members.
 - 1.1 If a team has less than five (5) skaters for a game, the points are forfeited. The game shall be completed and ice time used. Referees must stay. You can get a couple of players from the other team, if they are willing to do so to make use of the ice.
 - 1.2 If a team has no goaltender for a game, a player must play net and must stay in the defensive zone. The goaltender cannot go past the ringette line. **However, should a team choose to pull their goaltender during the course of the game the replacement player is not restricted to the ringette line.**
2. MAXIMUM – Teams can carry a maximum of twelve (12) players, which can include two (2) goaltenders.
 - 2.1 Teams may dress a maximum of eleven (11) skaters plus one (1) goaltender for any game. OR...
 - 2.2 Teams may dress a maximum of ten (10) skaters plus two (2) goaltenders for any game.
3. SPARES: Only spares that are registered online are eligible to play in the league. Spares may register to spare for a single team, or all teams. Each team will receive a password for the spare list on the website.
 - 3.1 Spares will be charged twenty dollars (\$20.00) per game payable to the team they are subbing for. The team collecting gets to keep these monies.
 - 3.2 In order for spares to be eligible for playoffs, s/he must have played at least two (2) games with the requesting team during the regular season.
 - 3.2.1 Spares must be on your playoff roster and included in your 12-player maximum.
 - 3.2.2 Playoff rosters must be submitted by June 13.
 - 3.3 Use of illegal players will result in the offending team forfeiting the game one-zero (1-0) or possible removal from the league
 - 3.4 In the case of a team being re-tiered to a younger division it will be the team's responsibility to use spares from that division. It will be the team's responsibility to contact the league for the password for those spares. Continued use of spares from an older division shall be considered illegal players. See 3.3
4. BENCH STAFF – Parents are welcome to be on the bench; to open gates, bench management, etc.
 - 4.1 **One adult must be on the bench at all times. Any person over the age of 21 shall be considered an adult for the purpose of our league.**

Housekeeping

1. UNIFORMS – Teams will be provided jerseys/socks, which are to be worn throughout the league. Please note that should there be a jersey conflict within a division that one of the teams will be given a set of pinnies. It will be the responsibility of that team to wear these pinnies when playing the other team with the same color of jerseys.
2. Dressing Room Supervision is a must and will be administered by the team itself. Damage to facilities will result in maximum suspensions to the offending team.

3. EACH TEAM is responsible to have one timekeeper or scorekeeper per game. There will be one present for each game from each team.
 - 3.1 The League will supply game sheets. Please indicate Coach's name and cell number on game sheet.
 - 3.2 Please note that the referee will blow the whistle upon a goal and indicate a goal in the normal fashion. He will not come to the box, so the timekeepers must be alert. With one from each team, there will be no disputing the final game score.

4. HOME TEAM (the second team on the schedule) must text score to Bruce at 780-940-3940 or email (you can take a pic of the game sheet) stats4u@telusplanet.net ALSO text a copy to 780 297 2749 (or email doug@canwesthockey.com Please note these texting numbers are on the game sheet.
 - 4.1 Failure by the home team to have the score sheet faxed within forty eight (48) hours will result in the home team forfeiting the game one-zero (1-0).

5. GAME CANCELLATIONS - Game cancellations, no-shows, are not allowed and will result in the offending team forfeiting the game one-zero (1-0).
 - 5.1 If both referees no-show, the game may be rebooked if both teams agree. Make-up games will likely be on weekends.
 - 5.2 Rescheduling of games for any other reason is not allowed as there is no guarantee ice will be available.
 - 5.3 If you are unable to make a game please let the league know in plenty of time, so the other team can make arrangements to use the ice time (ie. Exhibition game with the spares or another team).

6. REFEREES will be paid by the League on a two-week payment rotation. Referees can contact betty@canwesthockey.com if they have questions. **PLEASE NOTE: the method of payment is e-transfers, please be sure that you as a referee have your email on ramp.**

7. RE-TIERING – Teams moving up a division shall take with them sixty percent (60%) of their points. Teams moving down a division shall take with them one hundred percent (100%) of their points.
 - 1.1 Re-tiering decisions will be made by the league and considered final.

Game Format

- 1 The game slots are very tight and we need to get onto the ice and into the game quickly as well as vacate the ice quickly after the game.
 - 1.1 Ice slots are one (1) hour to be comprised of the following:

00:00-02:00	Warm-Up	*Two (2) minutes.
02:00-27:00	First Period	*25-minutes straight-time.
27:00-29:00	Intermission	*Two (2) minutes.
29:00-54:00	Second Period	*25-minutes straight-time.
54:00-60:00	Shoot-out (if necessary) / Ice resurfacing	
 - 1.2 Please note: There are no timeouts and teams will keep the same side for the whole game. Please warm up and stretch in the dressing room beforehand as required. Please no handshakes after the game; if teams wish to shake hands, please do so off-ice.

