

9U - 3 on 3 2024

IHNSW 3 on 3 Winter Comp

# Atoms



9U

## 9U - 3 on 3

### IHNSW Cross Ice History

- Mites 7U 3 on 3 cross ice was trialled in 2014 over summer with great success. It continued to be successful for Summer 2015 with some minor tweaks. In 2016 8U Mites was introduced into the IHNSW Winter competition.
- In 2018 the age divisions were adjusted to be in line with IIHF. Mites (7 and under) and Atoms (8 & 9 year olds) cross ice were introduced.
- In 2018 Mites and Atoms are setup to run like all other junior grades, i.e. each club enters team/s, assigns a coach and manager and IHNSW assigned referees and ice time. Like every other grade, the teams are to follow the format set by IHNSW.
- In 2019 IHNSW is introducing the Green Jersey Officials & Mentors Referee programme to officiate Mites and Atoms games.
- In 2021 the Atoms age divisions changed names Atoms 9U. Assistant coaches will run the Mites games.



## 9U - 3 on 3

### General information

- 3 on 3 cross ice was determined to have the best outcomes for developing confident and skilled ice hockey players for the future.
- The 3 on 3 cross ice format is a long-term strategy to develop the Australian ice hockey players of the future. The format can be easily followed and replicated year on year, no matter how many kids register.
- Clubs can enter as many 9U teams as they wish into the competition. Excess kids can either be rotated in & out of the club team or a composite team can be made. To keep the sport growing, IHNSW prefers to make composite teams to ensure all players have equal ice time across the season in their correct age division.
- Each 7U & 9U aged player will need to register with their club through esportsdesk to play.
- Clubs to ensure coaches have a current IHNSW coaching certificate and team managers understand the rink fee structure and this pack.
- Rink fees: In general, rinks are privately owned family businesses and as such wish to make money to support their families. The rink owners advise IHNSW the set rink fees at the start of the hockey season. IHNSW does not negotiate ice rink fees.
- Ice allocations: At the start of the season each rink owner provides a list of ice time allocated to IHNSW for games. IHNSW then must fit all grades into the ice made available by the rinks. Where possible 9U games are provided the best ice time available to encourage participation.

## 9U - 3 on 3

### Objectives of 3 on 3

- Skills development.
- Provide a program & environment suitable for young players.
- Increased opportunities for players to touch and handle the puck.
- Increase opportunities for the goalies with more shots on & faster play.
- Improve the utilisation of ice time.
- Fostering a lifelong love of ice hockey.
- Learn fundamentals of hockey without the pressure of going for the win.
- Grow the sport and increase participation.
- Introduce Juniors players (12 year olds to 17 year olds) to officiating roles to grow the pool of future referees.

