



Return to Play Programming Policy “Stage 3b”

1.0 Purpose

The Purpose of this document is to establish a return to play programming policy for Welland Minor Hockey Association as per the Ontario Minor Hockey “Stage 3B” and submit for review to Regional Director – Region 2, Western District Area E. The tentative commencement of this policy, upon approval from the Regional Director, would be effective October 14, 2020 until March 31, 2021.

2.0 Definitions

“AFM” – Arena Facility Management

Private or municipal staff in charge of the operation of an arena facility and exterior property. They establish protocols, oversee daily, weekly, and monthly cleaning duties are conducted and recorded for the arena facility which includes but not limited to the lobby, public washrooms, dressing rooms, multipurpose rooms, hallways, and storage areas.

“AHJ” – Authority Having Jurisdiction

Authority Having Jurisdiction is considered to be an organization, office, or individual having statutory responsibility for enforcing the requirements of a standard and/or legislation.

“COW” – City of Welland

Welland is a city in the Regional Municipality of Niagara in Southern Ontario, Canada. Estimated population of 52,293. The city is located in the center of Niagara Region. Governed by the Municipal Act of Ontario 2001.

“HC” – Hockey Canada

Hockey Canada is the national governing body of ice hockey and ice sledge hockey in Canada and is a member of the International Ice Hockey Federation. Hockey Canada controls a majority of ice hockey in Canada.

“OHF” – Ontario Hockey Federation

The Ontario Hockey Federation is the governing body of all sanctioned ice hockey in the province of Ontario in Canada, except for those portions governed by Hockey Northwestern Ontario and the Hockey Eastern Ontario. The federation is one of Hockey Canada's thirteen regional branches.

“OMHA” – Ontario Minor Hockey Association

The Ontario Minor Hockey Association is a minor ice hockey governing body in Ontario. The OMHA is sanctioned by the Ontario Hockey Federation and Hockey Canada.



Return to Play Programming Policy “Stage 3b”

“PHU” – Public Health Unit

Niagara Public Health Unit is the Regional body that administers health programming such as communicable disease control, food premise inspection, and health education. An agency of the Province of Ontario, Ministry of Health.

“RTP Committee” – *Return to Play Committee*

A group of WMHA Executive Board and Staff formed as a temporary sub-committee for the purpose of coordinating “return to play” measures. The committee will monitor changes to COVID-19 protocols, OHF bulletins, and OMHA memorandums. Additionally, the committee will act as the group receiving, monitoring and tracking the “OHF health and safety questionnaires” (Appendix D & E) submitted to WMHA.

“TS Committee” – *Team Selection Committee*

A group of WMHA Executive Board and Staff formed as a temporary sub-committee for the purpose of allocating teams for a modified hockey program. The committee select teams to be distributed to division directors for the purpose of assigning coaches.

“WMHA” – Welland Minor Hockey Association

Local minor hockey association providing youth hockey programming within the municipal boundaries of the city of Welland.

3.0 Scope

Starting Wednesday October 14, 2020 – WMHA plans to commence in-house programming referenced as “Stage 3b” - following the OHF “Return to Hockey Framework Stage Chart” (Appendix A). During this stage, WMHA will operate an in-house 4 on 4 game programming for U9 and below. The age categories from U18 to U10 will see game format of 3 on 3 programming (Appendix B). WMHA will have all rostered teams consist of a maximum of 10 players, 1 goaltender, 1 head coach and one trainer. Some rosters may only have less players depending on registration numbers at the time of team allocation. All players that previously played representative hockey will be grouped into a maximum cohort of 5 teams per category in “Tier 1” (Appendix B). All players that previously played local league hockey will be grouped into maximum cohort of 5 teams depending on registration numbers and placed in a category referred to as “Tier 2” (Appendix B). There will be no tryouts and teams will be selected by a “Team Selection Committee”.



Return to Play Programming Policy “Stage 3b”

Programming for U10 & U11 will adhere to the requirements from the OHF called “Canadian Player Pathway” (Atom) https://www.ohf.on.ca/media/vlgimg5w/ohf-atom-pathway_2020-21.pdf.

Programming for U9 and below will adhere to the requirements from the OHF called “U9 Player Pathway”. <https://www.ohf.on.ca/players/player-pathways/u9-player-pathway>

TS Committee

The following Executive and Staff will become a sub-committee for the purpose of play allocation within “Tier 1 & Tier 2” modified hockey programming. Teams will be balanced and player movement within each cohort may take place before December 31, 2020 for the purpose of balancing teams. Once selected, each division director will assign a coach and trainer to a team.

Committee Members (5):

- Tony Mete (Chair)
- Linda Falovo-Atkinson
- Melissa Gomm
- Don Wood
- Jordan Atkinson

Tier one (1) hockey will be comprised of all returning participants that were enrolled in representative hockey programming during the 2019-2020 season.

Tier two (2) hockey will be comprised of all returning participants that were enrolled in house league/local league hockey programming during the 2019-2020 season.

Movement of players between teams and Tier 1 / Tier 2 will be at the discretion of committee for the purpose of balancing teams and registration numbers.

All teams will be scheduled a minimum one (1) game and one (1) practice per week. Any additional ice for practices and games will be allocated by WMHA. The season will not exceed past March 31, 2021.

Programming for the U9 division will consist of 4 on 4 cross ice hockey. Gameplay structure will consist of two (2) 22-minute periods. There will be allowance for a 3-minute warmup prior to the commencement of any game. There will be allowance for a 1-minute intermission between each period for the purpose of



Return to Play Programming Policy “Stage 3b”

rest. There will be 2-minute buzzer for line changes. Programming will comply with HC U9 and below programming. Each team will have one (1) coach and one (1) trainer listed on roster. Practices will be shared ice with another team from the four (4) team cohort.

Programming for the U10 to U18 will consist of 3 on 3 full ice hockey. Gameplay structure will consist of two (2) 22-minute periods. There will be allowance for a 3-minute warmup prior to the commencement of any game. There will be allowance for a 1-minute intermission between each period for the purpose of rest. Each team will have one (1) coach and one (1) trainer listed on roster. Practices will be shared ice with another team from the four (4) team cohort. The U10/U11 group will play with a 2-minute buzzer for line changes. This complies with the OHF modified game rules.

Port Colborne – U16/U18 Cohort

Upon review and approval of Regional Director – Region 2, Western District Area E – WMHA will add 1 team of U16/U18 to Tier 1 and add 1 team of U16/18 to Tier 2 for the purpose of filling the cohort. WMHA currently has 3 teams in Tier 1 and 4 Teams in Tier 2.

***should registration numbers best suit 4 on 4 hockey, the TS Committee shall motion the WMHA Executive board for consideration to modify hockey programming. The WMHA executive shall consider the change of format in the interest of fair play, balanced teams and budgeting.*

Gameplay Structure

- Body Contact – No intentional body contact is permitted.
- Both Teams must start the game with a minimum of 5 players plus 1 goalie OR 6 players.
- Period Time – Both 22-minute periods are running time.
 - U11 and below are on buzzer system. A buzzer will sound to instigate the changes. When the buzzer sounds, players must leave the puck immediately and skate directly to the bench. If players leave the benches early, the referee will award possession to the opposing team. Teams will receive one warning before being penalized. The players cannot be instructed to come back to the bench until the buzzer sounds.
 - U12 to U18 - Line changes will be done “on the fly” – no buzzer system



Return to Play Programming Policy “Stage 3b”

- Face-offs – there will be no faceoffs in the game. Home team will start the first period with the puck. Visiting team will start 2nd period with the puck.
- Offsides – Any offside will be delayed and blown down by the official. The defending zone team will receive the puck back and the offside team must all tag up at the redline (center-ice) first before they can re-attack the offensive zone. (Referee will coach the offending team out of the zone)

