



WMHA 3 on 3 Rules Version 1

Section Rule

1.1	Prep	Players are highly encouraged and expected to get warmed up prior to arrival at rink as CV19 protocols remain in place.
1.2	Prep	1 Home and Away ref supplied by each team (preferably coaches), all disputes shall be settled in parking lot.
1.3	Prep	Coaches encouraged to have "streamed" lines in place for expected match skill / talent / fitness based line matching. Pre-match agreement of order of play of these lines between opposing masked coaches / masked bench staff.

2.1	match Play	The target for every match shall be evenly matched, fair and fun play. Every attempt shall be made to ensure equal ice-times for players against line matched opponents.
2.2	match Play	Every age group will be 3 on 3 hockey on the appropriate "Sheet". "Sheet" is half ice for U9 and younger and full ice for older than U9. Based on agreed on ahead of time. 4 on 4 or 3 on 3.
2.3	match Play	50 minute RUN-TIME matches slots will be as follows: For trial week 1 of exhibition 2 minute warm-up skate - quick goalie warm-up 1 minute for puck collection / inspiring coaches words / line-up to start 23 minute run-time period 1 minute between period breather 23 minute run-time period or until time runs out due to in-match penalty shots.
2.4	match Play	Face-offs chew time, Home team starts with puck first period, away team second period. Both starts from behind their own blue line, defenders behind Red.
2.5	match Play	Each line shall be rolled in normal play and each "buzzered" shift shall be 60 seconds Exception is Midgets will change on the fly.
2.6	match Play	The team that is in possession at time of buzzer will have "last right" to move puck to area of ice they desire. Normal icing rules apply in this situation. Players are encouraged to change quickly as it's first to the puck for players changing into play & too many men rules apply. Any player " changing out" that intentionally interferes with opponents "changing in" shall be given an interference penalty as play is not dead.
2.7	match Play	Stoppage of play that normally whistled down (goal, goalie stop & freeze, offside, icing, 3 line passes) will require opponent team 1 zones worth of retreat. Example: Offside is that non-offending team awarded puck inside their blue line and opponents lined up behind red. Opponents may attack once puck has crossed into neutral zone.
2.8	match Play	Gretzky rule: 4 goal maximum per player, recorded. Any intentional goal above 4 results in automatic goal for opponent, redirected off opponent / crazy bounces do not count in this 4 goal rule application.
2.9	match Play	60 second buzzered shifts, no double shifting with the exception of substitute for penalized sent-off player, in which case a player can stay out for up to near 2 minutes. This player must "bench tag-up" by touching boards between doors at buzzer change, or change, if gassed.
2.10	match Play	Any puck leaving the playing area is awarded possession to opponent of team that last touched, at that point of touch. Opponents retreat approximately 3m or 10 feet, at referees discretion.
2.11	match Play	All other Hockey Canada normal rules apply.

3.1	Infractions	Week 1 all penalty shots taken in match at time of offence. These are chase penalty shots with shooter starting at red and offender chasing from blue, any infraction on this penalty shot results in an automatic goal. 2 shots for Majors with NO chaser.
3.2	Infractions	Minor penalties offender is sent off for remainder of shift, and replaced with player of as-like skill/talent/fitness AFTER being the chaser in penalty shot, regardless of outcome.
3.3	Infractions	Bench minors / too many men / "offendee-less" infractions ... Non offending team gets to pick shooter and offenders get to pick chaser. Same rule for infractions during penalty shot.
3.4	Infractions	Major penalties match ejection. Second major in season is a 1 week suspension. Third offence is expelled from remainder of seasons matches with WMHA discipline hearing. Any major in last match of ending season challenge play results in automatic hearing.
3.5	Infractions	3 minors same match, player ejection for remainder of match. 3rd goaltender infraction and every thereafter results in goal awarded to opposite team. Goaltender major results in ejection and forfeit, we should never get to this.
3.6	Infractions	Player Safety: Absolutely no body checking. Any player intentionally changing direction to play an opposing player (puck carrier or not) with body contact shall be ejected from that match. A player that changes direction in an attempt to play the puck and it results in forceful body contact, may at the referees discretion, be assessed a body checking penalty.