

The Co-operators Centre
YOUTH 3 ON 3 HOCKEY LEAGUE
2022 Rulebook



Section I – Roster and Eligibility Rules

1. **No more than 9 skaters and 1 goalie can be dressed for any given game – no exceptions.**
2. Teams must have a minimum of 4 players dressed for a game to avoid default.
3. Teams must have a MINIMUM OF 1 PARENT OR COACH (over the age of 18 on the bench before the game can begin. Teams can have a maximum of 3 coaches on the bench per game and all coaches' names must be included on the gamesheet.
4. If jersey colors conflict, the visiting team must use alternate jerseys which will be provided by the League. Please ask timekeeper or League staff for assistance prior to warmups.
5. Every player must complete the online registration prior to participation. 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
6. Players are not permitted to play up more than one age division (i.e. an Atom aged player may play Pee Wee, but cannot play in Bantam). This helps to eliminate potential injuries.
7. Female players will be permitted to play in one age category lower.
8. **HELMET STICKERS:** All registered players will receive a 3 on 3 sticker to be worn on their helmet for the duration of the season. Replacement cost of a lost sticker is \$15. Stickers must be placed on a flat surface at the back of the helmet so officials can easily see it.
9. **SUBSTITUTION RULE – PLAYERS:** Teams are permitted to borrow other players at the same or lower skill level within their age division or one age division lower. Spare players who are not currently registered onto another 3 on 3 team must register at the Information Desk by a parent or guardian. **Unless already registered on another 3 on 3 team, the spare player fee is \$20 per game. Spare players must report to the Information Desk before playing each game.** Payments can be made in person prior to the game with Visa, MasterCard, American Express, debit, or cash.
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 obtain a spare goalie list. 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 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. **It is the coach's responsibility to ensure that attendance accurately reflected on the game sheet, and that jersey numbers are correct.** 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 jersey 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.
12. No players may be added to the gamesheet after the start of the 2nd period.

Section II: Game Play Rules

1. **All 3 on 3 games are 2 x 20 minute, run time periods with a 3 minute warm up prior to the start of the game.**
2. There are NO ICINGS and NO TIMEOUTS.
3. Face-offs will occur at the beginning of each period at centre ice.

4. Teams will not change ends between periods.
5. **TAG UP OFFSIDE:** when players are offside, they must clear the offensive zone to the neutral zone before re-attacking in the offensive zone. Referees 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.
6. **CHANGE OF POSSESSION**
 - **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.
 - **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 before re-attacking.
 - **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 opposition. 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 has 10 seconds to proceed past the blue line. If they take more than 10 seconds to bring the puck to the blue line, the scoring team may attack ON THE REFEREES SIGNAL.
 - **GOALIE FREEZES PUCK:** The goalie has 5 seconds to get rid of the puck. If the goalie holds 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 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.
 - 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.
7. **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.
8. **SHOOTOUT PROTOCOL:** There will be no overtime, but **SHOOTOUTS** will be conducted to determine winners in tie games. Referees use Hockey Canada procedures for penalty shots. For the shootout the following will occur:
 - 3 shooters per team
 - The home team will choose which team shoots first
 - Once a player has attempted his/her shot, they shall move to the side of the rink opposite the players' bench.
 - If the game remains tied following the first three shooters, sudden victory will decide the game winner.
 - Every eligible player must shoot once before any player takes a second shot.
 - Shootout sessions may be cancelled due to schedule constraints as determined by League Management.
9. A maximum of a 7 goal differential will be put onto the time clock.
10. In a one-sided game, the losing team may be permitted to put an extra attacker on the ice. This is at the discretion of League Administration and CCHL Officials.

Section III – Penalties

1. There is no **BODY CHECKING** allowed in the 3 on 3 Youth Hockey League.
2. All minor penalties will result in a penalty shot. The penalty procedure is as follows:
 - a. When a penalty is called, the clock will continue to run.

