

# ESP Cottage Grove 3 on 3 Coaches Pre-Season Rules & Information 2017

All games are played on the South Rink. **Get all remaining waivers signed, fees collected & forwarded to ESP staff prior to taking the ice for game one. No Exceptions!!!** Locker room assignments are listed on the video monitor in the front foyer near the Office. The coach that gets to the benches first can select which side they want. Home teams are on the bench on the SE side of the rink. Away teams are on the SW bench. The corresponding score board will then be oriented correctly above you. Both coaches will be responsible to post the goals on the scoreboard **for their own team** and to **track their own penalties** on a common score sheet. Keep copies of score sheets with you each game (available on the website) and have one on the table near the scoreboard device. No need to track individual goals on the score sheet. You must report **game outcomes with the final score** to me via email. **First team in for the day needs to flip the light switch at knee level behind you on the bench wall underneath the score board** before everything will work. Programming unit is always on. Push **set clock** then the time (ex. 4-0-0 or 2-6-0-0) then **enter** and you're ready. When the game starts hit the start button once and let it run. Press + **one** each time a goal is scored under either the **home** or **visitor** button. If you make a mistake or you are clearing scores from the previous game its (home goals **the correct #** then enter, or visitor goals **the correct #** then enter to reset it. ESP staff members will demonstrate clock operating / score sheet procedures. There will be a 4 minute first period warm up. The two consecutive periods can be clocked at 54 minutes running **if both teams agree** they don't need a break. The single period on either side of the resurface is 26 minutes running time. If you get on dirty ice you will have a resurface after the first period. Get on clean ice it's after the second period. **Each team must provide their own pucks & water bottles.**

## **Coaches must read the remaining content of this page to their players before the 1<sup>st</sup> game.**

Off-sides will be called as touch-up to speed up the game. Ref will go to the faceoff dot. Player closest to the puck should retrieve it and flip/shoot it down to him. Teams will be allowed to dump the puck into their opponents zone after crossing their "**own blue line**". Icing will occur if dumped prior, unless the team that ices it has a player who crosses their **opponents blue line** before any opponent skater. (It's a simpler form of NHL icing) Teams may warm up their second goalie (if applicable) in the middle of the game with up to 3 skaters but take no more than 3 minutes in those instances.

## **ESP 3 on 3 Hockey Will Be Played As A "No Collision" Venue.**

No collisions / no checking in either open ice or along the boards will be allowed. Defense will consist of maintaining a strong stick and good positioning, not a strong arm. Strength battles, pinning against the boards, leveraging or riding a player off the puck & incidental bumping will be allowed. Anything beyond that will be called checking. Contact which makes a physical statement or intimidates will be considered "**intent to injure**" and **will be charged as two "at risk" penalties and 4 shots awarded.** Please review carefully the explanation of "penalty shot value" listed in the below section regarding at risk types of infractions...

## **All Penalties Will Be Handled Using Penalty Shots:**

All players from both teams except the shooter must stand by the boards at their benches when shot is taken. The offending team must place 3 new players on the ice after infractions. Losing a little ice time helps curb penalties... Matching / offsetting penalties, both lines must leave ice for balance of their shifts, **no penalty shots are awarded unless one is incidental and one is at risk**, the difference in penalty shot value will then be awarded.

**Incidental Minors:** (the lazy stuff) such as tripping, hooking, holding, and interference. Excessive celebrations & trash talk will be called immediately as an unsportsmanlike conduct penalty in order to control the chippy play that inevitably comes with it. **All of the above minor penalties = one penalty shot.**

**"At Risk" Minors:** (the rough stuff) such as roughing, cross checking, elbowing, high sticking, slashing, charging, boarding, body checking, etc. etc. plus **all majors / misconduct's = two penalty shots.**

**"Match Penalties": Fighting, Random Punches, Wrestling, Spearing, or Butt Ending,** means an ejection for the balance of the current game, and one additional game suspension. We have zero tolerance for that behavior.

**Maximum Per Game Penalty Totals:** Players receiving 3 total penalties where 2 or more are "at risk" will sit out the remainder of that game. Also, all players receiving any four incidental minor penalties (lazy stuff) will sit out the remainder of that game. Finally, all penalties will be counted as double in penalty shot value in the last 5 minutes of games. All at risk penalties the last 5 minutes of games results in the ejection of the offenders for the rest of that game.