

Tired of spending big dollars to play hockey on a team where you have to carry so many players that you can't even get a good workout anymore? Then 3on3 hockey is for you...maximize your workout, supersize your skills and play the game all out with a small 7 man roster.

**Fast non-stop action!**

# Men's Winter

*no-contact*



**An excellent workout!**

# Hockey League

**October 14 /11 to March 25/12**

No league play:  
December 23, 24, 25, 30, 31 and January 1



**23** Games includes Playoffs and Finals!

Games played Fridays 10:30pm-12:00am, Saturdays 9:00-11:30pm & Sundays 8:30-11:30pm

Referee & Time Keeper provided; 3-9 minute running time periods. **(a lot longer then you think)**

Team: **Dress 6 players 1 Goaltender (can carry 3 alternates) All Games played at Pitt Meadows Arenas**  
**Complimentary Team Jersey's** Prizes, Specials and wind-up!

**2 Divisions: Men (under 35) Oldtimers (36 over)**

Early Bird Registration \$3,250 (team) Before October 1, 2011

Team Registration \$3,450 (team) after Oct 2, 2011

\*Individual Registration \$ 492.00 League organizers will make a reasonable effort to form teams of individual registrations.

**Contact for information:**

Holly Rogers - Registrations - [holly@rpmhockey.com](mailto:holly@rpmhockey.com)

Craig Millin - RPM - [craig@rpmhockey.com](mailto:craig@rpmhockey.com)

Ray Boogaards - Nustadia - [rboogaards@nustadia.com](mailto:rboogaards@nustadia.com)

Jerry Ramak - League Manager - [jerry@rpmhockey.com](mailto:jerry@rpmhockey.com)

**Register online at**

**[www.rpmhockey.com](http://www.rpmhockey.com)**

# Rules of Play and other things you need to know!



**Introduction** Welcome to 3on3 Hockey a fast paced game that allows you to play hockey the way it was meant to be played all out! Played on a regular sized rink with a small roster of players 3on3 Hockey is old school pond hockey! With little or no stoppages the game is go go go stopping long enough for you to catch your breath...maybe. **The intent of this league is to provide a great workout, encourage team play and the opportunity for everyone to be actively involved during the entire game.**

**League Purpose**-The bottom line is many teams and players are concerned that the **rosters are getting bigger the game time smaller** and the feel of a good workout just isn't happening anymore. We have created this league to **develop your skills, be involved in every play, every game and get a great workout.** We also hope that the league will expand offering players a place to play that is **safe and injury free** after all we all have to get up and go to work the next day.

When you talk to players we all talk about the good old days, where the social part of playing the game and grabbing a cold beer afterwards was just as important as the score and who won. We have big plans for this league and anticipate its growth, we have plans to implement weekend tournaments, prizes and a lot of add ons that will make this league the choice of all players. We will also welcome your ideas and suggestions on how we can improve the 3on3 Adult League.

if you think 3-9 minute periods isn't challenging you are wrong it is the ultimate hockey workout....Even the gifted players must settle in and utilize all of their teammates and resources to be successful....**simply put you can't do it alone.** And yes, it does help to have a goalie who can move the puck. **Strategic?** you bet with so much open ice players have to decide how best to work together and cover the surface...gamblers can be costly....Goalies are kept busy...no icings, no two line passes just go....as fast as you can for as long as you can...

**Your 3on3 Team**-Is comprised of 6 players and 1 goaltender. At no time can you dress more than 7 players including your goaltender. You are permitted to have 3 spares who you can call upon when needed and have them dress to maintain your roster of 7.

**Game Format**-Games are 40 minutes - 3-9 minute running periods. Your game will start with a 3 minute warm up and we will provide a 1 minute rest between periods. If your team gives up a goal you pull the puck out of the net and continue play....if you score a goal you must clear the end zone coming out over the blueline when all three players are outside of the end zone you can come right back in and continue play. (Just like half court basketball when we were Kids)

**16 Team League Format**-Each Team will play 26 games (includes play-offs) Please note: Game times may be subject to minor revisions.

Game Times    **Fridays 10:30-11:10pm & 11:20-12:00pm**  
                      **Saturdays 9:00-9:40pm, 9:50-10:30pm, 10:45-11:30pm**  
                      **Sundays 8:30-9:10pm, 9:20-10:00pm, 10:10-11:40pm**  
                      \* Teams will be rotated evenly thru the times (some early some later)

**Officiating**-We will provide 1 referee for each game who will start the clock and monitor play. All officials decisions are final and we will support our officials 100% please respect them and enjoy your game.

**Penalties (minor penalties)**-If there are penalties called during the game (no stoppages and no serving of a penalty) play continues however any penalties a team takes during the game results in **penalty shots (showdown) at the end of the game by the none offending team.** Simply having more goals at the end of regulation isn't good enough the game winner is determined after the penalty shots are awarded and taken by both teams the outcome can change. Teams can determine who will take the penalty shots but everyone on your roster must each take one shot before a player can take his or her second.

**Major Penalties**-Are dealt with directly by the league organizer with a no tolerance rule. Simply put a major penalty, hitting from behind, intent to injure and or fighting will be met with immediate removal from the league. **No exceptions, no appeals and no sympathy for the player(s) who "loses" it.**

**Team Payment**-Payment must be made in full at the time of registering and teams must submit the total owing. We will not accept iou's, post dates or individual player payments....Your team manages it own finances and registers as a team. We do accept cheques, Mastercard, Visa and American Express.

**Team Jerseys** your registration Fee includes a complimentary 3on3 Jersey for each member of your Team. Single colour nothing fancy but will serve the purpose. Choice of colour is given to each team in order of their registration date. First in gets first dibs on colours.

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**Questions?:**

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**Partners in Action!**

3on3 Men's Hockey is brought to you by RPM Hockey Company and Nustadia Recreation working in partnership to bring you the very best on ice experience