- b. Penalty shot must be taken by the player infringed upon.
 - c. The player taking the penalty shot will line up at centre ice.
 - d. All other players from both teams will line up at the far blue line.
 - e. All players will start from a standing position.
 - f. Referees will blow their whistles to start play.
 - g. 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
 - h. Should the player miss the penalty shot, play will continue.
 - i. If a goal is scored, players must clear the zone as normal.
 - j. 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; a penalty shot will not be taken on an empty net.
3. Any individual receiving 3 minor penalties in one game will receive a game ejection. The player may receive a suspension 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. A major penalty will result in the offending player(s) ejection from the game and two penalty shots being awarded to the opposing team.
 6. 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.
 7. 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.
 8. During the course of the game, referees decisions are final. There is zero tolerance for aggressive or abusive language or behavior from coaches, players and spectators towards the on and off ice officials (please see Code of Conduct on the last page)

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

- **EQUAL ICE TIME:** All coaches are required to make every effort to ensure equal ice time for all 3on3 participants.
- The CCHL Office has the right to waive floods pursuant to timing issues.
- **DRESSING ROOMS:** Room keys are available at the Information Desk in exchange for collateral (such as car keys or a driver’s license). Teams have a **maximum of 30 minutes before and after** the game to use the dressing room. Dressing rooms should be left in a clean and tidy condition. Any damage to Evraz Place property will be paid for by the individual(s) responsible, prior to any participation in any further

league games. Non-compliance constitutes automatic suspension from the League and possible legal action. Evraz Place is not responsible for any lost or stolen items, please ensure the dressing room door is locked. Any co-ed teams may be required to share a dressing room with other teams.

- **DIVISION ALIGNMENT:** 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.
- **REFUND POLICY:** If a participant is unable to take part in the program due to injury or medical reasons, 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 than injury, an administration fee of \$25 will be charged. In the event that a player is unable to attend a game or is suspended from the league, no refund will be given.
- **CRIMINAL RECORD CHECK:** All volunteer coaches are required to submit a Criminal Record Check to the office before the season starts. The CRC must be valid within 1 year. Coaches who have not submitted their CRC will not be permitted on the bench.
- **COACHES REPORT FORMS:** All comments, concerns, or complaints must be submitted in writing to the League Manager at nhedman@evrazplace.com

Section VI - Scheduling

1. If there are certain days, dates, or times that your team is not available to play, you must let the League Manager know before the schedule is posted; preferably in writing or email when you register your team. CCHL Administration will do their best to accommodate your request, but it may not always be possible. Schedule requests are for team registrations only.
2. Once the schedule is posted, it will not be changed unless absolutely necessary.
3. If your team cannot play a scheduled game, please contact the CCHL office at least 24 hours prior to the game. The game will not be rescheduled, but we will attempt to find another team to play against your opponent.

Section VII - Code of Conduct

Regina Exhibition Association Ltd (REAL) identifies the standard of behavior that is expected of all 3on3 Youth Hockey League members including players, coaches, volunteers and spectators. REAL is committed to providing an environment in which all individuals are treated with respect. Parents, coaches, participants and staff of the Youth 3on3 Hockey League shall conduct themselves in a manner consistent with the values of the league, which include equality, honesty, and mutual respect. Any behavior that is disrespectful, offensive, abusive, racist or sexist, or constitutes harassment or abuse will not be tolerated. REAL reserves the right to suspend players or disallow attendance of parents, guardians, or spectators who do not comply with this code of conduct.

Players Code of Conduct: I WILL....

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

Parents, Guardians, and Spectator Code of Conduct: I WILL....

- 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.
- Never yell or physically abuse a child after a game or practice. Work toward removing the physical and verbal abuse in youth sports.
- Encourage my child to play by the rules and focus on having fun
- Not embarrass my child by yelling at players, coaches, officials, or staff member. Remember, children learn best by example.
- Applaud a good effort, whether it results in a win or a loss. The score is secondary here.
- Recognize the importance of volunteer coaches. Communicate with them and support them.
- Enjoy the game! After all, we love hockey, don't we?

Coaches Code of Conduct: I WILL....

- Remember winning is a consideration. Care more about the players than winning the game.
- Promote fun and enjoyment of the game
- Ensure all players will receive as close to equal playing time
- Be a positive role model to all players and display emotional maturity
- Be alert to the physical safety of players
- Be generous with praise when it is deserved; be consistent, honest, fair
- Learn to be a more effective communicator and coach.
- 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
- Maintain an open line of communication with the players' parents.
- Be concerned with the overall development of all players.
- Respect all players, opposing coaches, parents, officials, and facility staff.
- If you agree to these terms, then you're exactly the type of coach we want. This league isn't about winning, it's about fun. Let's do everything we can to provide all players with the best experience possible.