Game Rules

1. SCORING: After any goal, the team which scored must retreat to the red line (i.e. delayed off side) before attacking. Please note that all three players must cross the center ice before they can attack. The third player

must hustle back! The team that has been scored on should regroup quickly and break out of their own zone before the opposing team forechecks them.

- 1.1 If the team that just scored does not have all skaters clear the red line (i.e. delayed off side) a penalty shot will be awarded to the team who was just scored on.
- 1.2 Once a goalie makes a save the referee will whistle the puck dead and the attacking team must clear the blue line. A penalty shot may be awarded if this is not done.

2. PENALTIES: Any and all infractions will result in a penalty shot (CHA Rule Book).

2.1 On a delayed penalty the non-offending team can score and the penalty shot is still to be awarded. This is intended to discourage teams from taking penalties and also allows teams to safely pull their goaltenders.

2.2 If coincidental penalties are assessed in the same stoppage, each team gets a penalty shot.

2.3 PENALTY SHOT FORMAT:

- No line changes during penalty shot.
- All players on the ice will be asked to go to the red line and go down on one knee.
- The shooter will proceed from the center ice dot on the referees whistle. The shooting player must take a shot on net.
- The defensive team can back-check once the shooter has crossed the blue line.

HINT: Some teams back-check one player leaving the other two available for a breakout pass.

- If a goal is scored, the shooter must clear the red line before his/her team can forecheck.

- If no goal is scored the puck is live. Rebounds allowed, **passing the puck off to a team prior to a the initial shot on net will negate the penalty shot.**

-In the case where multiple penalty shots are being taken due to multiple penalties then only the last shot that is being taken are there rebounds allowed.

2.4 The number of penalties a player takes will be kept track of on the game sheets. When a penalty is assessed the official assessing the penalty must report the penalty to the scorekeeper who will then mark it on the game sheet. To record penalties, put a check mark in the penalty column. Any major penalty do the above, PLUS indicate in the "Write Ups" area the number of the player and the penalty. The referee will get the game sheet and do a detailed write up.

2.4.1 Four (4) minor penalties per player is the maximum allowed. The player who receives a fourth (4th) minor penalty in a game will be ejected immediately.

2.5 DOUBLE-MINOR PENALTIES - In the Hockey Canada rule book the following penalties result in double minors: Sparring; Butt Ending; and Head Butting. Double-minors will be recorded as two (2) minor penalties on the game sheet.

2.6 MAJOR/MATCH PENALTIES – Referees will do write-ups on all major penalties on the game score sheet.

2.6.1 A penalty which results in a Major Penalty or Match Penalty being assessed due to injury shall have one penalty shot plus a **goal awarded** to the non-offending team.

2.6.2 The player who committed the offense shall be ejected from the game. Further suspensions may be handed out at the discretion of the League President.

2.7 MISCONDUCTS – Any player incurring a Misconduct shall be ejected from the game immediately.

2.7.1 Should a player receive a misconduct in the last ten (10) minutes of the game s/he will be suspended for the next scheduled game.

2.7.2 Players who receive multiple ejections will be subject to suspension.

2.8 SUSPENSIONS – Coaches are responsible for confirming suspensions with the League President via email. No player can play while suspended. Should a team play with a suspended player they will forfeit that game. Coaches are encouraged to email immediately following the game in which a player was ejected

from. NOTE: There are no appeals for suspensions, they are final. Gamesheet with write ups are the be included in email to League President (Jeff Howe: jeff@canwesthockey.com)

- 2.9 ABUSE OF OFFICIALS will not be tolerated and can result in the offending team forfeiting the game one-zero (1-0) in addition to being assessed maximum suspensions.

NEW FOR 2017 SEASON

- 2.10 Where both teams are guilty of penalties then penalties will be cancelled out to allow for the fewest amount of penalty shots awarded. Examples are as follows:

Team A: 1 minor penalty Team B: 1 minor penalty
Results: 1 shot each by order of occurrence

Team A: 2 minor penalties Team B: 2 minor penalties
Results: 1 shot each by order of occurrence

Team A: 1 minor penalty Team B: 2 minor penalties
Results: 1 penalty shot for team A, no other shots allowed

Team A: 1 minor penalty Team B: 3 minor penalties
Results: 2 penalty shots awarded to Team A

Penalty cancellations will follow this guideline. With the exceptions to Major or Match penalties, those penalty shots and awarded goals shall still be permitted. In cases where more than one penalty shot is awarded in the same stoppage then any player who was on the ice at the time of infractions may take the additional shots.

