



2025 Inside Edge 3v3 League Rules

Playing Rules For All Divisions

- Each Game will consist of 2, 22 Minute run time halves.
 - Clock does not stop for penalties or injuries
- Teams get a 3 minute warmup.
- Teams start with far change, then switch for 2nd half
 - 10U/12U Teams will not have “far change” but rather will switch ends on ice and on bench.
- All players must be eligible under 2025/26 Classifications. (Ex. 2006 players are not allowed in 16U / 18U Division)
 - *There are VERY limited exceptions which must be approved by THA / Inside Edge Staff members. Any player found playing that has not been approved may be removed without refund.*
- *In the event of a Goalie No-Show, a Shooter Tutor can be used. However, if one team does have a goalie, that goalie will play 1 half for both teams.*

Playing Rules for Half Ice (10U & 12U)

- For Scoring, Each coach will receive a scorecard to record tally marks for goals. They should track theirs and their opponents' score. At the end of the game, come to an agreed score and hand in to our on-site representative to enter. Any discrepancies must be solved immediately. Both Teams are on the same Bench so they can both use the door and change at either ends of the bench
- For Penalties, players on the receiving end of the penalty will get a “jail break” style penalty shot.
 - Officials will back up other 5 players. On the whistle, the player will go on breakaway with 5 other players chasing. Puck is played live off shot.
 - **ALTERATION FOR POND HOCKEY NETS - Penalty rule does not change. Additionally, any player laying down or goaltending will result in a warning. After that, it will result in a penalty / penalty shot.**
- If the goalie ties the puck up, the offensive team must retreat to half ice. The defending team can pull the puck and attack. Once the defending team that now has possession starts to rush the puck up, the defending team can pressure.
 - **ALTERATION FOR POND HOCKEY NETS - This rule is likely irrelevant since there will be no tie ups / saves**
- There is No Checking.
- If the puck is shot over the end boards or leaves the rink (into the bench or netting), a faceoff at approximately center ice will take place.
- All halves will start with a faceoff at approximately center ice. Both ends must be ready to start at the same time. The clock will start once one side is ready.

Playing Rules for Full Ice (16U/18U)

- Modified USA Hockey Playing Rules
 - Delayed Offsides is allowed
 - Automatic Icing
 - You CAN ice the puck shorthanded
- All Minor Penalties will be 1:30 in length
 - Teams will go up on a 4v3 powerplay. If the penalty time expires while play is still going on, the team that was penalized will add a player to play 4 on 4 until the next stoppage.

- All Major penalties will result in immediate removal from the game. Additionally, the team that received a major penalty will still need to kill off a 4 minute run time penalty.
- ZERO Tolerance for fighting. Players will be removed from the league WITHOUT refund.

Playoff Addendums for Full Ice (16U/18U)

- There will be stop time for the final 2 minutes of a game if the score has a 1 goal differential
 - If the game is tied, it will be run time.
 - If a team scores to increase the goal differential to 2 in the final 2 minutes, run time will be put back in place.
- QUARTER, SEMI-FINALS, & CONSOLATION GAMES: If a Game ends in a tie, a 3 round shootout will be used to decide the winner. The higher seed team can decide if they want to go first or second. You must use 3 different shooters for the first 3 rounds of the shootout. If a winner is still not decided, you can use any shooter as many times as needed. Any player who was in the penalty box when the game ended, is ineligible for the shootout.
- CHAMPIONSHIP GAME OT: A 3 on 3 sudden death overtime period will be played to decide the winner. There will be no offsides or icing in this sudden death play. All penalties result in a penalty shot.
- Each Team will be Allowed one :30 timeout per game.
- MAJOR PENALTIES
 - Any player who is assessed a major penalty in the 2nd half with 10 or less minutes remaining will be ineligible for the following week.
 - Any player who is assessed a major penalty with 5 or less minutes remaining will be ineligible for the remainder of the league. Their team will be shorthanded the remainder of the game in addition.