



## **Juicebox League - 3v3 Full-Ice**

Quick key rules and procedures  
Player gear minimum requirements





# Juicebox League - 3v3 Full-Ice

Quick key rules and procedures cheatsheet

**No body checking**



## Games configuration

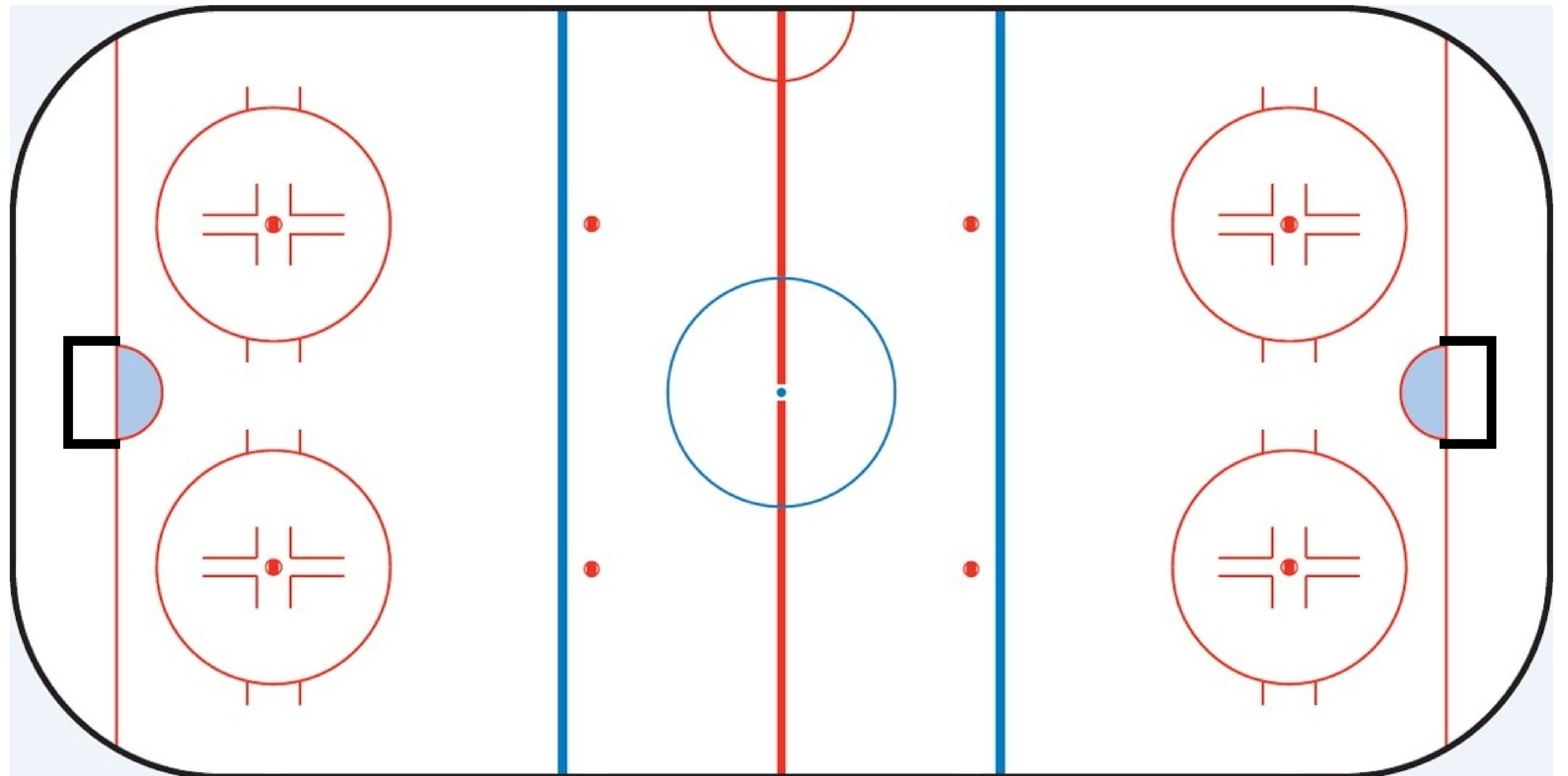
- 3 x 10 min games per team
- No stoppage of play
- 4 teams in round-robin

Game is played with 3 players and a goalie on the ice per team.

