



# 3 on 3 Format & Rules



## FORMAT

Game format is 3 on 3 plus goalie.

All teams must have a maximum of 7 skaters + one goalie.

All teams will be guaranteed a minimum of 4 games.

Team jerseys will be provided and players will keep their jerseys.

Each game will consist of one 30 minute ice time. (3 min Warm-up, 2 - 12min runtime periods with a 3 min break in between periods)

## RULES

- A coach must be present on the bench at all times.
- Dressing room supervision is expected at all times.
- After every goal scored, the team which has just scored must retreat to the redline. eg. Delayed offside. Then they can attack the team they just scored on, If the team that just scored does NOT have all skaters clear the red line, eg. Delayed offside. A penalty shot will be awarded to the team who was just scored on.
- When the goalie covers the puck, the opposing team must retreat to the Ringette Line.
- Blue line off sides will be called. When off sides occur, the team who went off side must retreat to the redline and wait until puck is played past the blue line by the opposing team
- Icing will be called from the far blue line. When this occurs, the team who is called for icing must wait at the redline, until the puck is played past the blue line.
- If a puck is deflected out of the arena, there will be a normal face-off in the place nearest to where it went out. If the puck was intentionally shot out, a delay of game penalty will be called.
- All penalties will result in a penalty shot. Players line up on red line. No player can leave redline until shot is taken.
- There will be no appeals as all referee calls will be final.
- There will be NO BODY CHECKING IN ANY DIVISION. Any contact other than incidental will result in a penalty and penalty shot will be awarded.
- There will be NO TIMEOUTS allowed.