



Atoms 9U - 3 on 3

IHNSW 3 on 3 Winter Comp

Cross ice 3-on-3 ice hockey is an exciting, fast-paced format perfect for young players to develop key skills in a fun and supportive environment.

With a focus on passing before shooting, players learn teamwork, decision-making, and creativity.

This format ensures that everyone, regardless of skill level, gets equal opportunities to play, improve, and enjoy the game.



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Benefits of 3 on 3 (1/2)

- **Skills Development:** Players get more puck touches and decision-making opportunities, helping them improve key skills like passing, shooting, and positioning.
- **Age-Appropriate Environment:** This format offers a fun, supportive space for young players to grow and develop without pressure, making it ideal for skill-building.
- **More Ice Time:** Smaller team size mean more time for each player on the ice, boosting development and confidence.
- **Goalie Improvement:** Goalies face more shots in faster play, helping them sharpen their reflexes and skills.
- **Fostering a Love for Hockey:** 3-on-3 focuses on fun and learning, creating lasting passion for the sport.
- **Fundamentals Without Pressure:** Players focus on key skills like passing and skating without the pressure of winning, building confidence.
- **Fast-Paced Play:** The game encourages sprinting on and off the bench with a 90-second line change limit, keeping the play quick and engaging.

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Benefits of 3 on 3 (2/2)

- **No Crowding Around the Puck:** With more space and fewer players, there's less chance of crowding around the puck, allowing players to make better decisions and keep the game flowing smoothly.
- **Inclusive for All Skill Levels:** Kids of all skill levels are involved, ensuring every player has a chance to contribute, develop, and enjoy the game.
- **Encourages Quick Decision-Making:** The fast-paced environment fosters quick thinking, helping kids improve their ability to make decisions under pressure.
- **Growing the Sport:** This format increases participation, attracts new players, and helps grow the sport at the grassroots level.
- **Junior Officiating Opportunities:** Older players (ages 12-17) can step into officiating roles, helping develop the next generation of referees and keeping the sport sustainable.
- **9U Cross Ice: Fun First!:** For younger players, it's all about having fun while developing skills and building a love for the game.

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Ice Hockey NSW Cross Ice History

Ice Hockey NSW takes a proactive and progressive approach to enhancing the enjoyment and development of the sport, continuously evolving to provide the best possible experience for young players.

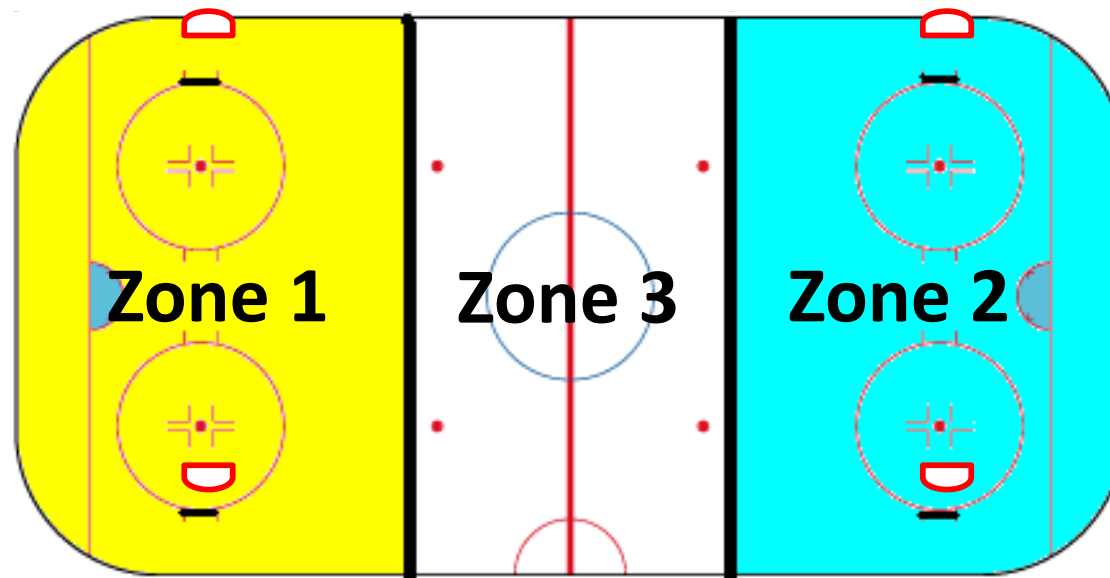
- In 2014, the 7U Mites 3-on-3 cross ice format was trialled during the summer and was met with great success. It continued into the Summer of 2015 with minor adjustments to improve the experience.
- In 2016, the 8U Mites division was introduced into the IHNSW Winter competition, further expanding the reach of 3-on-3 hockey.
- In 2018, age divisions were aligned with the IIHF, introducing 7U Mites and 8-9U Atoms teams playing cross ice. The format was structured like other junior grades, with teams entering through their clubs, assigning coaches and managers, and IHNSW providing referees and ice time.
- In 2019, IHNSW launched the Green Jersey Officials & Mentors Referee program to officiate Mites and Atoms games, creating opportunities for young referees to learn and grow.
- In 2021, the Mites and Atoms division became 9U Atoms, A dedicated 9U Atom's Coordinator role was created to mentor players and coaches, ensuring a supportive environment focused on skill development, teamwork, and enjoyment.

