

PLAYING RULES

- 1) Games are 27 Minutes long run time with a 3 min warm up. Game sheets must be filled in prior to game start time.
- 2) General rules of the CHA rulebook will be used with the following amendments:
- 3) Penalty shots accrued will be taken at the end of each game in order of players listed on the game sheet. If a team has **accumulated 5** or more penalties, **only the difference** in the number of shots will be taken by the team with the least penalties.
- 4) **NO BODY CONTACT** is allowed in any division and slap shots **are** allowed.
- 5) A face-off will start the game. At all other times when the puck leaves the playing surface, it shall be restarted immediately with possession given to the team that did not cause it to go out of play & at a spot near the stoppage but not in the offensive zone.
- 6) There will be no icings called, and the centre line is not used for off-side calls.
- 7) CSA approved helmets, facemasks and neck guards **MUST** be worn by all participants in all divisions.
- 8) After a goal is scored; when the goalie freezes the puck; or an offside at the blue line, the referee will blow his whistle indicating that the offensive players must clear the zone & tag up at the blue line simultaneously. They now become defensive players and can re-enter the zone to pursue the puck. They **CANNOT** intentionally play the puck while it is still inside the zone & they have not yet cleared to tag-up, or they will be assessed a “delay of game” penalty.

9) For any penalty, time will not be served in the penalty box. Instead, once the referee calls the penalty as usual (delayed whistle) when the offending team gains possession of the puck, the referee notifies the scorekeeper of the infraction which is recorded. The puck is then turned over to the non-offending team in the neutral or defensive zone, nearest to where play was stopped. Penalties are recorded and at the end of the game, shots are taken according to the order of the players listed on that game sheet. Shots will be taken simultaneously (unless there is only one referee).

10. If at any time the opposing team has a 5-goal lead, the team that is losing may add a 4th skater on the ice. If that 5-goal lead is no longer, you must revert to 3 on 3 play.

Conditions:

Our league stresses SPORTSMANSHIP & FUN. Any player assessed a roughing penalty will be expelled from the game. Any player assessed a major or match penalty, a “checking from behind” penalty, or a misconduct for abuse of officials, will be expelled from the league with no refund, pending review by NMHA 3 on 3 Committee.

In addition to the above, any player assessed a fighting penalty will be expelled from the league with no refund. A player who receives consecutive roughing penalties will have their conduct reviewed and may face expulsion from the league. NMHA reserves the right to expel any player it feels violates the conditions stated above. Note: No carded junior players accepted.



NMHA Summer 3 on 3

August 1st – August 31, 2023

Nor-Del Arena

Norwich

**NMHA Summer 3 on 3
Hockey League**

<u>Divisions</u>	<u>Birth Year</u>
Novice	2016-2015
Atom	2014-2013
Peewee	2012-2011
Bantam	2010-2009
Midget	2008-2006

Games will be Tuesday & Thursday evenings starting at 6pm and Sundays starting at 2pm. Teams may play on two nights some weeks.

We reserve the right to amend the teams and schedule **at any time** to allow for balancing of the divisions and schedule.

Number of players per team and number of teams will be based on registration. NMHA reserves the right to combine divisions based on registration.

A waiver must be signed prior to play.

Everything is subject to change

What does each participant get?

Ten games over four weeks

A jersey to keep

This style of hockey *should* provide each player with more opportunities to handle, pass, and shoot the puck than in regular 5 or 4 aside hockey.

Goaltenders can get much more action than usual, due to the opportunities created by so much open ice.

Cost: **\$220** per player, no charge for goalies

Mail or email completed registration form and waiver to:

**NMHA 3 on 3
P O Box 467
Norwich, ON
N0J 1P0**

Email: NMHA3on3@gmail.com

Spots will be guaranteed once registration form, waiver and payment received. Once a division is full registration will close.

Registration will be closed June 15.

www.norwichminorhockey.ca

REGISTRATION FORM

LAST SEASON:

Minor Hockey Association:

Category: AAA, AA, A, B, C, D (circle)
Check appropriate level played last season. This allows us to evenly place players. NMHA will move players as it deems necessary in order to achieve even teams.

Player () Goalie ()
House () A/E -Select () Rep ()

GIRLS: ()
Rep () House League ()

Birth Year:

Name:

Phone:

Address:

City:

Postal Code:

Email:

Emergency Contact

Name:

Cell Phone:

Relation to Player:

Payment: \$220

Cheque: e-transfer:

Send e-transfer to:

treasurer@norwichminorhockey.ca

*ensure you include players name in the comments

A \$25 fee will be charged to any NSF cheque.

Volunteers/Coaches

() Parents: Please check if willing to coach a team or assist on the bench. Volunteers are needed at ALL levels.

SPECIAL REQUESTS:

Special requests are **not** guaranteed.

Amateur Athletic Waiver and Release of Liability

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

Participant's Name: _____

In consideration of being allowed to participate in any way in the 3 on 3 Spring/Summer Hockey League

Norwich Minor Hockey Association athletic/sports program, related events and
(Name of Organization)

activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Norwich Minor Hockey Association their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participants under 18 yrs of age skip to section below.

X _____
PARTICIPANT'S SIGNATURE

X _____
WITNESS

Date Signed: _____

**FOR PARTICIPANT'S OF MINORITY AGE
(UNDERAGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above.

X _____
PARENT/GUARDIAN'S SIGNATURE

_____ **EMERGENCY PHONE NUMBER**

X _____
WITNESS

Date _____