

3 on 3 Hockey Challenge 2026 Rules

GAME RULES

1. The game will consist of 1 running time 24-minute period. There will be a 2-minute warm up at which time the players must be ready to play. If there are not 3 players ready by the 24-minute mark, they will be assessed a minor penalty. If they are not ready by the 20-minute mark the game is forfeited.
2. The horn will sound around the 2-minute mark for a 30 second time out. If near the 2-minute mark, there is a significant scoring chance the referee/timekeeper will allow play to go on for a few seconds longer.
3. At the end of the 2-minute warning time out-the team that had possession of the puck re-gains possession (that team will gain possession in the neutral or def zone).
4. In Round Robin play, teams are guaranteed 3 or 4 games (no overtime). In some divisions there may be a semi-final and/or final game (overtime is permitted). See Rule #6 for overtime rules. **NEW-Teams max out at plus 6 goals for-no reason to run up score**
 - **If there is a tie at the end of the round robin, first tie breaker is total number of POINTS - the team with the most points gain the higher position.**
 - **Second tie breaker is head to head**
 - **third tie breaker will be GOALS AGAINST – the team with the fewest goals against gains the higher position.**
 - **Fourth tie breaker is WINS – the team with the most wins gain the higher position (whether in regulation, overtime or shootout).**
 - **The final tie breaker is GOAL DIFFERENTIAL plus/minus**
5. No carded coaches are required on the bench. **Abuse of officials will not be tolerated.** Max of 3 bench personnel. All youth teams must have a coach on bench. **All U17 teams must have at least one parent on the bench. No one under 25 years old allowed on the bench unless approved by the tournament director. No one is allowed on the bench in the U20 division Unless approved a head of time by tourney director**
6. **Over-time in semis and final games. Penalty shots taken from regulation time, if still tied, play full 5-minute running period sudden death. Then penalty shots from OT, then a 3 man shoot out. If still tied shootout is man for man elimination shoot out. *Please note that each shooter can only be used once when taking penalty shots. Goalies may not take penalty shots.**
7. If the puck goes out of play, the referee will decide who is to have possession. The puck is given to the team in the neutral zone or defensive zone and play is immediately resumed.
8. Offsides will apply. If the offensive team goes offside, the defending team gains possession and play is immediately resumed.
9. When the goalie covers the puck, the offensive team must clear the blue line (like a delayed offside) and then may attack.

10. There will be no icing called.
11. Any other stoppage of play - the team awarded possession will receive the puck anywhere except in the offensive zone e.g., penalty called on defensive team in defensive zone-offensive team gains possession in neutral zone.
12. After a goal is scored-the attacking team must clear the zone-like a delayed offside. This allows the defending team to fish the puck out of the net and begin their rush. Once the offensive team clears the zone they may attack.
13. **New-In all divisions-If a goalie gets hit in the head with a puck during play-play is stopped immediately and the offensive team gets possession in the neutral zone. If goalie gets hit in head and puck goes in net it is an awarded goal**
14. **NEW-There are no slap shots allowed in the Masters and Classic mens divisions. Snap shots to knees are allowed. (stick up to horizontal) One warning can be given-if it happens again minor penalty.**

