

Stage 3a - Return to Ice Continued July 28 to August 31

Member Approved Programming in Geographic Area that is in Ontario Government Stage 3

Programming is based on Stage 1 and 2 requirements. Association programming is for participants registered with the Association for 2019-2020.

Individual and Group Training

- Maximum of 25 participants on the ice, including instructors, or a lower number if determined by Ontario Government, local PHU, the facility or Member.
- Physical distancing is required for the purpose of individual and group training and if a facility has further restrictions all programming must comply.
- Hockey Canada RTH [Alternate Skills Instruction](#) outlines skill progression programs with physical distancing as a template for programming.

Stage 3b - Return to Practice and Play - Registration for 2020-2021 - September 1 onward

Member Approved Programming in Geographic Area that is in Ontario Government Stage 3

Individual and Group Training

- Maximum of 30 participants on the ice, including instructors, or a lower number if determined by Ontario Government, local PHU, the facility or Member.
- Physical distancing is required for the purpose of individual and group training and if a facility has further restrictions all programming must comply.

Registration of Players for the 2020-2021

- Registration is based on last year's registered Association:
 - Players on AAA Waivers may stay with the Association they were registered with in 2019-2020 or return to their residential Association.
 - Players in the LOR that were imports in 2019-2020 have the option to stay with the Association they were registered with for 2019-2020 or return to their residential association. Specifically, for 2019-2020, imports in the GTHL at U13 and above in 2019-2020 may stay in the GTHL and register with any team in the GTHL or return to their residential association for 2020-2021.
 - If MHA is not operating, players are eligible to move to another MHA for a program.
 - If MHA providing some form of programming, players stay where registered last year unless determined otherwise by the Member for the purpose of providing programming.
- Methods of registration for the 2020-2021 season are found at Appendix D.

Junior Hockey

- All Return to Play protocols for each League must be submitted, vetted and approved by the Member and OHF prior to implementation. Protocol must comply with the Ontario Government, local PHU, the facility or Member, in addition to the Hockey Canada Safety Protocols and the OHF Return to Hockey

Framework.

- Flexibility on registering players for participation for the 2020-2021 season will be in cooperation between the Junior Members and their Leagues. Playing rules would comply with all laws of Ontario Government, local PHU, the facility or Member, in addition to the Hockey Canada Safety Protocols and the OHF Return to Hockey Framework.

Competition (Game Play)

- Following a minimum two-week development phase for any new programs, modified 3 on 3 or 4 on 4 game play with No Physical Contact hockey may begin.
- Leagues are a maximum of 50 or less depending on the PHU. The OHF will review the league maximum upon amendments by the Ontario Government.
- All Game Play is within local Public Health Unit.
- There is a minimum of one registered official per game unless determined otherwise by the Member.
- All Game Play must be conducted in conjunction with the local PHU and facility rules for the purpose of sanitation and physical distancing. Suggested programming structures are located in Appendix E with playing rules located in Appendix F.

Stage 3c Return to Practice and Play

Member Approved Programming in Geographic Area that is in Ontario Government Stage 3

Individual and Group Training

- Maximum of 40 participants on the ice, including instructors, or a lower number if determined by Ontario Government, local PHU, the facility or Member.
- Physical distancing is required for the purpose of individual and group training and if a facility has further restrictions all programming must comply.

Registration of Players for the 2020-2021

- Registration is based on last year's registered Association:
 - Players on AAA Waivers may stay with the Association they were registered with in 2019-2020 or return to their residential Association.
 - Players in the LOR that were imports in 2019-2020 have the option to stay with the Association they were registered with for 2019-2020 or return to their residential association. Specifically, for 2019-2020, imports in the GTHL at U13 and above in 2019-2020 may stay in the GTHL and register with any team in the GTHL or return to their residential association for 2020-2021.
 - If MHA is not operating, players are eligible to move to another MHA for a program.
 - If MHA providing some form of programming, players stay where registered last year unless determined otherwise by the Member for the purpose of providing programming.
- Methods of registration for the 2020-2021 season are found at Appendix D.

