

League Rules



3v3 Rules

1. NO CONTACT - body can be used for positioning only, not for leverage, body/hip checking, charging, slide tackling. USE FINESSE NOT FORCE.
2. No players in the goal crease
3. Fouls and goals restart in the crease
4. Be Respectful (Zero Tolerance)
5. Have Fun

Structure

- Games will start no later than 5 minutes after the hour. Clock will run to 20 minutes per half. No stoppage time. A max of 10 minutes of half time.
- Play starts with Away team's possession at East goal. At half-time, teams switch sides and Home team starts with possession.
- Substitutions are unlimited and allowed at any time.
- Ties will be settled with 1v1, "Golden Goal". Team with possession at the end of the game will start with the ball on their own crease.

Fouls & Penalties

- Minor League and Beer League players will call their own fouls.
- Forceful use of your body is a foul.
- Entering the crease when the opponent has shot on the net is considered goaltending and results in a goal for the shooting team.
- Zero tolerance includes racist, sexist, homophobic, transphobic etc. comments and purposeful physical violence.
- Ejection and/or suspension is possible for any player who breaks rules 1. or 4. or for any other unsportsmanlike conduct.

Goal Crease

The crease is a half circle in front of the goal. No player may set down any part of their body in the crease before the ball enters.

Misc

- No soft grass cleats or metal spike cleats
- No gum, food, or drinks on the turf