



# Aylmer Spring 3 on 3 Hockey 2025

## Rules & Regulations

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1. All players must wear CSA approved equipment including neck guards. Mouth guards are highly recommended.
2. **NO BODY CHECKING** is permitted.
3. Games (U9 – U18) are 3 – 14 min periods (3 min. warm-up, brief stop between periods, time for penalty shots at end of game). A curfew is only enforced in a unique situation (i.e. injury or excessive penalties).
  - a. U7 Games will be 2 – 22 min periods (3 min. warm-up, brief stop between period)
  - b. U7 division will have a 2 min. buzzer
  - c. All other divisions will change on the fly
4. U7 teams will play 4 on 4, while all other divisions will play 3 on 3. Teams may replace a goalie with a 5<sup>th</sup> skater in U7 or a 4<sup>th</sup> player in all other divisions at any time. If there is a goal differential of 5 or more, the losing team may add another player. If the goal differential is reduced to less than 5, the team will revert back to 3 on 3.
5. Once a player scores 5 goals, he/she is encouraged to work on passing the puck, and any further goals scored by that player will not be counted in the score.
6. Icings will not be called. Off-sides will be called, however instead of a stoppage in play, the referee will encourage the offending team to retreat. In the event that the referee blows the whistle on an off-side, the offending team will leave the puck and retreat outside of the blue line.
7. A faceoff will only occur at the beginning of a period. No stoppage of play will occur during the game. After a goal or if the goalie covers the puck, the offensive team should retreat to the blue line.
8. In the event of an injured player, play will be ceased until the injured player is cleared of the ice and referee deems it is safe to resume play. Time will only be stopped at the referee's discretion of a more serious injury.



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## PENALTIES

1. NO violent or abusive behaviour will be tolerated towards other players or officials. In the event of a major penalty, the Aylmer 3 on 3 committee will review the offence and take action as necessary. ***No fighting will be tolerated and any offending player will be ejected for the remainder of the season (zero tolerance, no refunds will be given).***
2. Any player receiving 3 minor penalties in a game will be ejected from the game.
3. Penalties will not be served. Instead at the end of the game, penalty shots will be given to the opposing team based on the number of penalties committed by the opposing team.
4. After a penalty, the opposing team will take possession of the puck.
5. The Aylmer 3 on 3 committee reserves the right to remove any player or coach behaving in a manner that creates an unfair, unsafe or abusive environment (zero tolerance, no refunds will be given).

*The AMHA strives to provide a safe and fair sporting environment that permits all participants to have fun while also developing their hockey skills. It is our hope that your child has a positive experience during their spring season. The AMHA thanks all parents, players, coaches, referees and timekeepers for their commitment to fair play principles.*