



OFFICIAL RULES AND REGULATIONS

Oil Barons 3 on 3 Hockey Challenge @ Suncor Community Leisure Centre

Official Season Rules 2022

The following rules are for the benefit of all Oil Barons 3 on 3 participants:

Section I: Game Play Rules

1. All Oil Barons 3on3 games are NON-CONTACT.
2. All 3on3 games are running time – Games are 20 minutes run time for the preliminary round, 25 minutes for the medal games. No stoppage unless there is an injury.
3. ICINGS are not called in games
4. TAG UP OFF SIDES – 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).
5. Face-offs occur at the beginning of each period at center ice.
6. Game must start on time (no warm-up)
7. Line Changes:
 - a. All divisions (except Bantam and Midget) – Line changes are in 1-minute intervals (2 minutes for Initiation Division). A buzzer will sound to instigate the changes. 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.

b. When buzzer is sounded players will leave the puck on the ice. No “icing” or shooting the puck out of the zone **If player does not comply a penalty shot will be issued**

c. If buzzer is sounded before a shot/goal has gone in it will not count.

d. If time keeper misses a 1 minute interval line change the next shift will be a shortened shift. (eg: buzzer is missed for 7:00 minute mark a new line goes on a at 6:47 (when buzzer is sounded) a new line change will occur at 6:00 minute mark)

8. 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.

9. Scoring - If a goal is scored and the buzzer sounds before the zone is cleared, the new line of defending team must clear the puck from the zone before the scoring team can take control of the puck.

10. Player Scoring: Players will have the ability to score a maximum of 5 goals per game. If 5 goals is exceeded those goal(s) will not count. (Referees will do their best to keep track. Coaches please help to keep track)

11. Scoring – There will be a mercy rule of 10 goals. Goals will not count when the goal differential is 10. Game will continue to play on until time runs out.

12. Change of Possession –

a. 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. GOAL SCORED – When a team scores a goal, all the players must return behind the offensive zone blue line and do a complete roll on the ice. Until they complete their roll, they cannot play the puck (OK if the puck accidentally touched them). If they go to their bench before rolling, their replacement must do the roll before taking part in the play. If a player becomes active in the play before rolling, a penalty shot is awarded to the opposing team

a. “Rolling Rule” should be applied with some discretion at the initiation level. Some of the weakest players in this division won’t be able to skate back behind the blue line or will simply fall/slide on the ice. They may also not know how to roll. In these cases, the referees may just let it go unless it is obvious a player is using it to their advantage. This may also be the case for some of the weakest players in the Novice Division.

b. 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 opponent’s zone until the puck is played forward past the blue line into the neutral zone. If the attacking team intentionally touches the puck prior to the other team advancing forward, a penalty shot will be awarded.

13. Timeouts – no timeouts will be awarded during the regular season. Each team will be awarded one 30 second timeout during the playoffs.
14. 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.
15. Goalies cannot play the puck past the blue line.
16. There will be no overtime during the regular season. Games will end in a tie at the end of the third period.
17. All suspensions will be issued at the discretion of the sport staff on duty.

Section II – Roster and Eligibility Rules

1. Only players on the team roster can dress.
2. A team must have a minimum of 4 players dressed for a game to avoid default.
3. No more than 3 coaches/parents may be behind the bench at any time.
4. All coaches are required to make every effort to ensure EQUAL ICE TIME for all 3on3 participants
5. Every 3on3 participant must have filled out a registration/waiver form (including parent's signature) prior to the first game.
6. SUBSTITUTION RULE – PLAYERS – As a result of this new system, teams will be permitted to “borrow” players from other teams when their roster is short. Any “borrowed” players must be the same age or younger, and must be the same caliber or lower.
7. SUBSTITUTION RULE – GOALIES – In the event that a goalie is going to be absent, the coach must contact the league convener 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 substituted 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 (unless in initiation).
8. Under no circumstances can a player who is not registered on a team play in the 3on3. Failure to abide by this rule will result in a game default and possible further action at the discretion of league management.

Section III – Penalties

1. All minor penalties will result in a penalty shot.

Penalty Shot Procedure

When a penalty is called, the clock will not stop (all divisions).

Penalty shot must be taken by one of the players on the ice at the time of the infraction, and all players on the ice must remain there 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 by the far blue line.

All players will start from a standing position.

Referee will blow the whistle to start play.

No other players on ice can start skating until the player taking the penalty shot has crossed the blue line. Should the player miss the penalty shot, play will continue.

If a goal is scored, players must clear the zone as normal. (Players will not interfere with shot or skate beside shooter. Other players must stay behind/out of sight of the shooter)

**If the buzzer sounds 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.

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 a penalty shot will be awarded.

5. Any major penalty will be written up on an incident report by the referee and will be reviewed by the sport specialist 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. All players suspended or expelled from the league for any reason will not be entitled to any refund or credit.

6. 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 behavior will be conducted by sport specialists with possible disciplinary actions taken.

Section IV – Other

1. The sports specialists have the right to waive floods pursuant to timing issues.

2. It is at the Sports Specialists discretion to move players and/or teams in order to create balanced divisions. While the 3 on 3 League will attempt to honor player requests, groups of players will not be permitted to play on the same team to the detriment of the division as a whole.

3. Coaches Report Form – All comments/concerns must be submitted in writing to the Supervisor of Sports. Parents must also submit their comments/concerns in writing.

4. Coaches must tend to the bench doors at all time. Please make sure doors are closes at all time when there are no line changes. **This is a safety hazard. It is recommended there is an “In” door and an “out” door. **

5. Code of Conduct – The Regional Recreation Corporation identifies the standard of behavior that is expected of all 3on3 Hockey League members which, for the purpose of this code includes players, coaches, volunteers, and spectators. Macdonald Island Park is committed to providing an environment in which all individuals are treated with respect. All members (players, coaches, and referees) shall avoid behavior which brings Macdonald Island Park 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 behavior that is disrespectful, offensive, abusive, racist or sexist. In particular, behavior which constitutes harassment or abuse will not be tolerated. Failure to comply with this Code of Conduct may result in disciplinary action.

6. Overtime Rules

- If teams are tied after regulation time in a medal game, the following procedure will take place:

- The teams will play a full two minutes overtime period.

- If at the end of the first overtime period the score is still tied, the game will be followed by sudden death overtime as follows:

- Two minutes sudden death overtime with two skaters per team.

- Sudden death overtime with one skater per team until the first goal. Tie Breaking Rules

In the event that teams are tied for a playoff position, the following procedure will apply:

A. If teams are tied:

1. 1. The team with the most wins in the round-robin gains the highest position. 2. If the two (2) teams are still tied after 1 above, the winner of the round-robins game between the two tied teams gains the highest position. 3. If still tied, the next deciding factors will be higher goal differential and more goals for in this order.