All penalties assessed will still be recorded on the game sheet.

3. BODY CHECKING – There is no body checking in any Division; rub-outs and angling are permitted.
 - 3.1 A player who is guilty of body checking and becomes a repeat offender during the game will be assessed a Game Ejection penalty, which will be recorded on the game sheet but is not suspendable. However, should a player become a repeat offender in receiving ejections s/he will be subject to warnings and a suspension.
 - 3.2 Roughing/Punching – if a player becomes a repeat offender or, if in the referee’s opinion, could pose a danger to other players on the ice then that player will be asked to leave and assessed a Game Ejection penalty. This would override the four (4) penalties rule.
4. OFFSIDES: If a team goes offside, on the whistle, the team that went offside must leave the puck where it is and then clear the red line. All three players must clear the red before they can attack the puck.
5. ICING - There is no icing.
6. HAND PASSES - Hand passes are allowed, please note the difference between a hand pass and handling the puck as laid out under rule 9.1 (a) (C) in the Hockey Canada rule book. **Note that a goal cannot be scored as a result of directing the puck into the net with the hand of a player.**
7. HIGH STICK - Contacting the puck with a high stick will result in a faceoff at the appropriate spot. These face-offs will be quick; no line changes will be allowed on these whistles.
8. Equipment shall be as per Hockey Canada including full face shields in all divisions.

8. If a puck is deflected out of the rink there will be a normal faceoff in the proper place. If the puck was INTENTIONALLY shot out, a DELAY OF GAME penalty will be called. These face-offs will be quick, and no changes will be allowed on the play.
9. TIED-GAME PROCEDURE - Tied games shall have a sudden death shoot-out; one (1) shooter per side. No player can shoot more than once until the entire team has shot. This shall continue until a winner is determined OR until the ice time expires. **Winner receives two (2) points. The losing team 0 points.** NOTE: This shootout will be dependent on time permitting. Please follow the warm up / intermission guidelines to ensure time at the end for this. If a shootout cannot be done due to ice time, each team will get 1 point.
Should the game require the shoot out this MUST be noted on the game sheet.
10. POINTS will be earned by this format: **two (2) points for a Win; one (0) point for a Tie;**
11. PLAYOFFS: Playoff structure will be in tournament-format. Finishing first or second in your Division provides for an easier route to the finals.
 - 11.1 TIED-GAME PROCEDURE - Overtime comes into effect on all playoff games. Overtime shall be five (5) minutes 3 on 3. Should the score remain the tied after five (5) minutes, then a 3 on 3 shoot-out will commence with the home team deciding which team shoots first. If the score is still tied after the three (3) shooters, a sudden death shoot-out occurs. No player can shoot more than once until the entire team has shot.
 - 11.2 Playoff rosters must be submitted prior to the playoffs. Note if you have you have a player that is going to miss the playoffs, you can use a spare. NOTE: The spare must have played a minimum of two league games prior to the playoffs. If you have a player who is going to miss a game or two, you can add a Spare to your roster, with a note that he will be sparing for _____.
You may add one additional spare to your roster in case of injuries. This is usually used for a goaltender.
 - 11.2 League Souvenirs and Championship banners will be presented at the playoffs.
12. **FACEOFFS: Faceoffs shall take place for the following situations only:**
 - a) Start of each period
 - b) Play blown down for contacting puck with high stick
 - c) Puck out of play
 - d) Injuries that causes a stoppage in play
 - e) Net dislodged causing a stoppage in play**Aside from the start of each period line changes will not be permitted prior to a faceoff taking place. Should a team attempt to or make a line change prior to a faceoff during a stoppage then a Delay of game penalty shall be assessed.**
13. ATOM & NOVICE SUPPLEMENT: In the atom and novice division should the score reach a differential of 7, (on the goal that makes it a spread of 7) the losing team can put an extra player on the ice and play with up until the game is tied. On the game tying goal the team which had been skating with 4 skaters must remove the extra skater and the game is to be played at 3 on 3 again.
14. **Teams can be removed from the league at the discretion of league directors at anytime for any reason at any time. This rule will be enforced, should teams not be abiding by the rules on or off the ice. Should a team be removed from the league there will be no refunds.**