Junior Hockey

- All Return to Play protocols for each League must be submitted, vetted and approved by the Member and OHF prior to implementation. Protocol must comply with the Ontario Government, local PHU, the

SECTION 14

Appendix F

Rules for 3 on 3, 4 on 4 - U12 to U21

*At the divisions of U10 and U11 a program may chose to operate a full ice program based on the limited size of some rinks. If this occurs, those programs would follow the U12 to U21 rules.

Game Play

- Game time structure based on a 50-minute ice rental
 - 5 min warm up
 - 2 x 22 min period run time
 - 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
 - Period 1 – visiting team has first possession
 - Period 2 – home team has first possession
- No Physical Contact
 - Players must remain one stick length apart
 - Accidental/incidental contact may occur
 - No body checking
 - When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the re-sumption of play once the official is satisfied the attacking team has retreated and the defending team has gained puck possession.
 - A player that loses a glove must immediately retrieve the glove or leave the ice.

Line Changes

- Teams will change on the fly.

Goals

- Goals result in a change of possession. The team that scores the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the team that scored to proceed with the attack.
- Example:
 - Team A scores goal
 - Team A must allow Team B to advance the puck past center ice before applying pressure.

Icing

- Icing the puck results in a change of possession. The team that iced the puck must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.
- Example:
 - Team A ices the puck
 - Team B retrieves puck
 - Team A cannot apply pressure until Team B has advanced the puck past center ice.

Offsides

- Offsides will result in a change of possession. The team that was called for offside must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.
- Example:
 - Team A is called for offside and all players must exit their attacking zone
 - Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.
- Example:
 - Team B goaltender freezes puck
 - Team A must exit their attacking zone
 - Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

Penalties

- Penalty shots will be awarded for penalties as per:
 - 2 min penalties = 1 penalty shot
 - 4+ min penalties = 2 penalty shots
 - All major penalties will result in 2 penalty shots and an ejection from the game
 - Intentional body contact or body checking = 2 penalty shots and may result in removal from the game at the discretion of the referee
 - Intentionally entering the goaltenders crease = 1 penalty shot
 - Co-incidental penalties will result in NO penalty shot being awarded
- The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury
- The time clock will continue to run during a penalty shot. If the buzzer sounds while the penalty shot is in process, the shot will be allowed to be completed and then the player change will occur.
- If a delayed penalty is called near the end of the game and the clock runs out, and where the result of the penalty shot(s) could change the outcome of the game, the penalty shot(s) will be taken. If the outcome of the penalty shot(s) would have no impact on the outcome of the game, the penalty shot(s) will not be taken.

Penalty Shot Procedure

- When a penalty is called, the clock will not stop (all divisions)
- Penalty shot must be taken by the player infringed upon (if applicable) and all players on the ice must remain there until the shot is taken
- The player taking the penalty shot will line up at center ice
- All other players from both teams will line up by the far blue line
- All players will start from a standing position
- Referee will blow the whistle to start play
- All players may begin skating on the whistle; players on the non-penalized team may “chase” the player taking the shot and can prevent it if able to do so.
- Penalties can still be called on penalty shots.
- Should the player miss the penalty shot, play will continue.
- If a goal is scored, the team that scores the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not proceeded past the hashmarks within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.

Roster

- 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

Rules for 3 on 3, 4 on 4 - U7 to U11

Game Play

- Game time structure based on a 50-minute ice rental
 - 5 min warm up
 - 2 x 21 min period run time
- 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
 - Period 1 – visiting team has first possession
 - Period 2 – home team has first possession
- No Physical Contact
 - Players must remain one stick length apart
 - Accidental/incidental contact may occur
 - No body checking
 - When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gained puck possession.
- A player that loses a glove must immediately retrieve the glove or leave the ice.

Line Changes

- 1.5 min shifts (timekeeper will sound the horn to notify shift change).

Goals

- Goals result in a change of possession. The attacking team must retreat and allow the team that was scored against the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must retreat and allow the team that froze the puck the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

Icing

- There is no icing in cross-ice hockey.

Offside

- There are no offsides in cross-ice hockey.

Penalties

- Penalties will be handled in the same manner as modified ice programming per the Hockey Canada Player Pathways. Intentional body contact or body checking may result in removal from the game at the discretion of the referee.

Roster

- 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender