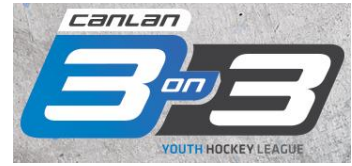




The Co-operators Centre
YOUTH 3 ON 3 HOCKEY LEAGUE
2017 Rule Book



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

Section I: Game Play Rules

1. There is no BODY CHECKING allowed in the 3 on 3 Youth Hockey League.
2. All 3 on 3 games are run time. Period lengths are 2 X 20 minutes in the Atom – Midget divisions and 2 X 15 minutes in the Novice division.
3. ICINGS are **not called** in games.
4. 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. If a play is whistled offside, the puck will automatically be awarded to the opposing team.
5. Faceoffs occur at the beginning of each period at centre ice.
6. Teams in all divisions will remain in the same end for the game
7. **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) **OUT OF PLAY OFF GOALIE** – When the puck goes directly out of play off the goalie, the referee will give the attacking team possession of the puck in the neutral zone. All attacking team players must clear the offensive zone to the neutral zone before re-attacking in the offensive zone, i.e. TAG UP OFF-SIDE RULE.
 - iii) **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, referees will issue a warning or award a penalty shot at their discretion. A team clearing the puck after being scored upon has only 10 seconds to proceed past the blue line. If the team scored upon takes more than 10 seconds to bring the puck forward to the blue line, the scoring team may attack ON THE REFEREES SIGNAL.
 - iii) **GOALIE FREEZES PUCK** – The goalie has 5 seconds to get rid of the puck. If the goalie hangs onto the puck for more than 5 seconds referees will issue a warning or award a delay of game penalty at their discretion. The attacking team is required to retreat to the ringette line behind 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, referees will issue a warning or award a penalty shot at their discretion.
 - iv) Any other stoppage of play caused by a team will result in possession of the puck being awarded to the team not responsible for the stoppage.
8. **Timeouts** – No timeouts will be awarded.
9. **Pulled Goalie** – Teams may pull their goalie for an extra attacker only in the LAST 3 MINUTES of a game, or on delayed penalty calls.

10. **Shootout protocol:** There will be no overtime, but **SHOOTOUTS** will be conducted to determine winners in tie games. For the shootout the following will occur:

- a) 3 shooters per Team
- b) The Home Team will choose which Team shoots first
- c) Once a Player has attempted his/her shot, they shall move to the side of the rink opposite the Players' bench.
- d) Referees use Hockey Canada procedures for penalty shots.

* If the game remains tied following the first three shooters, sudden victory will decide the game winner (i.e. one Team scores, the other does not). Every eligible Player must shoot once before any Player takes a second shot. Shootout sessions may be cancelled due to schedule constraints (Teams to be notified by the League Management).

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 4 players dressed for a game to avoid default.
3. Teams may have a maximum of 3 parents behind the bench at any time, but must have a **MINIMUM OF 1 PARENT OR COACH ON THE BENCH** before games can begin.
4. If jersey colors are the same, the visiting team must use alternate jerseys which will be provided by the League. Please ask our timekeepers or League staff for assistance.
5. All coaches are required to make every effort to ensure **EQUAL ICE TIME** for all 3 on 3 participants.
6. Every 3 on 3 participant must have filled out a registration form or waiver form, including parent's signature.
7. 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.
8. **HELMET STICKERS** - All full time registered players will receive a 3 on 3 sticker to be worn on their helmet for the duration of the season. Spare players will not receive a sticker. Replacement cost of a lost sticker is \$15. 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.
9. **SUBSTITUTION RULE – PLAYERS** - You may register spares at any time at the Information Desk. To officially register your spare players, please complete a waiver form before the player steps on the ice. **All spares must report to the Information Desk before playing each game.** There is a \$15 per game fee charged for each individual substitute player, unless already registered on another 3 on 3 team. Teams are permitted to borrow other players at the same or lower skill level and the same age division or down one age group (example: Atom players cannot play in the Bantam division).
10. **SUBSTITUTION RULE – GOALIES** - In the event a goalie is going to be absent, the coach or Team Rep may contact the League office to find a replacement goalie already registered in the league. Please provide as much advance notice as possible. Spare goalies are subject to the same registration rules as spare players in Rule # 9 above. If a waiver is not signed, the game will result in a default. If the team does not find a replacement goalie, they may play with 4 skaters – one of these players must be assigned to playing behind the red line. The extra player cannot stand in the net as they are not protected to do so.
11. Under no circumstances can a player who is not registered play in the Co-operators Centre Youth 3 on 3 Youth Hockey League. Failure to abide by this rule will result in a game default and possible further action at the discretion of league management.
12. **It is the coach's responsibility to ensure that attendance is reflected accurately on the game sheet, and that jersey numbers are accurate.** Players absent **MUST** be crossed off the game sheet. When using

a substitute player, 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 may receive a bench minor for delay of game at the referee's discretion.