**If a play is whistled offside the puck is automatically awarded to the opposing team*

- Goaltender freezes the puck - When the goaltender freezes the puck, the attacking team must exit the offensive zone and simultaneously make contact with the BLUE line (all players simultaneously in neutral zone) before re-entering the zone. Officials are encouraged to work with participants to promote continuous play, if the Official is required to stop the play then the whistle will be blown. The goalie has 10 seconds to get rid of the puck. If the goalie hangs onto the puck for more than 10 seconds a delay of game penalty may be assessed. If the attacking team intentionally touches the puck prior to the other team advancing forward, a penalty shot will be awarded.
- Goals – When a team scores, the official will blow their whistle and announce the goal with an arm gesture. The scoring team must leave the zone immediately to the redline (center-ice) The official will remove the puck from the net and place in the corner of the defending team. Once the defending team touches the puck in the corner, the opposing team may enter the zone and gameplay resumes. Time keepers will be required to monitor goals and post on the scoreboard.
- Goal Scored: When a goal is scored, the scoring team is required to retreat back to the redline until the puck is brought forward to the blue line by the team scored upon.

**No contact between players to celebrate goals permitted.*

- Icing the puck results in a change of possession. The official will blow the whistle, we recommend that the official also verbally identify the icing infraction (yell icing). The team that iced the puck must all retreat to the center red line (center ice). All players from the team that iced the puck must simultaneously make contact with the center red line AND allow the other team to regain puck possession and uncontested control before they can return to the offensive side of the ice.
- Teams in all divisions will switch ends at the end of each period
- Out of Play: When the puck goes out of play, the team not responsible for the



Return to Play Programming Policy “Stage 3b”

stoppage in play will be awarded the puck. A minimum of ten feet of clearance shall be given to resume play. No face-off will occur.

- Any other stoppage of play caused by a team will result in possession of the puck being awarded to the team not responsible for the stoppage of play.
- Timeouts: No timeouts will be awarded during the season.
- Pulled Goalie – Teams may pull their goalie for an extra attacker only in the last two minutes of a game.
- Goalies cannot play the puck past the blue line

Penalties

- Any major penalty will be written up on an incident report by the referee and will be reviewed by WMHA to determine the length of the suspension for offending players.
- Under no circumstances will fighting be permitted. Expulsion from WMHA may result with no refund credit and no option to appeal.
- All checking from behind penalties – regardless of being considered a major or minor penalty – will accompany an ejection from the current game and may result in an additional minimum one game suspension at the discretion of the referee. No option to appeal.
- All intentional checking to the head penalties – regardless of being considered a major or minor penalty – will accompany an ejection from the game and an additional minimum one game suspension at the discretion of the referee. No option to appeal.
- Referees will use their discretion on whether a check to the head was intentional or not.
- All game ejections will be reviewed by WMHA to determine if further discipline is required.
- zero- tolerance approach will be used by the referee towards aggressive and/or abusive coaches, players and spectators. A review of incidents involving inappropriate behaviour will be conducted by WMHA with possible disciplinary actions taken.
- All suspensions will be issued may receive additional games at the discretion of the WMHA



Return to Play Programming Policy “Stage 3b”

All Game play rules are structured under the Hockey Canada & OHF 3-on-3 and 4-on-4 Gameplay Rules (Appendix H). Should there be any discrepancy, the Hockey Canada & OHF 3-on-3 and 4-on-4 Gameplay Rules shall be the point of reference. All penalty references must be adhered to the Hockey Canada and OHF rules and guidelines.

RTP Committee

WMHA will assign the following Executive and Staff as a committee to continuously monitor updates from all governing bodies and local AHJ related to our return to play programming plan.

Committee Members (4):

- Bill Marr – President
- Chris Siddall – 2nd Vice President
- Kirk Patterson – Registrar
- Chris Channon – Ice Scheduler

Arena Facility

Currently WMHA is corresponding with the local municipality for the purpose of ice allocation. The COW has provided WMHA with preliminary information related to building access, site requirements and screening process. (Appendix C). WMHA will adapt to all requirements set forth for access to arena building(s) from the COW, other AFM and AHJ.

Team Staff & Participants

All Team staff, on ice instructors and/or volunteers will be trained upon the approval of this plan and the training will include but not limited to, all return to plan programming, COVID policies, HC Safety Guidelines, WMHA internal policies, AFM building requirements and other local AHJ requirements. Training and correspondence will be provided by email, website, virtual meeting fillable PDF. All participants must complete the OHF- “*Health Screening Questionnaire*” (Appendix D) prior to participation in each on-ice or off-ice activity. The questionnaire may be completed verbally. Team staff, on ice instructors and/or volunteers will be required to delivery questionnaire and take daily attendance (Appendix E). Tracking forms are to be submitted electronically at the end of each week to WMHA Head Trainer.

