

Rules of the NRS 2026 3 on 3

PARENTS, please keep this in mind, and discuss with your player.

- **Player substitutions for games. If a player is going to be missing, talk to the Event Chair and they will hopefully find you a substitute of relatively equal ability.**
- **Time on the ice - encourage players to come off often, particularly if they score.**
- **Encourage passing. Talk to your players to ensure that they pass to all of their teammates.**
- **Range in size/ability - speak to your players about modifying their play depending on who has the ring, purpose is to ensure that ALL players have a great weekend.**

1. Any rules not covered in these rules will be referred to the most recent Ringette Canada Rules Book, subject to modification due to playing four players against four at all times (goalie included).
2. Teams to be comprised of six, seven, eight or nine skaters and one goalie, as decided by the Event Chair.
3. Games to be played in a thirty-five minute ice slot and to be comprised of the following: one minute warm-up; first half -- fifteen minute straight running time; one minute half-time; fifteen minute second half: thirteen minutes straight running time, last two minutes stop time.
4. Teams to be ready to play five minutes ahead of scheduled ice time.
5. **BENCH HELPERS:** are to attempt to equalize ice time of all players on their teams, at all times and in every game. As well as equalize the strength of the lines going on the ice. This means mixing the abilities, and not always playing on the same line as a friend. Maximum 4 goal difference will be counted.
6. Often one referee per game. Two when possible.
7. Three skaters and one goalie allowed on the ice, except in last two minutes of play when an extra skater can substitute for the goalie.
8. Minor penalties to result in penalty shot.
9. Major penalties to result in penalty shot plus four minutes fully served.
10. Misconduct or match penalties to result in ejection from game and from the tournament.
11. As there is no shot clock used in the tournament. It is at the discretion of the referee, if they see that one team is controlling the ring, without attempting a shot, to blow the play down and change possession.
 - a. Teams are strongly encouraged to keep the spirit of the shot clock in mind throughout all games.
12. One pool of 3 teams. Each team participates in four round robin games. Top two teams play one 1st place vs 2nd place game: Gold Final.
13. Round robin games tied at the end of regulation time to end in a tie.
14. Gold Final game tied at the end of regulation time shall go to a shootout, with first player on the game sheet being the first shooter.
 - a. All skaters on each team to have a shot.
 - b. In the event of the teams not having the same number of players then first shooter shall shoot again, such that there are an equal number of shooters from each team.
 - c. If still tied after all shooters have shot, then next shooters in same order shoot again and if one scores and the other misses then that team is declared the winner - to continue until one pair of shooters determines the winner.
15. In the event of a tie in the standings at the end of the round robin between two or more teams then the following rules will apply:
 - a. The winner of the game between each other will be declared the highest position.

- b. If still tied, the team having the greatest positive difference between goals for and against in all games in the round robin will be declared the highest position. A maximum of four goal differential will be used in a game.
 - c. If still tied, the team having the youngest average age will be declared the highest position (for clarity, total number of days lived will be added and then divided by the number of players on the team to give an average age in days).
 - d. These tie breaking rules shall be followed in sequence until the tie is broken. If more than two teams are tied, then once one team's position is determined, the procedure shall revert back to the first rule to break the remaining ties.
16. Any disputes to be referred to Event Chair, whose decision shall be final.

BENCH HELPERS/PARENTS ADDENDUM TO RULES

Outline of Rules

Rules 3 and 4 are important! We have to get the game done in 35 minutes. Make sure your teams are ready TO PLAY when they get on the ice. Ensure that players warm-up and then stretch, especially goalies. Have them ready to go on early, especially in the first few games.

Equal ice time regardless of time of game or score.

Rule 16 - go by game sheet on order of shooters in the event of a shootout - explain this before playoff games - concerned with time slots again - have to go right into it.

Rule 17(b) - maximum goal spread to be four goals - do not want to encourage blow-outs in any way. Modify play if going that way.

Rules of the NRS 2026 4 on 4

PARENTS, please keep this in mind, and discuss with your player.

- **Player substitutions for games. If a player is going to be missing, talk to the Event Chair and they will hopefully find you a substitute of relatively equal ability.**
- **Time on the ice - encourage players to come off often, particularly if they score.**
- **Encourage passing. Talk to your players to ensure that they pass to all of their teammates.**
- **Range in size/ability - speak to your players about modifying their play depending on who has the ring, purpose is to ensure that ALL players have a great weekend.**

17. Any rules not covered in these rules will be referred to the most recent Ringette Canada Rules Book, subject to modification due to playing four players against four at all times (goalie included).
18. Teams to be comprised of eight to twelve skaters and one goalie, as decided by the Event Chair.
19. Games to be played in a thirty-five minute ice slot and to be comprised of the following: one minute warm-up; first half -- fifteen minute straight running time; one minute half-time; fifteen minute second half: thirteen minutes straight running time, last two minutes stop time.
20. Teams to be ready to play five minutes ahead of scheduled ice time.
21. **BENCH HELPERS:** are to attempt to equalize ice time of all players on their teams, at all times and in every game. As well as equalize the strength of the lines going on the ice. This means mixing the abilities, and not always playing on the same line as a friend. Maximum 4 goal difference will be counted.
22. Often one referee per game. Two when possible.
23. Four skaters and one goalie allowed on the ice, except in last two minutes of play when an extra skater can substitute for the goalie.
24. Minor penalties to result in penalty shot.
25. Major penalties to result in penalty shot plus four minutes fully served.
26. Misconduct or match penalties to result in ejection from game and from the tournament.
27. As there is no shot clock used in the tournament. It is at the discretion of the referee, if they see that one team is controlling the ring, without attempting a shot, to blow the play down and change possession.
 - a. Teams are strongly encouraged to keep the spirit of the shot clock in mind throughout all games.
28. One pool of 2 teams. Each team participates in four games.
29. Games tied at the end of regulation time to end in a tie.
30. Any disputes to be referred to Event Chair, whose decision shall be final.

BENCH HELPERS/PARENTS ADDENDUM TO RULES

Outline of Rules

Rules 3 and 4 are important! We have to get the game done in 35 minutes. Make sure your teams are ready TO PLAY when they get on the ice. Ensure that players warm-up and then stretch, especially goalies. Have them ready to go on early, especially in the first few games.

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