These changes reflect IHNSW's commitment to creating a fun, developmental, and supportive environment for young players as they grow in the sport.

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Rink setup for 3 on 3

- Equipment:
 - 4 x three quarter size nets if available.
 - Minimum of 4 blue pucks for 9U.
 - IHNSW Foam 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, and in weeks where there are 5 teams, skills to take place as well.
- 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.



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Game structure (1/2)

- The games are played as cross ice 3 on 3.
- The first week of the season features a double slot, with the first hour dedicated to skills drills, allowing players to socialise while coaches assess and grade them as beginner, intermediate, or advanced to ensure even team distribution.
- It is a round robin structure, i.e. there will be 4 games per session.
- Coaches to stay at one station and have teams move around.
- No scores or stats to be kept for the games or kids in these age divisions. The focus is on development & fun.
- Ideally, 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. Station coaches should gather their team at centre ice on this whistle be ready for the team to start playing.
- The Green Jersey Officials will drop the puck in both zones at the same time on the next whistle.

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Game structure (2/2)

- Each game will run for 12 min (90 secs X 8). After 90 seconds a whistle will sound for player line changes.
- The clock buzzer will sound at the end of each game (12 mins).
- There will be a 2 min break between games so teams can rotate and have a drink.
- The last game can be extended to use up the remaining ice time.
- During line changes the puck will be left where it lies.
- For 9U - There will be 1 Green Jersey Official in zones 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 ½ way before going for the puck. The goalie gives the puck to a team mate to continue play.

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Special rules 9U

- 9U will use blue 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 the players 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 centre. 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.

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Game days & Payment Information

Rink arrival

- Players arrive at the rink at least 30 mins before the games.
- Coaches and volunteers are to prepare the rink for the cross-ice games, ie. nets, goals and barriers 5- 10 mins prior to the games.
- 9U Atom's Coordinator to organise players into teams and ensure all have registered.
- The manager of the home rink 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.
- After the games the coaches and volunteers will put away the nets (if required) goals and barriers. Reminder, only coaches may be on the ice.

Payment process

- IHNSW will make payment links via esportsdesk which will be distributed by the 9U Atoms Coordinator to the Club Team Managers.
- If a player has not registered to play, the coordinator can liaise with IHNSW to make a late payment. No children will be turned away.
- If you have paid and are unable to make it, please contact IHNSW to receive a refund.

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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 are to teach players the **3-on-3 Triangle Strategy** where players maintain a rotating triangle formation, using constant movement, quick passes, insuring all players are touching the puck in the line.
- **Coaches are to stay at the one station** for the duration of the games, not to rotate with the players.
- 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.
- 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 station coach.
- It is strongly encouraged to rotate all players through the Goalie position.
- 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 players 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!!!**

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Round Robin Rotation

Numbers will vary from week to week, the following rotations are advised to ensure all teams play each other at least once when 5 teams are formed. If there are only 4 teams, round 1 will be repeated.