Facility Arrival

Under the direction of the AFM, WMHA will adhere to guidelines set forth from



Return to Play Programming Policy “Stage 3b”

the building access plan. Some of the items required but not limited to;

- Arrive at the Arena “dressed to play” (exception; helmet, skates, gloves)
- Line up outside 15min prior to rental
- Enter lobby area to complete temperature screening
- Observe mask requirement while inside the facility
- Once screening process is complete, follow arrows to designated change room
- Circulate between ice surface and designated change room only during rental, do not access other locations within facility
- Place water bottle and face mask in a designated basket on the players bench, for storage while playing
- Washroom access is within designated change room only, no other washroom access is permitted
- At end of rental, return to designated change room and promptly remove skates
- Depart the arena through specified exit within 15min of concluding rental
- Allow for 30 minutes temporary closures between rentals to allow for sanitizing of high touch surfaces

WMHA will adhere to all current and new procedures and/or restrictions set forth by the AFM. WMHA will continuously monitor for operational updates and communicate any changes.

Hygiene Requirements

WMHA will enact the following listed below as our commitment to hygiene during our return to play programming plan;

- Mandatory online registration and online payment for the 2020-2021 season.
- Encourage anyone entering the arena facility to wear a cloth mask or face covering and adhere to Niagara Regional temporary Bylaw “[face covering by-law \(By-law 2020-46\)](#)”
- All participants and on ice instructor must wear a cloth mask or face covering until hockey helmet is ready to go on.
- Any off-ice volunteers must wear a cloth mask or face covering at all times while in the arena facility.
- Promote strict hand hygiene/ hand washing before and after training.
- Emphasize to all participants that spitting and blowing the nose without tissue is absolutely forbidden.



Return to Play Programming Policy “Stage 3b”

- Each player needs to have a labeled water bottle, which must be washed after each practice or game. No sharing of water bottles permitted.
- Absolutely no sharing of any food or drink.
- Encourage frequent washing of jerseys and equipment by players and parents.
- No sharing clothing, equipment, assigned jerseys or garments.
- Recommend all participants have their own hand sanitizer within their hockey bag.
- Encourage families to limit shared travel to and from the arena facility
- Upon approval of the AFM – limit 1 parent per participant for the purpose of spectating.

Physical Distancing – Facility

Under the direction of the AFM facility re-opening plan, WMHA and its membership will comply with all requirements related to physical distancing. This includes maintaining a two (2) meter (6 foot) distance from others. Adhering to assigned dressing rooms, seating, benches entrances and exiting. The RTP Committee will monitor any communications and changes to the re-opening plan and communicate to the membership.

Facility Dressing Room & Showers

The AFM will provide direction to WMHA on the requirements for dressing rooms and showers. The COW has stated in their re-opening plan that “*all shower access within the arena facility will not be permitted*”. Cleaning and sanitization of dressing rooms will be the responsibility of the AFM and staff. Dressing rooms will be monitored continuously while occupied by two (2) WMHA instructors, coaches and/or approved volunteer (Appendix F). “OHF dressing room policy”

Physical Distancing – On-Ice Sessions

WMHA will plan all practices to focus on continuous flow drills for the majority of the session. When participants are lining up for the start of any drill, they will be reminded to maintain distance. WMHA game format will be non-contact and players will maintain distance during game play. WMHA will manage a zero-contact policy (Appendix G) and communicate to all participants prior to the commencement of programming. Participants will be required to bring their own labeled water bottle and place in the assigned designated basket location.

Parents/Guardians – Facility

The AFM team in conjunction with the arena policies and provincial requirements



Return to Play Programming Policy “Stage 3b”

will establish guidelines for the number of people permitted in the arena facility. Parents/Guardians should be prepared to minimize the number of visits and access to the facility. Many other considerations for parking lot drop off/pick-ups and washroom restrictions. WMHA will work with the AFM to communicate facility access requirements prior to the commencement of programming.