**9U cross ice is all about having FUN!!!**

## Mites & 9U - 3 on 3

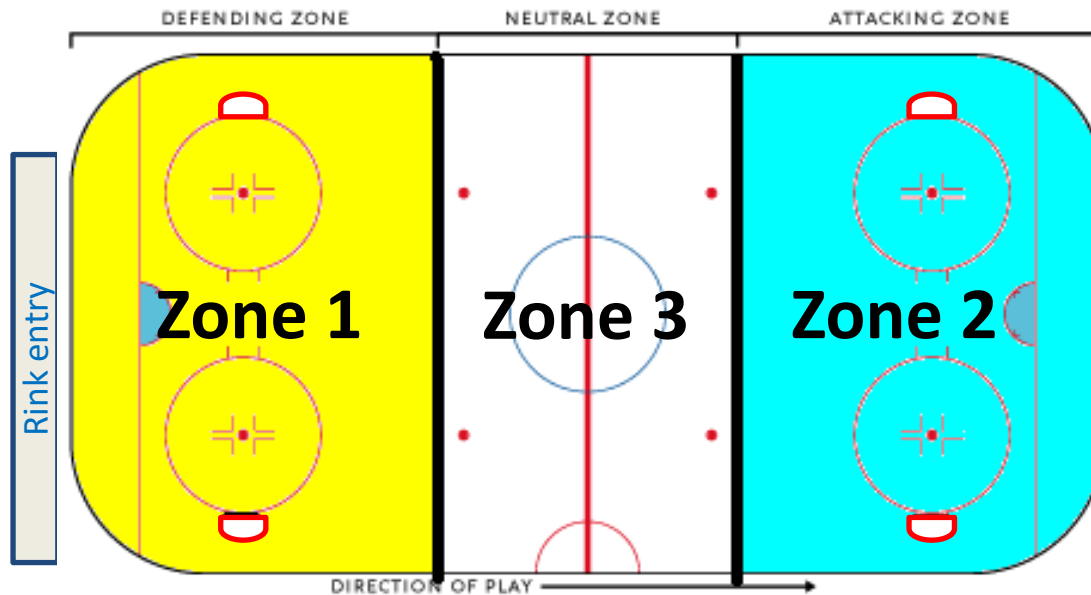
### Benefits of 3 on 3

- Develops long term good ice hockey habits.
- More space for passing, encourages positioning to be open for passes
- Room to skate with the puck, encourages heads up skating with the puck
- Encourages sprinting on and off the bench
- Encourages fast game play with 90 sec time limit per line.
- There is no crowding around the puck.
- Kids of all skill levels have the opportunity to be involved in the game.
- Increased opportunities for players to touch and handle the puck.
- Increase opportunities for the goalies with more shots on & faster play.
- Learn fundamentals of hockey without the pressure of going for the win.
- Kids develop fast decision making.
- Studies show that kids receive 5 times more passes and take 6 times more shots on goal when comparing cross ice 3 on 3 to full ice 5 on 5.
- It's fun!

## 9U - 3 on 3

### Rink setup for 3 on 3

- Equipment:
  - 4 goal nets are required (mini nets if available)
  - Minimum of 4 Black pucks for 9U.
  - Ropes or barriers
- The rink will be separated into 3 playing areas.
- Zone 1 and Zone 2 are used for 3 on 3 cross ice games.
- Zone 3 is used by players waiting for line changes for the games.
- Goals are placed on the edge of the circles as shown below, facing in.
- Ropes or barriers are placed across the blue lines separating the zones.



## 9U - 3 on 3

### Game structure

- The games are played as cross ice 3 on 3 in the defensive zone, see slide 6.
- It is a round robin structure, i.e. there will be 3 games per session.
- No scores or stats to be kept for the games or kids in these age divisions. The focus is on development & fun.
- Minimum team size is 7 (2 lines of 3 players + Goalie) maximum is 10 (3 lines of 3 players + Goalie ).
- Equal ice time will be given ALL players.
- A whistle will sound 2 mins before the start of the first game. Teams coaches should gather their team at centre ice on this whistle and ready their team to start playing.
- The Green Jersey Officials will drop the puck in both zones at the same time on the next whistle.
- Each game will run for 16 min (90 secs X 11). After 90 seconds a whistle will sound for player line changes.
- The clock buzzer will sound at the end of each game (16 mins).
- There will be a 2 min break between games so teams can swap ends and have a drink.
- The last game can be extended to use up the remaining ice time.

## 9U - 3 on 3

### Game structure cont.'

- During line changes the puck will be left where it lies.
- For 9U - There will be 1 Green Jersey Official in zone 1 & 2 with a Green Jersey Mentor Referee floating between Zones. In the event that no Green Jersey Mentor Referee is available, coaches will officiate the games.
- A spare puck will be available in case the game puck lands outside of the boards. The Green Jersey Official is to throw the spare puck to an empty corner to restart play.
- If the goalie stops the puck, the attacking team must skate to  $\frac{1}{2}$  way before going for the puck. The goalie gives the puck to a team mate to continue play.



## 9U - 3 on 3

### Special rules 9U

- **9U special rules:**
  - 9U will use black pucks
  - When a goal is scored the Green Jersey Official takes the puck back to centre ice for a face-off without delay. The Green Jersey Official will drop the puck even if teams are not lined up.
  - If the player is continuously misbehaving it will be the Mentor Referee and Coaches job to bench the player for their next shift or remainder of the game.
  - Coaches are to educate their team on actions that would constitute as a penalty in older grades and teach fair play.
  - Coaches & Mentor Referees to bench players for dangerous or unsportsmanlike behaviour.
  - The Green Jersey Officials will only call basic penalties such as tripping, hooking and slashing. As they develop their skills they may start calling other penalties.
  - 9U Penalties will result in a penalty shot with play-on after the shot. All skaters not taking the shot will start skating from the opposite goal net, the shooter will start from the center. When the whistle blows all players can start skating.
  - During line changes, the puck must be left where it is, if played by 9U it will result in a penalty shot.