13. No players may be added to the gamesheet after the start of the 2nd period.

14. 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. 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 Manager to determine the length of the suspension for the offending player. **Under no circumstances will fighting be permitted in 3 on 3. Expulsion from the league WILL 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 and intentional checking to the head penalties will accompany an ejection from the game and an additional minimum one game suspension.

7. All game ejections will be reviewed by the League Manager.

8. If a delayed penalty is called near the end of the game and the clock runs out, the penalty shot will only be taken if an additional goal would change the outcome of the game.

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 and all players must remain on the ice until the shot is taken.
- The player taking the penalty shot will line up at centre ice.
- All other players from both teams will line up at the far blue line.
- All players will start from a standing position.
- Referees will blow their whistles to start play.
- Once the player taking the penalty shot has reached the far blue line, 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.
- 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).

9. **During the course of the game, referees decisions are final. A zero tolerance approach will be used by referees towards aggressive and/or abusive coaches, players and spectators.** A review of incidents involving inappropriate behavior will be conducted by the CCHL League Manager with possible disciplinary actions taken. The CCHL staff reserve the right to suspend any player, coach, or parent who does not display respectable conduct.

Section IV – Protective Equipment

1. Goaltenders must use CSA approved helmets and masks.
2. Helmets are mandatory and must be worn by all players. Helmets must be CSA approved with properly fastened chinstraps. A Minor Penalty will be assessed to any player that does not have his/her helmet chin strap fastened properly. This rule will be enforced by the Referees and League Officials for all games.
3. Face shields are mandatory and must be worn by all players. Players will be required to wear a CSA approved full face shield. Failure to do so will result in the player being ejected from game.
4. Neck guards are mandatory and must be worn by all players. Failure to do so will result in player being removed from the game.
5. Mouth guards are strongly recommended for all players, but are not mandatory.

Section V – Other

1. The 3 on 3 League Office 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. Teams must bring their own warm up pucks
4. It is at the League Manager's discretion to move teams in order to create balanced divisions. CCHL League Management reserves the right to align teams in any division based on game performance and/or their assessment of individual or group skill levels.
5. Refund Policy: If a participant is unable to take part in the program due to a medical reason, the participant will need to provide a doctor's note. Once approved by the League Manager, the participant will receive a refund, proration will apply and an administration fee will not be charged. If a participant must withdraw due to any other reason, an administration fee of \$25 will be charged. No refund will be given to a player who is suspended from the league.

*Missed Game(s) - In the event that a player is unable to attend a game, no refund will be given.

6. Coaches Report Form – All comments/concerns must be submitted in writing to the League Manager. League inquiries can be submitted as follows:

Name: Youth 3 on 3 Inquiries

Email: nhedman@evrazplace.com

Section VI - Code of Conduct

Evraz Place identifies the standard of behavior 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. Evraz Place is committed to providing an environment in which all individuals are treated with respect. All members shall avoid behavior which brings Evraz Place 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.

Players Code of Conduct:

I WILL...

- Play for FUN.
- Work hard to improve my skills.
- Be a team player – get along with my teammates and involve them in the play.

- Learn sportsmanship, teamwork and discipline.
- Be on time for games and communicate with my coach when I will not be.
- Learn the rules and play by them.
- Never argue against the referee's decision.
- Respect my teammates, coaches, parents, officials and most of all the game.

Parents Code of Conduct:

I WILL...

- Not force my child to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage my child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Not embarrass my child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, all children will benefit.
- Know and study the rules of the game, and support the officials on and off the playing surface. Understand they must make a decision in a split second and respect it regardless of my opinion.
- Applaud a good effort in victory and in defeat and enforce the positive points of the game. Never yell or physically abuse a child after a game or practice-it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
- Enjoy the game; learn all I can about it and volunteer!

COACHES CODE OF CONDUCT

I WILL.....

- Remember winning is a consideration, but not the only one, nor the most important one. Care more about the players than winning the game.
- Promote fun and enjoyment of the game first and foremost.
- Ensure all players will receive equal playing time (as close to it as possible)
- Be a positive role model to all players, display emotional maturity and be alert to the physical safety of players.
- Be generous with praise when it is deserved; be consistent, honest, fair and just; learn to be a more effective communicator and coach.
- Not criticize players publicly or yell at them.
- Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
- Maintain an open line of communication with the players' parents. Explain the goals and objectives of the team.
- Be concerned with the overall development of all players. Stress good health habits and clean living.
- Respect all players, opposing coaches, parents, officials, timekeepers and most important of all, the game.
- To play the game is great; to love the game is greater.