Facility Departure

Working with local AFM, coaches, participants, parents, guardians and spectators will be required to comply with departure requirements set forth. WMHA will strongly encourage all participants to promptly return to their assigned dressing room, remove skates and exit the arena facility through the specified exit assigned by AFM within 15 minutes of concluding on ice activities. Participants will be permitted to remove, hockey helmet, gloves and skates. All other equipment will stay on while exiting the arena facility.

COVID-19 Symptoms

If WMHA executive, participants, coaches, volunteers or other members show signs of COVID-19 symptoms or become ill (eg: runny nose, sore throat, fever, cough), they must report to coaching staff and stay home. If symptoms are

identified at the arena facility, participants must put on a cloth mask or face covering immediately and remove themselves from the facility.

COVID- 19 affects people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms are:

- Fever
- Dry cough
- Shortness of breath

Less common symptoms:

- Runny nose
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Abnormal Headache
- Loss of taste and/or smell



Return to Play Programming Policy “Stage 3b”

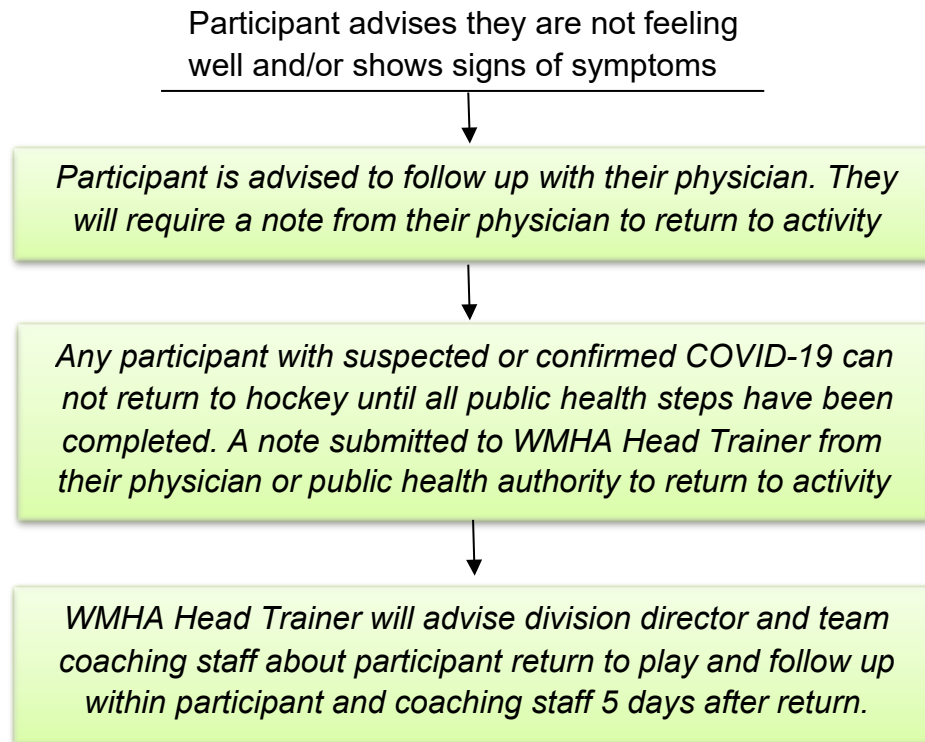
- Skin rash, or discoloration of fingers and toes

Serious symptoms are:

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your physician or health facility. On average, it takes 5-6 days from infection for symptoms to show, but it can take up to 14 days

Report must be sent to the WMHA Head Trainer within 24 hours of notice. Any person showing COVID-19 symptoms must contact PHU for testing and contact tracing. Any member that shows COVID-19 symptoms must provide WMHA Head Trainer with a letter from a physician allowing return to play.



Communication Plan

WMHA will communicate with all members of the requirements set forth from HC, OHF, OMHA, AFM, COW, and AHJ. Communications will be provided but not limited to; WMHA website, WMHA social media, email communications, arena



Return to Play Programming Policy “Stage 3b”

facility postings, and verbal communications. All members must to adhere to the requirements in any communication related to COVID-19 and the operational hockey structure.

