



ONTARIO HOCKEY FEDERATION

3on3 / 4on4 Rules: U12 – U21

GAME PLAY

- 5 min warm up
- 2 x 22 min periods (run time)
- 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
 - o Period 1 – visiting team has first possession
 - o Period 2 – home team has first possession
- Physical contact is not allowed
 - o **Players must remain one stick length apart***
 - o Accidental/incidental contact may occur
 - o No body checking
 - o When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gain puck possession
- A player that loses a glove must immediately retrieve the glove or leave the ice

LINE CHANGES

Teams will change on the fly

GOALS

Goals result in a change of possession. The team that score the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the team that scored to proceed with the attack.

Example

- Team A scores goal
- Team A must allow Team B to advance the puck past center ice before applying pressure.

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ICING

Icing the puck results in a change of possession. The team that iced the puck must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.

Example

- Team A ices the puck
- Team B retrieves puck
- Team A cannot apply pressure until Team B has advanced the puck past center ice

OFFSIDES

Offsides will result in a change of possession. The team that was called for offside must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.

Example

- Team A is called for offside and all players must exit their attacking zone
- Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

GOALTENDER FREEZES THE PUCK

When the goaltender freezes the puck, the attacking team must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.

Example

- Team B goaltender freezes puck
- Team A must exit their attacking zone
- Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

PENALTIES

Penalty shots will be awarded for penalties as per:

- 2 min penalties = 1 penalty shot
- 4+ min penalties = 2 penalty shots
- All major penalties will result in 2 penalty shots and an ejection from the game



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- Intentional body contact or body checking = 2 penalty shots and may result in removal from the game at the discretion of the referee
- Intentionally entering the goaltender's crease = 1 penalty shot
- Co-incidental penalties will result in NO penalty shot being awarded

The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury

The time clock will continue to run during a penalty shot. If the buzzer sounds, to signal a player change and a penalty shot is in process, the shot will be allowed to be completed and then the player change will occur.

If a delayed penalty is called near the end of the game and the clock runs out, and where the result of the penalty shot(s) could change the outcome of the game, the penalty shot(s) will be taken. If the outcome of the penalty shot(s) would have no impact on the outcome of the game, the penalty shot(s) will not be taken.

PENALTY SHOT PROCEDURE

- When a penalty is called, the clock will not stop (all divisions)
- Penalty shot must be taken by the player infringed upon (if applicable) and all players on the ice must remain there until the shot is taken
- The player taking the penalty shot will line up at centre ice
- All other players from both teams will line up by the far blue line
- All players will start from a standing position
- Referee will blow the whistle to start play
- All players may begin skating on the whistle; players on the non-penalized team may "chase" the player taking the shot and can prevent it if able to do so.
- Penalties can still be called on penalty shots.
- Should the player miss the penalty shot, play will continue.
- If a goal is scored, the team that scored the goal must allow the other team to pass the hashmarks before applying pressure. If the puck has not proceeded past the hashmarks within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.

ROSTER

- 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

ONTARIO HOCKEY FEDERATION

3on3 / 4on4 Rules: U7 – U11

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- A player that loses a glove must immediately retrieve the glove or leave the ice

LINE CHANGES

1.5 min shifts (timekeeper will sound the horn to notify shift change).

GOALS

Goals result in a change of possession. The attacking team must retreat and allow the team that was scored against the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

GOALTENDER FREEZES THE PUCK

When the goaltender freezes the puck, the attacking team must retreat and allow the team that froze the puck the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

ICING



ONTARIO HOCKEY FEDERATION

3on3 / 4on4 Rules: U7 – U11

There is no icing in cross-ice hockey.

OFFSIDES

There are no offsides in cross-ice hockey.

PENALTIES

Penalties will be handled in the same manner as modified ice programming per the Hockey Canada Player Pathways. Intentional body contact or body checking may result in removal from the game at the discretion of the referee

ROSTER

- 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

*May require a rules procedure to deal with this