

CNC 3-On-3 Rules of Play:

- (a) All games will be NON-BODYCHECKING.
- (b) All games will consist of a 3-minute warm-up, 2-twenty minute periods, and a 2 minute half-time.
- (c) Face-offs will occur only at the beginning of each period or in case of coincidental penalties.
- (d) Regular penalties will result in a penalty shot with teams lined at the blueline – play continues if a goal is not scored.
- (e) When play is stopped due to the goalie controlling the puck or a goal was scored, a whistle will signal the attacking players to vacate the zone. Once all the attackers have exited the zone, the players may re-enter to resume play immediately. They may not challenge the opposition until they have all exited the zone. Attacking prematurely may result in a penalty for the offending team.
- (f) There is no centre-ice (red) line, and therefore no icing calls or offside passes.
- (g) All offside plays at the blueline will be deemed delayed offside and the referee will call for the offending players to release the puck and exit the zone. Once all the offending players have exited the zone together, they may re-enter the offensive zone.
- (h) Teams do not switch ends after each period.
- (i) If in question – all rules not specified will follow CHA guidelines.