

Dorchester Minor Hockey Association's
3 on 3 Ball Hockey Tourney
Rules and Regulations

Game times/starting games:

1. Games will consist of two 15-minute halves with a 3-minute intermission. Teams are expected to exit the playing surface immediately after the game concludes so the teams playing next have a chance to warm up before their game starts.
2. Teams will not switch sides after half.
3. During round robin play, the Home team will defend the net closest to the benches/penalty boxes. The Home team is the team on the right on the schedule. In the playoffs, the team who finished higher in the standings will get to choose their starting end.
4. A game will be considered a forfeit if a team does not show up within 10 minutes of the designated start time. Teams will have to have a minimum of 4 total players to play. Forfeiting will result in a 5-0 loss for the forfeiting team.
5. If games are running behind, teams are required to be near their next game's rink as games will start immediately following the previous game.
6. Each game will consist of two face offs. One at the beginning of the first half and one at the beginning of the second half.

Playing format:

1. There is absolutely ZERO tolerance and any fighting or excessive behaviour will result in automatic suspension from the remainder of the tournament.
2. High Stick on a Scoring Play: a high sticking is called if a player's stick has contact with a ball above the crossbar. The play will then be blown dead and the ball will be given to the opposing team at the location that the high sticking occurred.
3. High Stick on a Non-Scoring Play: a high sticking is called if a player's stick has contact with a ball above a player's shoulders. The play will then be blown dead and the ball will be given to the opposing team at the location that the high sticking occurred.
4. If a ball goes out of the playing area, the team that last touched the ball loses possession, and the opposite team gets the ball at the location it left play. When the ball is brought back into play the team with possession must be given 10 feet or 5 seconds to make a play on the ball. After 5 seconds has elapsed the opposing team will be allowed to go after the ball.
5. Goalies - Once a ball has been covered, the covering team must be given 10 feet to make a play on the ball. After 5 seconds has elapsed the opposing team will be allowed to go after the ball.
6. Face-offs will only occur at the start of each half and will always take place at centre ice.
7. Once a goal has been scored, the scoring team must fully clear half and wait 5 seconds before attacking unless the ball crosses half. The ball is live immediately once scored on.

8. If a game ends in a tie, each team will pick 3 shooters to shoot in a round robin style shoot out. If the game is still tied after 3 shooters, it will immediately go into a sudden death shootout. Teams must fully go through the roster before repeating shooters.
9. In semi-final or final games, if a game ends in a tie there will be a 10-minute sudden death overtime. If it is still tied after overtime, it will continue into the shootout format.
10. If a team is winning by 10 goals at any point in the second half, a mercy rule will be implemented and the game will be over.
11. No slap shots will be allowed in any division, EXCEPT the U15 division. A slap shot is defined as a wind up where the blade of the player's stick goes above their waist. If a slap shot is taken it will result in an immediate possession for the opposing team.
12. No timeouts will be allowed.

Penalties:

1. If a penalty is called, a penalty shot will be immediately awarded to the non-penalized team. When a penalty shot is being taken, the players who are not shooting must stand on the opposite side of half from which the shot is being taken. Any player on the roster is allowed to take the penalty shot. Once the penalty shot is completed, the play is considered dead and the defending team has possession in their end zone.
2. Any player who receives 3 player-on-player penalties in a game will be ejected. If a player is ejected due to penalties, the team must play short-handed for the remainder of the game. If 2 players from the same team are ejected from the game, your team then forfeits resulting in a 5-0 win for the opponent.
3. Any player involved in a fight will be ejected from both the game and the tournament. A fight is considered punches being thrown.
4. Any excessive body contact will not be tolerated. If this occurs, it will be recognized as a penalty and an immediate penalty shot will be awarded to the opposing team.

Equipment:

1. All Players are required to wear hockey helmets with a full cage. Gloves are highly recommended.
2. Goalies are required to have a full-face mask, blocker and trapper. It is recommended that goalies wear pads as added protection.
3. Hockey sticks will be the only type of stick permitted. Sticks must also be fully intact. Broken sticks will be removed by the referee at their discretion. NO FLOORBALL STICKS ALLOWED.

