



2026 WKHC YOUTH 3-ON-3 POND HOCKEY RULES

GENERAL GAMEPLAY

- All games will be running time. 3 x 18 Minute periods. 3-minute warm-up.
- All 3-on-3 games will be **NON-CHECKING** (all age groups).
- The Pond Supervisor has the authority to make any decisions, judgments, rulings and take any actions they deem warranted in relation to pond games, on-ice rulings, and player/parent conduct on and off the ice. The Pond Supervisor's decision will be final.
- For reference below, groups are divided into Junior (5-7 & 8-10) and Senior (11-13)

FACE-OFFS

- A face-off at centre ice will begin each period for all groups.

ICING

- There is no icing rule in effect for all games.

OFF-SIDES

- There is no off-side rule in effect for all games.

LINE CHANGES

- For juniors, line changes will occur in 2-minute intervals – buzzer to sound and play will stop to indicate line change. Players will face off at centre ice.
- For seniors, line changes will occur in 90 second intervals – buzzer to sound and play will continue as lines change 'on-the-fly'.

CHANGE OF POSSESSION

- **OUT OF PLAY** - When the puck goes out of play, the defending team will be awarded the puck. A minimum of 10 feet of clearance shall be given to resume play. No face-off will occur.
- **GOAL SCORED** - Scoring team is required to retreat to the BLUE LINE until the puck is brought forward by the team scored upon.
- **GOALIE FREEZES PUCK** – The goalie has 10 seconds to get rid of the puck. The attacking team will be required to clear the area until the puck is played by the goalie.



END OF PERIODS/GAME

- Teams will not switch ends between periods.
- At the end of each game, players will line-up and shake hands.
- Heart & Hustle award will be presented after hand-shake.

OVERTIME

- There will be no overtime during the games.

GOALIES

- The WKHC will make every effort to have goalies available for every game, however, at times this may not be possible.
- Goaltender equipment for the 5-7 group may be available for a player wishing to try the position in the absence of a goalie. A shooter-tutor may be necessary if the position cannot be filled.
- Goalies may be required to rotate during the game if the Pond Supervisor determines it is in the best interest of all and creates a fairer match up.

ROSTER and ELIGIBILITY RULES:

- Only registered players with paid fees & completed waivers will be allowed to participate.
- Players will be placed on a blue or yellow team each week. Players should locate their name on the dressing room door to determine if they are on the blue or yellow team each game. Players must bring both official Pond Hockey jerseys each week.
- Maximum three (3) approved parent helpers on bench & one (1) score-clock operator. ALL must have a waiver completed online a minimum of one week prior to program start.
- Spectators are prohibited from viewing the game from the players' benches. Spectators are welcome in the lobby, balcony & mezzanine.

ON-ICE INFRACTIONS

- During the game, the Pond Supervisor may penalize serious on-ice infractions (i.e., boarding, fighting, intentional reckless conduct, etc.). The penalties may include a penalty shot for the opposing team and/or temporary or full-game ejection to the offending player. The Pond Supervisor's decision is final.
- A zero-tolerance approach will be used towards aggressive and/or abusive players and parents.
- Players/parents demonstrating abusive or overly aggressive behaviour during a game (on the ice, on the bench, or spectating) may be ejected from the game and may be subject to permanent suspension following a review by the Pond Supervisor and WKHC management.



PENALTY SHOT PROCEDURE:

1. When a penalty is called the clock WILL NOT STOP (all age groups).
2. A penalty shot must be taken by one of the players on the ice at the time of the infraction.
3. The player taking the penalty shot will line up at centre ice (Attacking Blue Line For 5-7 yrs).
4. All other players, from both teams, will line up by the far blue line.
5. All players will start from a standing position.
6. The on-ice Supervisor will blow a whistle to start play.
7. No other players on the ice can start skating until the Supervisor blows the whistle.
8. Should the player miss the penalty shot, play will continue.
9. For penalty shots at the conclusion of a period, opposing players WILL NOT line up on the far blue line and chase the shooter.

OTHER

- **Code of Conduct** – The West Kelowna Hockey Centre is committed to providing an environment in which all individuals are treated with respect. All participants and guests shall avoid behaviour which brings the WKHC or the sport of hockey into disrepute and shall refrain from comments or behaviour that are disrespectful, offensive, abusive, racist or sexist, this includes treatment of WKHC staff and on-ice officials. Behaviour which constitutes harassment, bullying or abuse will not be tolerated. Failure to comply with this Code of Conduct may result in expulsion from the facility and current & future programs.
- Any comments/concerns must be submitted in writing to the WKHC General Manager.
- The West Kelowna Hockey Centre reserves the right to amend and/or waive these rules on an as needed basis if it is deemed that doing so is in the best interest of the Program.