



2023 Ottawa Senators Youth 3-on-3 League - Official Rules

The following rules pertain to all league participants for the safety and enjoyment of the leagues:

Section I: Game Play Rules

Playing rules will be those standard within the game of Hockey, except as noted below.

1. Game Length

Each game will consist of a 2 minute warm-up followed by a 24 minutes running time game.

2. No body-contact

This league is provides a fun and safe environment for all players. There is no body checking allowed at any division

3. No coaching permitted

There are no coaches involved in our Youth Leagues. Parents may assist with the U7-U11 divisions by opening doors and counting for the players only. However, parents will be removed if they begin to coach. No parents may be permitted on the bench for teams Atom and above.

4. No Timeouts

The Youth Leagues are designed to provide free-flowing hockey with zero presence of a coaching staff and for that reason, timeouts are not permitted

5. No Icings or Off-sides

6. Line Changes:

- i. Line changes occur every 90 seconds. A buzzer will sound to instigate the changes. When the buzzer sounds, players must leave the puck immediately and skate directly to the bench. The players must change and a new set of players must enter the playing surface.
- ii. When the buzzer sounds to indicate a line change the puck is considered dead. This means that any goals scored after the buzzer will not count.
- iii. The on-ice facilitator must touch the puck after the buzzer (allowing him/her to put the puck "back into play" after the line change is completed). Players are not allowed to come off the bench and take control of the dead puck before the facilitator has had time to retrieve it. Players should assist the facilitator by passing him/her the puck when the buzzer sounds.

8. Change of possession

When a "change of possession" whistle occurs: All players of the opposing team must back off far enough to allow a member of the non-offending team (or the team whose goalie froze the puck) to begin a fresh play with the puck. If the players with control do not attempt a break out within ten seconds, the defending team may attack.



- As there are no face-offs after the opening puck drop, the change of possession rule occurs in the following situations that would normally result in a faceoff.
 - OUT OF PLAY – Dead puck and change of possession
 - GOAL SCORED – Dead puck and change of possession. The team that scored must back up to centre
 - GOALIE FREEZES PUCK – Dead puck and change of possession

Section II – Penalties

1. All minor penalties will result in a penalty shot. If the penalty is deemed to be reckless or aggressive, the offending player may be sent to the bench for the remainder of his/her shift. If the penalty is deemed accidental, the offending player may remain on the ice. (This judgment is at the discretion of the facilitator.)
2. During the course of the game, the facilitator's decision is final. A zero tolerance approach will be used by the league towards aggressive and/or abusive players and spectators. A review of incidents involving inappropriate behavior will be conducted by league coordinators with possible disciplinary actions taken.
3. A game ejection may be given to any players for the following reasons; intent to injure another player, abuse of the facilitator, three intentional minor penalties in the game or refusing to play by the rules. The league reserves the right to peruse a suspension on any player who does not follow any of the mentioned rules. Under no circumstances will fighting be permitted in the Ottawa Senators Youth Leagues. Expulsion from the league may result. All game ejection incidents will be recorded. A player who received 3 game ejections over the course of the season can be subject to immediate removal from the league. A player suspended or expelled from the league for any reason will not be entitled to any refund or credit.
4. At his/her discretion, the facilitator may direct participants to "sit off" for a portion of the game, in response to aggressive or reckless behavior.
5. If coincidental penalties are assessed, both players will leave the ice. No penalty shots are awarded.

Penalty Shot Procedure

- Penalty shot must be taken by the player fouled (if applicable) and all players on the ice must remain at their bench until after the shot is taken
- The puck will be placed at center and the facilitator's whistle will signal that the player may advance to take a shot.
- Upon finishing the penalty shot, the puck is dead, and a change of possession occurs. Players cannot score on rebounds. Players cannot come to a full stop during the course of a penalty shot.

Section III – Roster and Substitution Rules

- No more than 8 skaters and a goalie can be dressed for any give game – no exceptions unless approved by league officials.
- If a team has less than 5 skaters for 3-on-3, the Coordinator will attempt to provide "spare" players from other teams.

It is at the league coordinators discretion to move players and/or teams in order to create balanced divisions.

Every League participant must have filled out a registration/waiver form (including parent/guardian's signature) and pay prior to the first game.



Under no circumstances can a player who is not registered on a team play in the League. Failure to abide by this rule will result in a game default and possible further action at the discretion of league coordinators.

Section IV– Safety and Dressing Room Policy

1. Equipment

- Players must wear all CSA approved hockey equipment as well as neck protectors.
- Any players not wearing appropriate equipment or is missing equipment will not be permitted to play until he or she is fully equipped.

2. Dressing Room Safety

- Please note that programs staff are in place primarily to supervise the on-ice aspect of the League. Each parent is expected to be responsible for the supervision of their child at all other times (with the assistance of League staff where possible), while adhering to the supervision and two-deep rules noted below.
- **No horse-play** is permitted inside dressing rooms or in hallways (no wrestling, throwing objects, or playing with sticks is permitted)
- Players **are not permitted to get dressed on the floor** of a dressing room, unless it is in an area separate from anyone potentially walking around in skates. Goaltenders should, at a minimum, place their hands and elbows on a dressing room bench when receiving assistance with their pads.
- The use of **cell phones & cameras** by parents or participants in a dressing room is strictly prohibited.
- No participants are permitted to be inside dressing rooms **without footwear that covers their feet completely** (both sandals & walking barefoot are not permitted in dressing rooms).
- As dressing rooms are shared, participants are reminded not to leave any valuables in dressing rooms. The Sensplex facilities are not responsible for any lost, stolen, or damaged items.

3. Bullying/Harassment

Harassment and bullying in all its forms will not be tolerated during the program and may result in the removal of the offending participant from the program without possibility of refund or credit. All participants, parents, and staff are expected to make every reasonable effort to prevent harassment and bullying.

- Program participants and parents are asked to immediately report any instances of bullying or harassment to the League Coordinator-on-duty.

4. Two-deep rule

In order to comply with Hockey Canada regulations, the following policies are in effect. At the Atom level and below:

- Parents are responsible for ensuring that the “two-deep” rule is observed at all times. This rule stipulates that no adult (male or female) should ever be alone in a dressing room with players (excluding being alone with one’s own child/children). As such, there should always be **two** adults present in a team’s dressing room at any time.



- Parents must inform League staff if a situation arises where they need assistance in adhering to this rule.