



3 on 3 Rules 2026

Section 1 - Teams

- (a) Teams with no set goalie and as a result players will have to rotate through taking turns in net.
- (b) Each team will play with 3 players and 1 goalie on the ice.
- (c) If a team does not have a goalie present, the team will be permitted to play a fourth player on the ice as a goalie replacement. The goalie replacement player is not permitted to cross over centre ice other than during the last two minutes of the game.
- (d) Coaches are required to make every effort to ensure equal ice time for all participants, with like skilled players where possible from the other team.
- (e) The league managers will endeavor to roster teams in a balanced fashion. Requests to play on the same team as other players will be considered as long as teams will remain balanced. League managers will evaluate all teams at the end of week two or three. Players may be moved between teams in order to ensure a fair balance of the division.**

Section 2 – Game Play

- (a) Body checking is strictly prohibited in all games.
- (b) Face-offs will only occur at the beginning of each period.
- (c) Games will consist of 2 x 21-minute run-time halves (time permitting).
- (d) A 2-minute warm-up will be permitted at the beginning of the game.
- (e) In the event of timing issues, league managers may choose to waive floods between games in order to get games back on schedule.
- (f) Teams will not switch ends at half time.
- (g) There will be no overtime during the regular season.
- (h) Icing will NOT be called
- (i) Tag-up offside rules: In the event that a player is offside, all players from the offending team must clear the offensive zone. In the event that an offside player touches the puck, the referee will blow the whistle and possession will be awarded to the non-offending team. **Tag-up offside rules will be used for all divisions except: 2020/2021 and 2018/2019 division.**
- (j) Timeouts will not be allowed during the season.
- (k) Teams may only pull their goalie for an extra attacker in the last 2 minutes of the game or during a delayed penalty.
- (l) Line changes:
 - I. **A player may not enter the ice until the player they are replacing is touching the boards at the bench. (1 for 1-line changes)**
 - II. If a player enters the ice early, the referee will blow the whistle and possession will be awarded to the non-offending team.
 - III. All divisions will be making use of buzzer system for line changes, players must immediately stop playing the puck when the buzzer sounds. Goalies must not play the puck after the buzzer sounds until all players have changed. GOALIES ARE NOT PERMITTED TO LEAVE CREESE DURING CHANGE TO COVER PUCK.
 - i. **All Divisions- 1.5Minute Shifts (90 seconds)**



- IV. If a player entering the ice touches the puck before the player he/she is replacing leaves the ice surface, a penalty for “too many men” will be awarded.

(m) When a goal is scored or when the goalie covers the puck, all players from the offensive team must clear the blue line. Once all players from the offensive team have cleared the zone they may re-enter the offensive zone and attack the puck.

Section 3 – Penalties

- (a) All minor penalties will result in a penalty shot (see 3(d) below)
- (b) All major penalties will result in two penalty shots and an ejection from the game, with the exception of “hitting from behind” and “intentional head contact” which will result in an additional game suspension at the Referees discretion.
- (c) In the event of coincidental minor penalties, no penalty shots will be awarded. The game will be resumed with a face-off at centre ice.
- (d) The penalty shot procedure will be as follows:
- I. When a penalty is called the clock will stop
 - II. The penalty shot must be taken by the player on which the infraction occurred
 - III. The player taking the shot will line up at the attacking blue line
 - IV. All other players from both teams will line up at the Red Line. All players will start skating on the whistle. Defending players may chase the player taking the penalty shot and attempt to prevent the shot.
 - V. The clock will start once the shot is taken or player is caught by opposing players.
 - VI. If a goal is not scored, play will continue.
 - VII. If a goal is scored, offensive players must clear the zone.
 - VIII. If an infraction occurs on a penalty shot and a goal is not scored, another penalty shot will be awarded
- (e) All decisions of the referee will be final. A zero-tolerance policy will be used with regard to abuse of officials, either verbally or physically, by players, coaches, or spectators.

Section 4 – Goal Spread

- (a) No more than 5 goal differential will be posted to the score clock or final score on the website.
- (b) To promote fair play as much as possible in a situation where one team is up by 5 or more goals, the opposing team is permitted to put a 4th skater on the ice for the duration of play until such time that the team with the 4th skater gets the lead back down to 3 goals. Once the lead is minimized to 3 the additional player must come off and the game will resume back to 3 on 3.

This league is intended to be fun! Players will develop throughout the season and we want to ensure an environment that allows them to do so.