## Mites & 9U - 3 on 3

### Game days

- Teams arrive at the rink at least 30 mins before the games.
- Coaches prepare the rink for the Cross-ice games, ie nets, goals and barriers 5- 10 mins prior to the games.
- Home team manager is to collect all the team sheets. Officials will also need to be listed. The home manager to email the attendance sheet to [eo@ihnsw.com.au](mailto:eo@ihnsw.com.au) by 5pm Sunday.
- The home team manager is to collect the rink payment from each team manager and pay the rink management. See finance slide.
- The home team manager to organise someone to sounds a “2 min to start” whistle & run the timing of the games. Games MUST start on time and time managed to ensure 3 games are played within the hour.
- Team managers & coaches must know what zone their team is playing in for each game. Agreement between team managers prior to game 1 start.
- After the games the coaches will put away the nets (if required) goals and barriers.
- Change rooms are not allocated per team. Please use what is available or as directed by the home team manager. Managers to ensure the changerooms are clean before leaving the rink.
- **Team managers to ensure their team has a MIMIMUM of 7 players and a MAXIMUM of 10 players attend on game day.**
- **All team managers & coaches are to work together to ensure minimum team sizes of 7 are met. This may mean sharing of players.**

## 9U - 3 on 3

### Example Game days - timing

- Example timing for 3 on 3 cross ice games with start time 9:00am
  - 8:50 - coaches prepare the rink
  - 8:58 - 2 min to start whistle, coaches ready the teams in Zone 3 (middle ice).
  - 9:00 - start whistle – puck drops in both zones.
  - 9:01:30 - 90 sec line change whistle
  - 9:03 - 90 sec line change whistle
  - 9:04:30 - 90 sec line change whistle etc
  
  - 9:16 - clock buzzer game end, change zones if required.
  
  - 9:18 - start whistle – puck drops in both zones.
  - 9:19:30 - 90 sec line change whistle
  - 9:21 - 90 sec line change whistle etc
  
  - 9:34 - clock buzzer game end, change ends if required.
  
  - 9:36 - start whistle – puck drops in both zones.
  - 10:00 - clock buzzer session end.
  
  - 10:00 – coaches put away goals, ropes & nets if required.
- Note there is 6 mins time buffer to play with if running late. This time can be used to extend the last game to make full use of the ice time.



## 9U - 3 on 3

### Coaching for 3 on 3

- Coaches can make a huge difference to how kids view ice hockey and retention rate. Let's keep it fun and enjoyable for all participants. Coaches are to have a current IHNSW coaching certificate, working with children certificate & abide by the IHNSW & club code of conducts.
- Coaches prepare the rink for the Cross-ice games, ie nets, goals and barriers 5 - 10 mins prior to the games and put equipment away after the session has completed.
- Team coaches must wear a helmet & skates when on the ice. Team lines waiting there turn in centre ice must be under the control of the team coach.
- Coaches must play ALL kids equally. \$100 fine applies for non-compliance as per the IHNSW handbook.
- It is strongly encouraged to rotate all players through the Goalie position for 9U.
- There are no penalties for Mites, however if the player is continuously misbehaving it will be the coaches job to bench the player for their next shift or remainder of the game.
- For 9U - In the case where Mentor Referees are not available, the Green Jersey Officials will not attend and the coaches will officiate the games.
- Coaches are to educate their team on actions that would constitute as a penalty in older grades and teach fair play. Coaches & Mentor Referee to bench players for dangerous or unsportsmanlike behaviour.
- Coaches are to provide lots of praise and encouragement to the kids so that everyone feels valued and looks forward to playing again.
- This is NOT a competitive division. **The main aim of 9U is have FUN!!!**

## 9U - 3 on 3

### Managing for 3 on 3 (1/3)

- Team managers are not to go on the ice.
- No scores or stats to be kept for these age divisions. The focus is on development & fun.
- The optimum team size is 2 lines of 3 players plus 1 Goalie. This is the most cost effective team size and provides the most ice time for all kids. The minimum team size on game days is 7, maximum team size is 10 (ie 3 lines of 3 players + 1 goalie).
- Note: the more kids per team, the less game time they will have & the more the team as a whole will pay to the rink. See rink fee structure.
- It is the team managers responsibility to have to correct amount of kids for game days and a completed team sheet to hand to the home team manager.
- Goalie can be 1 child dressed as a player or in goalie gear standing in goals the entire game. Clubs to ensure a small goalie kit is available for this.
- Home team managers must have access to goals, black pucks for 9U and ropes/barriers on the day.
- Mangers must have a current working with children clearance.

