

UMHA 3 on 3 2026 Rules and Guidelines

The goal of 3 on 3 is to develop players in friendly competition and to condition them for the upcoming season. Please keep good sportsmanship in mind and remember to be fair to the goalies. The players on these teams can be swapped during a game if the team contacts feel necessary.

- Jerseys will be handed out during the first game. It is your responsibility to ensure the jersey is returned to your team contact or the division coordinator
- If you are unable to make your assigned timekeeper duty it is your responsibility to find a replacement
- The team contact is responsible for being on the bench or finding someone to replace them if they are not able to make it. Someone must be on the bench at all times
- If you are unable to make a game please tell the team contact
- All games are 45 minutes. All games will consist of two 20-minute straight time periods with a 5-minute break in between periods
- If a game is running behind the timekeeper must shorten the game to stay on time
- There is to be NO BODY CONTACT in any division
- No offsides and no icing
- Center ice faceoffs to start the game and if the puck goes out of play. If the puck is intentionally shot out, a delay of game penalty will be called, and a penalty shot will be awarded
- All penalties will result in a penalty shot being awarded
- All referee decisions are final

Penalty Shots

- The player who is the recipient of the penalty must be the one to take the penalty shot. For example, if #9 gets tripped, they must take the penalty shot. The only exception would be if that player was injured and unable to take a penalty shot.
- The penalty shooter starts from center ice; the penalized team is allowed one player that will stand in their defensive corner. The player in the corner must stay positioned in the corner until the shot is taken. This player DOES NOT have to be the player that committed the penalty. The player in the corner can then retrieve the puck on a save and have a quick turnaround and create offense. If the shot results in a goal, see GOALS. If a shot results in a save, see SAVES. On a save, the shooter must retreat to the blue line and the play continues.
- Players that are not involved in the penalty shot will stand along the boards outside of the blue line. Teammates of the shooter cannot attack UNTIL the shooter clears the blue line completely.

Goals

- After each goal, the attacking team must clear the center ice redline prior to attacking again in the offensive zone. Once all team members have cleared, you can then re-attack into the offensive zone (delayed offside rule)
- The team, which was scored upon, will play the puck immediately

Saves

- After every save where the puck is frozen by the goalie, the attacking team will retreat to the blue line, and the goalie can play the puck to one of his teammates
- Referee will blow the play dead on a goal or save where the puck is frozen