

# 3HL

## ICE RANCH 3V3X3 HOCKEY LEAGUE

### OFFICIAL 3HL LEAGUE RULES

Ice Ranch 3v3 Hockey League

The league reserves the right to modify these rules at any time to support player safety, fairness, and competitive balance.

## 1. Game Format, Timing, and Series Points

Item	Rule
Warm-up	3 minutes before each game.
10U / 12U	Three 16-minute runtime games.
14U / 18U	Three 25-minute games.
Series Format	Each game slot is played as a best-of-three series.
Series Points	Game 1 winner: 1 point; Game 2 winner: 2 points; Game 3 winner: 3 points; Series winner: 1 additional point.
Goal Differential	For standings, tiebreakers, and rankings, goal differential is capped at +/-5 per game. Actual final scores remain on the official game sheet.
Tie Games	If a game ends in a tie, a sudden-death shootout will determine the winner.

## 2. Rosters and Playoff Eligibility

- Rosters freeze on Saturday, June 20, 2026. This frozen roster will be used to determine playoff eligibility.
- During playoffs, teams may only use players listed on the official frozen roster and paid in full. No exceptions.
- 3HL staff and coaches may question player eligibility if there is concern that a player is not properly registered or rostered.

## 3. Line Changes and Game Flow

- All line changes must be made on the fly, except between periods or after a timeout.
- Line changes are not allowed after pucks go out of play or during penalty-shot situations unless directed by an official.
- Teams will defend the same net for all three games and will not switch ends.
- Icing will not be called during 3HL games.

### After a Goal

- The team that scored must quickly retreat to its defensive side of half ice. The blue center line marks the defending half of the ice.
- The team that was scored on may begin attacking as soon as possible once play resumes.

## 4. Frozen Pucks and Pucks Out of Play

- When a goaltender freezes the puck, the referee will blow the whistle. The attacking team must completely leave the defending half of the ice at the same time before reentering, similar to a tag-up off-side.

- If the puck goes over the boards or into the bench area, play will restart with a center-ice faceoff. Teams may not change lines at this time.
- If the puck hits the netting behind the goal and immediately falls back onto the playing surface, the puck is live and either team may play it.

## 5. Penalties and Penalty Shots

- **3HL is a strictly no-checking league. This rule will be enforced closely.**
- 3HL follows USA Hockey rules for the types of penalties that may be assessed.
- Any penalty will result in a penalty shot for the player who was infringed upon.

### Penalty-Shot Setup

1. The puck is placed at the center-ice circle.
2. All remaining on-ice players line up on the center blue line, outside the faceoff hash marks, lying on their stomachs.
3. Players must be far enough away from the puck that they cannot reach it with their sticks while lying down.
4. The referee will blow the whistle. The shooter may take a running start and may be chased once he or she touches the puck.
5. The puck is live immediately after the shooter touches it at center ice.

### Early Movement

- If an offensive player gets up early, the shot is blown dead and the puck is turned over to the opposing team.
- If a defensive player gets up early, the shot will be retaken.
- If the same defensive player leaves early twice in a row, the shooter will receive an additional penalty shot. On the additional attempt, the shooter cannot be chased.

### Offsetting, Multiple, and Major Penalties

- If offsetting penalties are called, no penalty shot will be awarded and play will restart with a center-ice faceoff.
- If one team receives two minor penalties and the other team receives one minor penalty, the team with only one penalty against it will receive one penalty shot. Either infringed player may take the shot.
- If the same player is assessed a double minor, that player must serve a one-minute penalty. The opposing team receives two penalty shots. The defensive team may not chase on the first attempt but may chase on the second attempt.
- All penalties will be recorded by the scorekeeper.
- A player who receives four minor penalties in one game will be removed from that game and may not return.
- A major penalty will result in a three-minute penalty served by another player who was on the ice at the time of the infraction, a penalty shot, and a game misconduct.
- If a player receives three major penalties during the season, the disciplinary committee will hold a hearing. The player may be permanently removed from the league with no refund.

## 6. Fighting, Misconduct, and Abuse of Officials

- Fighting will result in automatic suspension from the league, subject to review by the disciplinary committee.
- Abuse of officials or scorekeepers will not be tolerated.
- Any player or coach who receives a misconduct penalty will automatically receive a two-game suspension, subject to review by the disciplinary committee.
- **Disciplinary Committee:** Sean Caple, Mike Anton, Jordan Pietrus, Grant Gordon, and Michael O'Connor, Head of Officials.

## 7. Off-Sides

- The center blue line will be used for off-sides.
- When off-sides is called, the player must immediately stop playing the puck and may not dump the puck deeper into the zone.
- The entire attacking team must completely leave the defender's half of the ice, tag up at the center blue line, and may not reenter until all attacking players have cleared the attacking zone at the same time.
- The defending team may play the live puck at any time. If the attacking team tags up and reaches the puck before a defender, the attacking team may also play it.

- The referee will signal off-sides by blowing the whistle.

## **8. Timeouts**

- Each team is allowed one, one-minute timeout per game.
- A timeout may be called any time your team has possession of the puck.
- When a timeout is called, the scorekeeper will stop the clock until the referee blows the whistle to start the faceoff.

## **9. Mercy Rule**

- If a team is trailing by five goals or more, that team may add one additional skater, for a total of four skaters, until the goal differential is reduced to three goals.
- If a team is trailing by seven goals or more, that team may add two additional skaters.

## 10. Illegal Players and Eligibility Challenges

- During the regular season, teams may borrow players from teams within the same division and tier, or from a lower division or tier, as long as the substitute player is registered in the league.
- During playoffs, teams may only use players from their frozen roster, except for eligible substitute goalies as outlined below.
- If a coach believes the opposing team used a non-league player, a non-rostered playoff player, or a player from a higher division or tier, the coach may challenge the player's eligibility after the game.
- If the scorekeeper, league director, or 3HL staff cannot verify the challenged player's eligibility, the challenged team will receive a forfeit.

## 11. Substitute Players

- A team may only use substitute skaters if it has fewer than six skaters plus one goalie available for that game.
- If a team has six or more skaters plus a goalie and uses a substitute skater, that team will forfeit the game.
- Example: If four regular rostered skaters plus one goalie are available, the team may use two substitute skaters. In this example, the team may not use three substitute skaters.
- Substitute skaters must come from the same division and tier or a lower division and tier, and must be registered participants in the league.

## 12. Goalies

- Each team may roster up to two goalies.
- A team may borrow a goalie during the regular season or playoffs from the same division and tier, or from a lower division and tier, as long as notice is provided to the league and the goalie is registered in 3HL.
- The league director may provide a goalie contact list to teams upon request.

3HL is designed to be fast, competitive, and fun. Respect the game, respect the officials, and keep the pace moving.