## 9U - 3 on 3

### Managing for 3 on 3 (2/3)

- Home team managers collect the team sheets from all teams. Green Jersey Officials & Mentor Referee to be listed on one of the team sheets. The home team manager to email all the team sheets to [eo@ihnsw.com.au](mailto:eo@ihnsw.com.au) by 5pm Sunday. This is mandatory.
- The home team manager is to collect the rink payment from each team and pay the rink management as per the table in finances slide.
- The home team managers are to organise someone to sound the “2 min to start” and 90 sec line change whistles & someone to run the timing of the games of 16 mins on the rink clock. See sample timings on the game day slide.
- Games MUST start on time and be time managed to ensure 3 games are played within the hour.
- Team managers are to ensure the changerooms are clean after the session.
- Parents are to supply kids with labelled drink bottles that can be used without unfastening or removing helmets.
- **Filling teams for game day**
  - IHNSW and Clubs agree that kids, where possible, should play in the correct age division. If Mites or 9U numbers are short for game day, Mites or 9U kids from other teams are to be offered to fill the void. In line with the rule book, all kids are to be played equally. The aim is to build up all the kids in the grade, not just a few. The kids filling in for teams will be charged the rink fee only, not the rink fee + kitty.

## 9U - 3 on 3

### Managing for 3 on 3 (3/3) - Financials

- IHNSW will setup online payment for 5 week periods for each player to register.
- The team manager payment and teams will be modified depending on number registered.

## 9U - 3 on 3

### Issues

- For parents:
  - Any issues, concerns or queries are to be directed to your team manager.
  - Most queries from parents are the same, so the manager should be able to address these quickly.
  - If you are not receiving the support you require, your next point of call are your club execs.
  - Each club also has an MPIO to provide guidance on issues & concerns or contact IHNSW
- For managers:
  - Any team issues, concerns or queries are to be directed to your club execs. The club execs have a wealth of knowledge and experience in managing teams and know the intricate details of ice hockey.
  - Any Mites or 9U admin issues, concerns or queries are to be directed to Jennifer Somerville [j.somerville@hotmail.com](mailto:j.somerville@hotmail.com) & [eo@ihnsw.com.au](mailto:eo@ihnsw.com.au) via the club execs.
- For coaches:
  - Any cross ice 3 on 3 game format issues, concerns or queries should be directed to [eo@ihnsw.com.au](mailto:eo@ihnsw.com.au) via the club execs.
- For Green Jersey Officials and Mentor Referees
  - Any issues, concerns or queries are to be directed to Querida Faber [queridafaber@gmail.com](mailto:queridafaber@gmail.com)
- All communications to IHNSW are to be directed through your club execs.



## 9U - 3 on 3

### Officiating for 3 on 3 (1/5)

- Assistant coaches will run/officiate the Mites games.
- Green jersey and Mentor Referees will officiate the 9U games.
- See game structure & rules slide. Green Jersey Mentor Referee in centre ice controlling the session & mentoring with the Green Jersey Official that are in each Defensive zone controlling the 9U games.
- The Green Jersey Officials in Zone 1 & 2 will typically be new to officiating.
- The Green Jersey Mentor Referee is to encouraged and help the Green Jersey Official with basic penalties, signals, running of the games, talking to the players, coaches & parents and benching players who are misbehaving.
- Green Jersey Official are encouraged to talk to the players during the game to help them learn the rules of ice hockey.
- Anyone not wearing a helmet will be escorted off the ice. Repeat offenders will be removed from playing the rest of the session.

## 9U - 3 on 3

### Officiating for 3 on 3 (2/5)

#### 9U special rules

- When a goal is scored the Green Jersey Official takes the puck back to centre ice for a face-off without delay. The Green Jersey Official will drop the puck even if teams are not lined up.
- 9U Penalties will result in a penalty shot with play-on after the shot. All skaters not taking the shot will start skating from the opposite goal net, the shooter will start from the center. When the whistle blows all players can start skating.
- During line changes, the puck must be left where it is, if played it will result in a penalty shot.

## 9U - 3 on 3

### Officiating for 3 on 3 (3/5)

- Green Jersey Official do not need to complete the referee course to be eligible to officiate 9U 3 X 3 games.
- Green Jersey Official will be aged 12 - 17.
- The Green Jersey Mentor Referee must be 18 or over with a working with children clearance. The main function is to ensure the 3 X 3 format is followed and mentoring the Green Jersey Officials on rules, basic penalties, controlling the games, positioning and gaining confidence as officials.
- Green Jersey Officials must bring your own whistle. Helmets must have a visor or a loosely fitted cage to allow for the whistle.
- IHNSW will be providing classroom and on-ice training opportunities for Green Jersey Officials and Mentor Referees prior to the season starting.
- IHNSW are encouraging Junior players to try officiating ice hockey in the hope that they will pursue it further as they get older. Any code of conduct issues with players, parents or coaches should be raised with the Green Jersey Mentor Referee immediately or [eo@ihnsw.com.au](mailto:eo@ihnsw.com.au) & their club Exec as soon as practical.
- Any abuse of Green Jersey Officials will be raised with the IHNSW Disciplinary Tribunal for investigation & action if required. There is a zero tolerance to abuse of Green Jersey Officials.

