



OTTAWA SENATORS®

HOCKEY PROGRAMS

Game Rules – 3-on-3 Hockey

Playing Rules:

1. Playing rules will be those standard within the game of Hockey, except as noted.
2. Neck guards and full equipment is mandatory. Mouth guards are strongly recommend.
3. When a “change of possession” occurs: All players of opposing team must back off far enough to allow a member of the non-offending team, to begin a fresh play with the puck. If the players with control do not attempt a “break-out” within 5 seconds, the defending team may attack.
4. If a goal is scored, the whistle will blow, and a **change of possession** occurs. The scoring team must back off and allow defenders to have control and start break out
5. All divisions are body contact ONLY (for clarification purposes): No BODY CHECKING. Indirect Contact is allowed. No direct contact is allowed. No contact is permitted when moving in opposite direction from the player.
6. Game Length: Periods and running times to be used: Games will consist of 1 x 22 minute running time period, with a two minute warm-up to start.
7. Time-Outs: NO time-outs are permitted at any time.
8. Dead Puck on the buzzer: When the buzzer sounds after the one minute and thirty second time frame to indicate a line change the puck is considered dead. This means that any goals scored after the buzzer will not count. The players must change and a new set of players must enter the playing surface.

Penalties:

1. *Penalty Shots* --- wherever possible, the player fouled should take the penalty shot
2. *All Minors* --- penalty shot is awarded. Puck placed close at centre and attacker should move quickly to make the shot. The defending team players must back away at this time to allow an undefended shot. On a missed shot, defending teams get control and opportunity to start play. Offender must go off the ice (to his team bench).
3. *Majors* --- *misconducts & hitting from behind*: Suspended from the game and may be subject to further discipline (suspension, or ejection from tournament). Penalty Shot awarded.
4. *Intent to injure and fighting*: Suspension from the remainder of the tournament. Penalty Shot awarded.
5. *Co-incident penalties*: Both players will be sent off the ice. No penalty shot(s) awarded to either team.
6. Goalies --- must handle the puck. Cannot freeze it OUTSIDE the crease area. If so, it is a minor penalty (penalty shot).



Dressing Rooms

Etiquette:

In order to clarify proper dressing room etiquette – we want to pass along a few guidelines that we ask all parents to follow throughout the year. Please review and let us know if you have any questions or concerns.

1. We require two adults in the room at all times. And Adults should never be alone with individual minor players in a locker room unless it is their own participant (commonly referred to in minor hockey as the “two-deep” rule).
2. IP and Novice dressing rooms are co-ed. For Atom, Peewee, Bantam and Midget co-ed divisions, separate dressing rooms are provided for female players.
3. Guardians supervising their children inside dressing rooms may be either male or female at the IP and Novice divisions, however, they need to be the matching gender for dressing rooms used in divisions from Atom to Midget. If you need to tie skates and are not the correct gender to be in the room, please ask the desk for a chair so you can do so in the hallway outside your participant’s room.
4. At no time should you drop your child off at the rink and leave them unsupervised unless they are at least 14 years of age or older. This program is not designed to be a constantly supervised one, as you would find with a summer hockey camp or similar program.
5. There will be as many as two teams in all dressing rooms.