Structure for 5 teams:

Round	Zone 1		Zone 2		Zone 3 - Skills
	Coach A	Coach B	Coach C	Coach D	Coach E
1	Blue	Yellow	Pink	White	5 th Team
2	Yellow	5 th Team	Blue	Pink	White
3	Pink	White	5 th Team	Blue	Yellow
4	White	Blue	Yellow	5 th Team	Pink

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Round Robin Rotation

Structure for 4 teams:

Round	Zone 1		Zone 2	
	Coach A	Coach B	Coach C	Coach D
1	Blue	Yellow	White	Pink
2	Yellow	Pink	Blue	White
3	Pink	White	Yellow	Blue
4	White	Blue	Pink	Yellow

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Managing for 3 on 3

- 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.
- Goalie can be 1 child dressed as a player or in goalie gear standing in goals the entire game or use quick change goalie kit available.
- Managers of the home rink must have access to goals and barriers, the 9U Atom Coordinator will blue pucks and bibs on the day.
- Managers must have a current working with children clearance verified by their club.
- The home rink managers are to organise someone to sounds the “2 min to start” and 90 sec line change whistles & someone to run the timing of the games of 12 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.
- 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.

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Enquiries or Issues

For parents:

- Any issues, concerns or queries are to be directed to your manager.
- If you are not receiving the support you require, your next point of call are your club execs.
- Each club also has an MPIO and Child Safeguarding Officer to provide guidance on issues & concerns or contact IHNSW

For managers:

- Any 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 9U admin issues, concerns or queries are to be directed to Shannon Boengkih shannoncboengkih@icloud.com & 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 via the club execs.

For Green Jersey Officials and Mentor Referees:

- Any issues, concerns or queries are to be directed to Querida Faber greenjerseyrefs@ihnsw.com.au

All communications to IHNSW are to be directed through your club execs.

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Officiating for 3 on 3 (1/5)

- 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.

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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 centre. 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.
- 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.

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Officiating for 3 on 3 (3/5)

- 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 & 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.

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Officiating for 3 on 3 (4/5)


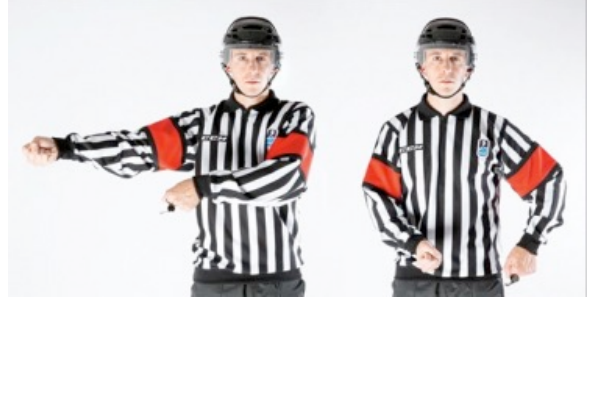
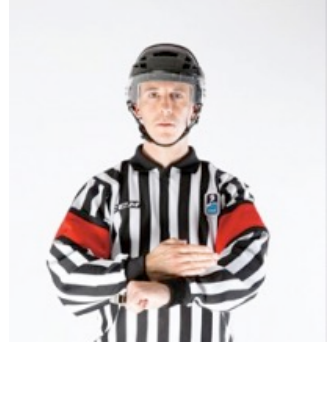
- **9U Penalties to assess:**
 - Tripping – a player who uses his stick, skate, leg or arm to take the feet out from an opponent, causing him to lose his balance or to fall.
 - Hooking – a player who uses his stick to impede the progress or interfere with an opponent with or without the puck.
 - Slashing – 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.

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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
 A referee in a black and white striped uniform with red accents on the sleeves, wearing a black helmet, is shown in a crouched position. He is leaning forward with his right leg extended to the side, signaling a tripping penalty.	 Two referees in black and white striped uniforms with red accents on the sleeves and black helmets are shown. The referee on the left is performing a hooking motion with both arms extended forward, while the referee on the right stands with his hands on his hips.	 A referee in a black and white striped uniform with red accents on the sleeves and a black helmet is shown. He is performing a slashing motion with his right hand across his left forearm.
<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>

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Play ups and downs

Ice Hockey NSW takes an inclusive approach to each player's hockey journey. First-year 11U players in their first season may be eligible to play down with approval. This process is coordinated by the player's coach and club, who complete a form for approval by the Ice Hockey NSW Executive.

Players with advanced development may be eligible to play up in the 11U Squirt competition. This decision is facilitated through collaboration between the 9U Atom's and 11U Squirt's coaches and the player's club. Together, they will determine if the player is ready to play up and complete the necessary paperwork for approval by Ice Hockey NSW.

For more information on these rules, please refer to our Handbook at [Ice Hockey NSW Handbook](#).

Please note that the handbook is revised before each season, so check back annually, as rules may vary to stay aligned with best practices.



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Volunteers

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



Thank you