### Officiating for 3 on 3 (4/5)

- **9U Penalties to assess:**
  - Tripping – a player who uses his stick, skate, leg or arm to take the feet out from an opponent, causing him to lose his balance or to fall.
  - Hooking – a player who uses his stick to impede the progress or interfere with an opponent with or without the puck.
  - Slashing – a player who swings his stick, with one hand or two, at any part of an opponent's body or equipment.
- **Major penalties:** These will be assessed by the Green Jersey Mentor Referee, if it is a serious infraction, the player or coach may be removed from the game or for the remainder of session or directed to the IHNSW Tribunal.






**Original Mites 2014**

Officiating for 3 on 3 (5/5)

How to call a penalty:

1. Blow the whistle to stop play
2. Signal the appropriate penalty being assessed.
3. Explain to the player the penalty.
4. Issue the penalty shot procedure.

Tripping	Hooking	Slashing
		
<p>Striking leg with a moving follow through motion with either hand below the knee, keeping both skates on the ice.</p>	<p>A tugging motion with both arms as if pulling from in front toward the stomach.</p>	<p>A chopping motion with the edge of one hand across the opposite forearm.</p>

## 9U - 3 on 3

### Play ups and downs

- **11U & 9U play-downs**
  - There are no play downs from 11U to 9U. Kids will be encouraged to play their age division. Only on special consideration will beginner 11U be considered to join 9U games for a short period of time to gain skills and confidence. These players must also play their 11U games where there are no clashes to accelerate their development & confidence.
  - Applications should be made in writing to [eo@ihnsw.com.au](mailto:eo@ihnsw.com.au). A 3<sup>rd</sup> party coach will assess the application. The application can be withdrawn at any time, after a 3<sup>rd</sup> party coach advises the player should focus just on 11U.
- **9U Play-ups to 11U**
  - 9U playing up into 11U must complete a play up form and submit to the 9U team coach. It is at the 9U and 11U team coach's discretion who they agree can play up and when. This may change throughout the course of the season. If there is a game clash 9U players must play the 9U game not the 11U game. Penalties apply.

## 9U - 3 on 3

### Decisions 1/2

- Request for set cost per team for 9U ice time.
  - In 2017 team sizes were not controlled and session rink fees of >\$800 were experienced. Team managers requested IHNSW to have set fees for Mites ice times.
  - Result - This was rejected as it would likely drive up the cost for all other grades. Clubs and team managers are to control team sizes. Clubs can enter multiple teams or composite teams can be made to minimise players per team to 7-10.
- Request for rink owner details.
  - Team managers requested contact details of rink owners to request set fees per team for Mites sessions.
  - Result – This was rejected. Parents, team managers and coaches should not approach rink owners to discuss rink fees. This is to be left to the club executives.

## 9U - 3 on 3

### Decisions 2/2

- Request to have Referees supplied to mentor 3 on 3 officials.
  - Issues seen in the standard of officiating 3 on 3 cross ice in 2018 raised concerns around player safety and abuse of officials.
  - Result – introduction of the Green Jersey Officials programme in 2019.
- In 2019 it was requested that where Referees are unavailable, Green Jersey officials attend Mites and Atoms without Referee supervision.
  - The coaches focus moved from coaching their team to running the games.
  - Result – Due to an abuse of official incident in 2018, it was decided that from start of the 2019 season, Green Jersey officials will not attend games without a supervising referee. Games without officials will be a run by the coaches
- To ensure consistency for the current season, any suggestions to change the format of 3 on 3 cross ice games will be assessed by IHNSW after the completion of the season. Suggestions should be directed to your club execs to bring to IHNSW.



## 9U - 3 on 3

### Volunteers

- Ice Hockey in Australia runs on volunteers. It is a rewarding experience knowing that you are helping the your child, their team and the sport.
- It is strongly encouraged for all parents to get involved in helping to manage, coach, time keep, support the team manager etc.
- Ensure you have read and understand the code of conducts agreed to when registering with IHNSW and your club.
- On behalf of IHNSW, thank you for volunteering your time and energy to making Mites and 9U successful in 2021.



# Thank you

