A local ring of embedding codepth 3 is up to completion a quotient of a regular local ring $Q$ by an ideal $I$ of grade 3. These rings have been classified based on the algebra structure of $\text{Tor}_n^Q(Q/I, k)$, where $k$ is the residue class field of $Q$. It is known that every Poincaré series of a finitely generated module over such a ring can be expressed as a rational function with denominator depending only of the ring. These denominators have been explicitly calculated by L. Avramov. We take advantage of these calculations to prove that all non-Gorenstein local rings of embedding codepth 3 are either embedded deformations or G-regular. (Received August 30, 2018)