XHL - Cross-Ice Hockey League Rules & Regulations

Team Composition

The teams consist of a maximum of:
• Twelve (9) skaters
• Two (2) goalkeepers

And with a minimum of:
• Nine (5) skaters
• One (1) goalkeeper

Playing Field and Equipment

• The playing field consists of two (2) endzones, two (2) retreatment lines, one (1) face-off center location.
• The goal nets used are of IIHF standard.

Equipment

• All skaters must follow the IIHF outlined playing rules for equipment including neck laceration protector.
• U18 Goalkeepers are not allowed to wear a senior category face protector.

Rules – 3x3 Specific

Line Changes – Skaters

• Players are free to change at their own discretion during the game.
• The entering player must wait until the teammate changing is within 3 meters from the board before entering.
• Infraction results in a minor penalty.
• On stoppage and face-off, both teams have five (5) seconds to conclude the line change.

Goalkeeper Change

• Goalkeepers can change at any time during the game.
• They cannot play the puck or physically contact an opponent during a change.

• Injured goalkeepers must be replaced by the backup.
• If both are injured, a skater must dress as goalkeeper with sufficient time.

Body Contact

• Open-ice hits and hits along the boards are not allowed.
• Body contact by pushing/moving opponents in puck battles or in front of the goal is allowed.

Face-offs

Face-offs only occur:
• At the beginning of a period;
• If the puck is out of play;
• Or if an extraordinary reason forces stoppage.

• Opening face-offs are at center ice.
• Players may choose positions outside the face-off spot.
• Face-off procedure must follow IIHF rules.
• Violations: warning then bench minor penalty if repeated.

Goalkeeper Freezing the Puck

• If frozen, referee blows whistle unless goalie immediately starts play.
• Attacking team must retreat past retreatment line.
• Goalkeeper must then release puck to teammate.
• Attacking players may forecheck if opponent gains possession, if goalie initiates a pass, or if goalie stickhandles forward.
• Failure to put puck back in play promptly = minor penalty.
• If goalie cannot release, officials place puck in crease quickly.

Offside and Icing

• The offside and icing rules do not apply.

Penalties

• Infractions follow IIHF Rulebook signals.
• Penalized player does not serve time – instead, a penalty shot is awarded.
• Penalty shot taken by fouled player if not injured.
• Penalty shots follow IIHF Rule 6.6.3.

Minor Penalty

• Non-offending team receives a penalty shot.
• Multiple minor penalties = equal number of penalty shots.
• If both teams commit equal minors, penalties cancel out.

Major Penalty

- Play and clock stop immediately.
- Penalized player leaves ice to dressing room.
- Non-offending team receives three (3) penalty shots.

Penalty Shot Procedure

- Conducted per IIHF Rulebook.
- All players line up behind defending goal line.
- Both teams may follow skater during shot; physical engagement allowed per IIHF rules.
- Skater may pass puck during shot.
- If goal scored: goalie must release puck and play continues.
- If missed: play continues immediately.

End of Game Point System

- 1 point per period win
- 1 point each for tied period
- 1 point for game win
- 1 point each for tie game
- Max 3 points per game

Overtime & Penalty Shot Shootout

Overtime:

- Applies in Semi-Final/Medal tied games.
- Five (5) minute OT, 3 skaters each.
- No resurfacing, 1-min break, same sides.

Shootout:

- If OT tied, 3 skaters per team alternate.
- All players & goalies eligible.
- If still tied, continue with tiebreak shots.

Awards

Fair Play Award:

- No minor/major penalties = 1 extra goal.

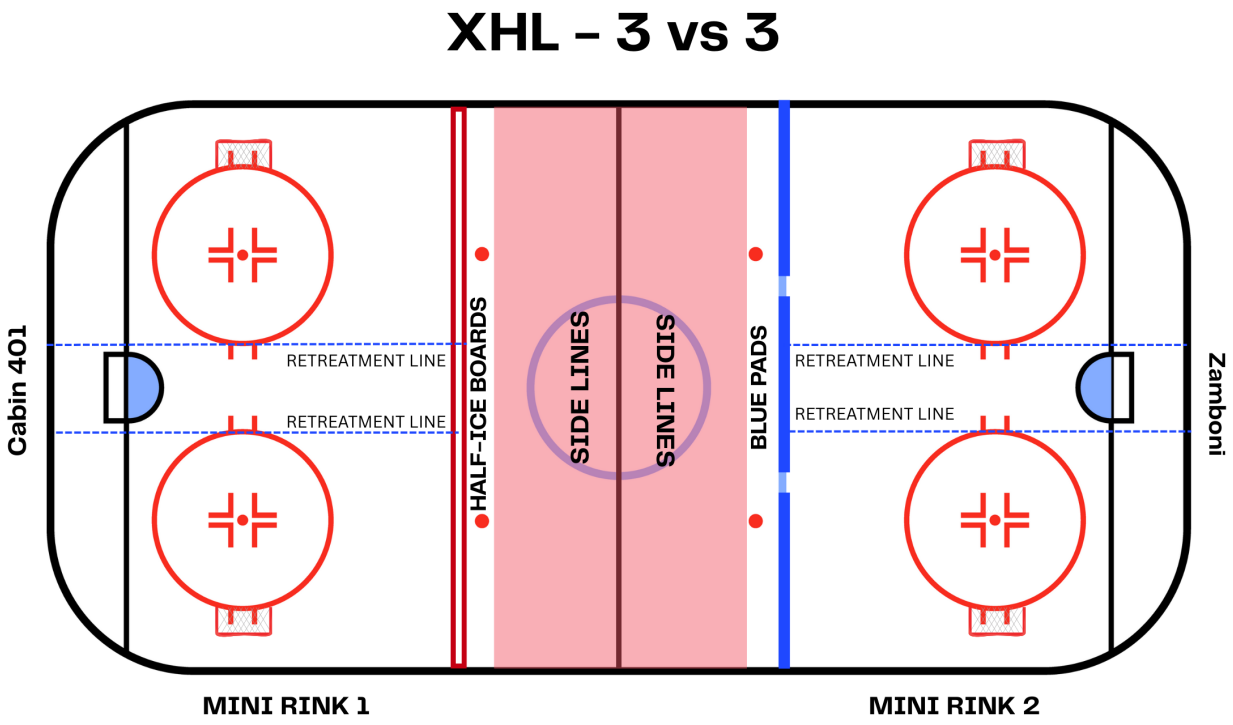
Free Zone Award:

- Goal from own zone before center line = 1 extra goal.

Game Officials

- One game official per game minimally.
- Control penalty calls, line changes, face-offs.
- Officials decide goal legality; off-ice crew records assists/scorers.

Ice Layout


XHL – 3 vs 3
Cabin 401
RETREATMENT LINE
RETREATMENT LINE
HALF-ICE BOARDS
SIDE LINES
SIDE LINES
BLUE PADS
RETREATMENT LINE
RETREATMENT LINE
Zamboni
MINI RINK 1
MINI RINK 2