## Goals must be assisted

A goal will only count if it's assisted by a team mate.  
Goaltender passes are not considered for this, must be assisted from at least one player to count. The pass count resets when position changes team.

## Rink configuration



## Line Changes

Every 60 seconds after the initial puck-drop. A "Buzzer = 3 quick consecutive whistles" announces the line change from the time keeper.

During an 10 min game there should 10 shifts/line changes on each minute: ie: 1:00, 2:00....

The skaters on the ice cannot touch the puck after the buzzer and they must immediately skate to the player bench. The first two (2) players of the next line are allowed to enter the ice as soon as the buzzer signals the line-change. The third player must wait until all players of the previous line are in the 1.5m changing zone. Only then the third player may enter the ice. A minor penalty is called, in case a player intentionally touches the puck after the buzzer. The players leaving the ice have to give way to the players of the new lines.

## Face-offs

- at the beginning of a period
- if the puck is out of field of play
- after a major penalty
- if another extraordinary reason forces the game official to stop the game

## Goaltender Freezing the Puck or after a Goal is scored

The game official blows the whistle. The attacking team has to retreat, meaning that all attacking players have to be in a motion, with reasonable effort, moving towards their own net. The goaltender has then immediately to release the puck and move it to a team member. The attacking players can forecheck,

- when a skater of the opponent is in possession of the puck.
- if the goaltender initiates a pass, allowing an interception.
- in case the goaltender is moving forward, stickhandling the puck.

If the goaltender is not putting enough reasonable effort to promptly put the puck back to play, a minor penalty is called.





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**Notes:** Penalties follow the full IIHF rulebook in terms of interpretation and should be called. The objective for players is to learn what are penalties and where the line is. Game officials who are too lenient on the rules do a disservice to the player's development.

## Minor Penalties

The duration of a minor penalty is the following shift and as such one minute. (the penalty is served in the next shift by the next line)

If a goal is scored by the team playing power-play, the penalty does not end.

### If a minor penalty is called:

- the play continues if the non-offending team has possession of the puck. Referee does the signal and notifies the offending team bench, that they are short next shift.
- the play is whistled down if offending team has the puck or gained advantage from the foul. The puck is given to the non-offending team and play continues. Referee does the signal and notifies the offending team bench, that they are short next shift.
- the penalty is served in the next shift by the next line, which will come out with 2 players instead of 3.
- if a second (or more) penalty during the same shift is called against the same team, the first penalty is served in the next shift and the second (or more) will be served in the subsequent shift(s) after.
- the penalties are accumulated and served in the next possible shift. In case of more than one penalty is to be served in the last shift of the game, the end of game penalty scenario is to be followed (see chapter 6.5.4).

## Major Penalties

When a major penalty is called, the game flow stops immediately.

The penalized player must leave the ice and go to the dressing room. The play continues with a face-off.

**The duration of a major penalty is the remainder of the shift plus the three (3) following shifts.** A major penalty results in the immediate expulsion of the player from the game.

The game official must do a game report for all major and above penalties as per regular IHNSW rules.





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## Offside are called and but no Icing

Offside follow the full IIHF rulebook in terms of interpretation **except:**

Once the official has blown their whistle calling the offside, the offending team must dump the puck in their attacking zone and all tag up as per the "delay offside" procedure. No stoppage of play or faceoff will take place.

## Minimum Player Gear Requirement



**Notes:** Also recommend under apparel that has jock/jill, neckguard and the socks hooks all included.

<https://skateplus.com.au/collections/hockey-under-apparel>

Goalies must wear proper goalie gear.