



## **RANGERS 3 ON 3 RULE BOOK**

**Updated:** March 18th, 2025

# RULES AND REGULATIONS

All play in Rangers 3 on 3 hockey leagues is governed by iPlayHockey.

## Coaches

- Coaches are expected to provide equal ice time to every player; coaches are expected to continue to provide equal ice time no matter what the score as the emphasis of OHD 3on3 Hockey is on player fun and development.
- All coaches are highly encouraged to match up lines with the opposing team based on skill level to provide the best experience possible.
- All coaches are expected to set a positive example for their players and treat fellow coaches, referee, conveners, spectators and opposing players with respect. If the on-site convener feels that a coach is being disrespectful or setting a poor example for their players, the coach may be subject to league discipline.
- If a coach has any concern at all regarding something that has taken place during the game, please discuss with the on-site convener. Conveners will review all situations with League Coordinator and respond diligently and in a timely manner.

## Team Balancing

- Player request will be accommodated at the beginning of the season. However, if a team or group of players are too strong the league will do everything they can to find alternate arrangement for this group/team.
- Splitting up players is a last resort but can happen to provide the best experience for all the players in the league. The league will look at alternative options such as rebalancing the schedule, moving a team up or down a division.

## Eligible Players and Substitutions

- All registered team entries are expected to submit a roster before the first game of the season. Only players listed on this roster are eligible to play.
- All players registered with the league are covered under the insurance of iPlayHockey. If a player is not registered on the game sheet, they are not eligible to play.
- If teams are going to be short players, please advise the league office at [leagues@oakville.ca](mailto:leagues@oakville.ca) and we can assist in find substitute players. Any subs must be players that are already registered with the league for insurance purposes.
- If a team knows they will be short players in advance:
  - Please advise the league office at [leagues@oakville.ca](mailto:leagues@oakville.ca) and we can assist in find substitute players.
- If a team is short players in on the day of a game:
  - Convener will try to find substitute players from within the league only to allow them to reach the league minimum of 6 skaters and 1 goalie.
  - Conveners will allow teams with a short bench to take substitutes from their opposing team; however, the team that is sharing players will get an automatic win for that given game.
- Please consult with the on-site convener before getting substitute players for your game.

## Game Play and Shifts

- Each game will begin with a (3) minute warm up. The warmup will begin as soon as the Zamboni gate is shut. Teams are expected to be ready to go right at their assigned game time.
- Each team will set up 3 skaters and a goalie per side. In the absence of a goaltender, a team is allowed to use a 4th skater. The 4th skater is to remain in the defending zone for the entire game, the only time the 4th skater is allowed to exit the defending zone is in the last minute of the game while their respective team is trailing. The 4th skater is the only skater allowed to change at any time during a shift.
- If at the end of the first period, the score is one-sided (five (5) goal difference) the team behind are awarded the opportunity to play 4 on 3 until the score becomes within 5 goals or the game ends. If at convenor discretion during the first period they feel the score is beginning to become one sided they can allow the 4 on 3 hockey to begin at any point in the game.
  - If when playing 4 on 3 the team with four players scores making the score less than 5 goals, the 4th player on must leave the ice immediately not waiting for the end of the shift. If during the same shift the score go back to a 5 goal spread the player can return to the ice to play 4 on 3.
- All games are non-contact. **No body checking is allowed.**
- All game will consist of **(2) 22:30 minute run time periods** with the team switching ends at the end of the first period.
- There are no on the fly line changes for U9, U11, U13, and U15 divisions. There will be a buzzer that will indicate that a new shift is to begin every **1 minute and 30 seconds**.
  - U18 division is change on the fly. There will be no buzzer for U18 games.
- When the buzzer sounds players on ice:
  - Leave the puck immediately and head directly to the bench. If a player does not immediately give up the puck they can be assessed a minor penalty at the referees' discretion.
- When the buzzer sounds the players on the bench:
  - Must wait until the buzzer sounds before they can open the bench door. Failure to do so can be assessed a minor penalty at the referees' discretion.
  - New players can immediately enter the playing surface and go directly for possession of the puck.
- If the buzzer sounds while a player is taking a penalty shot due to an infraction, the player will finish the penalty shot then all players are to change and play the puck as normal.
- If there is an injury or ejection and a player is double shifting, he/she must relinquish the puck when the buzzer sounds. Then must skate to their bench, touch the bench and then can get back into the play.
- Face-Offs will only be used at the start of each period or in the case of 2 matching minor penalties.
- When the goaltender covers the puck, the referee will blow the whistle. This indicates attacking players to exit the zone and may only re-enter once all attacking players have exited the zone. Attacking and pressuring the defending team before all attackers have left the zone will result in a penalty for the offending team.
- There are no icings or offsides. When the goaltender covers the puck, the referee will blow the whistle. This indicates attacking players to exit the zone and may only re-enter once all attacking players have exited the zone. Attacking and pressuring the defending team before all attackers have left the zone will result in a penalty for the offending team.
- **There are no icings or offsides.**

## SCORING

- No single player may score more than six (6) goals. If a player scores more than six goals in a game, the goal does not count.
- Coaches and Conveners please ensure timekeepers are keeping accurate records and inform the referees and coaches about players that have scored too many goals. This rule is in place to encourage players to pass the puck and included all teammates in the game. Penalties and Suspensions
- Any minor penalty will result in penalty shot for the offended player. The shooter will start at the red line while the opposing team lines up on the far blue line and chases the shooter. The play will then begin immediately following the rebound.
  - **There are no slapshots allowed during any penalty shot.** If a goal is scored using a slapshot, the goal will not count, and the team will be given a warning. If another player(s) on the same team performs a slapshot during a penalty shot, that player will be ejected from the game.
  - If the player that was on the receiving end of a penalty is injured in any way during the penalty, then the coach may select another player from the ice to take the penalty shot.
- Coincidental or matching penalties will result in a faceoff at center ice.
- Players who have been assessed three minor penalties in any given game will be automatically ejected from that game.
- Any major penalty will result in immediate ejection from the game.
- Any Major penalty will be reviewed by the league and further discipline can be handed out at the convener's discretion. If a player or a coach wishes to appeal a suspension, they may do so by contacting the League Coordinator ([gidon.frank@oakville.ca](mailto:gidon.frank@oakville.ca))
- Any player that accumulates 10 minor penalties will be issued a one game suspension.
- Please keep in mind that this is a Town of Oakville run league, and we hold all our players and coaches to a higher standard