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TEAM AND PLAYER RULES

1. Mouthguards and neck-guards are required in minor divisions. Recommended in adult divisions. **Full face shields are recommended in adult divisions but not required. All players in the U17 division and under must wear a full-face shield and full equipment. All players in U20 division must wear at least a half shield or full-face mask and must wear shoulder pads. Players in the U20 division that are less than 18 years of age must wear a full-face shield. Helmets must be worn properly, and all helmets require chin straps. No sunglasses/wigs or paraphernalia are allowed on the ice at any time.**
2. Each team is required to supply adequate and appropriate jerseys that are safe. Jerseys must be as consistent as possible and must have numbers visible.
3. Injured players - clock stops. If goalie gets hurt or is ejected from the game, the clock is stopped, and the team has 10 minutes to replace the goalie with one of the other players on the ice.
4. No player can play more than 2 age groups ahead unless approved by tournament director.
5. Any skill level is permitted to play in the U17 and U 20 divisions and adult divisions.
6. All adult division players must be 18 years of age or older. Players turning 18 that year may be allowed if approved by tournament director. Minimum age for U20 division is 16 years.
7. Younger divisions are now 2 birth year gaps. U9 / U11 etc. The only calibre not allowed to play in the division would be the older birth year AA or AAA. **NEW RULE-in each division the older birthyear is allowed 1 "special status" player that can be the older birth year and can have played AA or AAA the previous year.**
8. Each player, if challenged, must provide proof of birth year. Player must be in proper division. Illegal players will result in player ejection and/or possible team ejection. The team/game playing with an illegal player is scored as 0 points. Score for winning team will be recorded as 6-0 if that team loses. If team without illegal player wins, then score will stand. Exceptions may be made if approved by tournament director. If a player is playing outside of these rules, then it must be agreed upon by the tournament director and the other coaches in that division well before tournament starts.
9. Teams are allowed a maximum of 12 skaters and minimum of 6 skaters plus 1 goalie. Once your roster has been entered you cannot add players. If there is an injury or an absent player, the team may use substitute players if they have rostered less than 13 players, but these players must be on the roster form before the tournament starts. The only exception to this rule is a goaltender with an injury or conflict.
10. If a team or coach refuses to continue play and/or leaves the ice during the game, That team forfeits the game and could face a tournament or lifetime suspension. Score of the game may stand or be changed up to tournament director
11. **ANYONE SUSPECTED OF DRINKING IN ARENA OR SUSPECTED TO BE INTOXICATED DURING GAMES WILL BE IMMEDIATELY EJECTED FROM GAME AND/OR FACILITY. Drinking is only permitted in designated area.**

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PENALTIES

1. Delayed penalties apply. Delayed penalty goal nullifies the penalty shot.
2. Abuse of officials will consist of a minor bench penalty, a game ejection, or a tournament ejection. Left to the discretion of the referees and Tournament Director. Coaches/players that appear to be intoxicated will be ejected. Coaches ejected cannot be replaced. If 3 bench personnel are ejected the game is forfeited and will receive 0 points for that game.
3. Any player dropping gloves or fighting during play will receive a tournament ejection and could face a 1-year or lifetime suspension.
4. Any player receiving a major penalty or attempting to fight in their last game in the tournament may receive a 1-year or lifetime suspension.
5. **If at any point during the game both benches clear and all players are on-ice at once, the game will be stopped immediately, both teams forfeit and receive 0 points.**
6. When possible, the number of penalties given to each team will be tracked and displayed on the time clock for coaches and fans to observe.
7. Penalties are tallied by both the timekeeper and referee. The referee has the final say in all conflicts. At the 2-minute warning, coaches are reminded to speak with the referees to confirm # of penalties for and against their team.
8. This is a non-contact tournament. Some body contact will be allowed in the corners over the pursuit of the puck. Intentional body contact is a game or tournament ejection.
9. Any team accumulating 10 penalties in one game forfeits and the game is over. If the team that is losing accumulates 10 penalties the score remains. If the team that is winning accumulates 10 penalties the losing team wins 6-0.
10. If a puck is shot down to the other end after the whistle has blown the referee will assess a minor penalty for delay of game to that player (a warning can be given if applicable).
11. Too many men penalties will be given to any team that changes before their player gets within 10 feet of the bench. You may pull your goalie at any time.
12. The referee blows down minor penalties, (delayed penalties apply) he makes note of the infraction and the puck changes possession. One penalty shot per minor infraction. The penalties are tallied at the end of the game and penalty shots are awarded to each team. **All penalty shots are taken at the end of the game (both teams go at once). Each team must take all of their penalty shots as goals against and goal differentials matter. If a team knowingly waves their right to take shots then the tie breaker decisions are left up to the tournament director. Please see rule 13.**
13. **The exception to this rule is in a semi final or final game where the outcome cannot change or if there is a 6-goal differential or if the game is deemed to be unruly.**
14. **Goalies cannot charge players during penalty shots or act in an aggressive manner.**

15. Major penalties will be game ejections, and a penalty shot. Fighting (dropping gloves) will result in a tournament ejection and could face a 1-year or lifetime suspension.
16. Any gloves off fighting will result in the game ending immediately and the team/player found to be aggressor could receive life time ban.
17. Any single player receiving 3 penalties in one game will receive a game ejection.
18. No stick or equipment checks are allowed.

Any perceived discrepancy in the rules will be subject to interpretation and final decision making of Tournament Director.