4.0 Policy

It is the mission related to this Policy for WMHA to:

- Establish modified ice hockey practices and modified games for WMHA during the return to play phases set out by the OHF
- Develop and prepare youth hockey players for modified game play as per Stage 3b of the OHF return to play.
- Establish protocols for arena facility access for members and participants to comply with all applicable guidelines
- Ensure all volunteers, members, and participants are familiar with modified programming, restrictions, guidelines and reporting requirements.
- Continue to develop and promote self-awareness related to COVID-19 symptoms with all members, and participants
- Ensure all members and participants are working towards a return to play program as a common goal.

4.0 Roles and Responsibilities

President

- Support the implementation of this policy upon approval from OMHA Regional Director
- Appointment and designation of Executive Staff person(s) and others to assist with the implementation of this policy and ensure compliance
- Direct Executive Staff for any required assignment related to operations and program management
- Represent the association in a leadership role internally and externally
- Provide assistance and guidance as needed related to the policy
- Ensure all related policies, by-laws, and code of conduct are adhered to by members and participants
- Promote, lead and ensure safety of all participants and volunteers both on and off the ice
- Promote social distancing, face mask and face coverings, hand sanitization related to the policy

Executive Board Members



Return to Play Programming Policy “Stage 3b”

- Support the implementation of this policy upon approval from OMHA Regional Director and WMHA President
- Appointment and designation of coaching staff and volunteers to assist with the implementation of this policy and ensure compliance
- Promote social distancing, face mask and face coverings, hand sanitization
- Represent the association in a leadership role internally and externally
- Ensure all related policies, by-laws, and code of conduct are adhered to by members and participants
- Represent the association in a leadership role internally and externally
- Provide program assistance and guidance as needed

- Coordinate player allocation for modified teams and programming
- Promote, lead and ensure safety of all participants and volunteers both on and off the ice
- Establish, interview, select, mentor, oversee volunteers and bench staff within each division
- Ensure necessary training is obtained by volunteers for requirements to coach, train or manage.
- Collection of police checks from all volunteers and submission to coordinator
- Perform periodic visits to arena to ensure program operations are compliant
- Promote social distancing, face mask and face coverings, hand sanitization related to the policy

Executive Staff

- Support the implementation of this policy upon approval from OMHA Regional Director and WMHA President
- Adapt modified programming, schedules, rules related to programming
- Act as subject matter expert in specific role and provide recommendations to the Executive Board for consideration
- Represent the association in a leadership role internally and externally
- Ensure all related policies, by-laws, and code of conduct are adhered to by members and participants
- Promote, lead and ensure safety of all participants and volunteers both on and off the ice
- Volunteer for sub-committee when requested from the Executive Board on an as needed basis.
- Provide equipment, resources, access, reports as required from Executive Board members
- Promote social distancing, face mask and face coverings, hand sanitization



Return to Play Programming Policy “Stage 3b”

related to the policy

Coaches/Trainers/Managers

- Support the implementation of this Policy upon approval
- Promote social distancing, face mask and face coverings, hand sanitization related to the policy
- Promote, lead and ensure safety of all participants and volunteers both on and off the ice
- Promote fun and fair play throughout the organization

- Represent the association in a leadership role internally and externally
- Provide assistance and guidance as needed
- Ensure all policies, by-laws, operations and code of conduct are adhered to
- Develop progression lesson plan for players to ensure continuous improvements
- Teach, develop, promote the game of hockey will all participants

Parent Reps

- Support the implementation of this Policy upon approval
- Promote social distancing, face mask and face coverings, hand sanitization related to the policy
- Promote, lead and ensure safety of all participants and volunteers both on and off the ice
- Promote fun and fair play throughout the organization
- Ensure all policies, by-laws, operations and code of conduct are adhered to
- Provide assistance to coaching staff as required

Players/ Participants

- Participate and learn the game of hockey and modified hockey programming
- Adhere to all social distancing, face mask and face coverings, hand sanitization requirements related to the policy
- Respect all players, coaches, officials, volunteers, etc
- Develop friendships with others
- Listen to lesson plan from coaching staff
- Practice safe behaviors both on and off the ice
- Listen, Learn and have fun!

Parents / Spectators

- Promote fun and fair play throughout the organization
- Adhere to all social distancing, face mask and face coverings, hand sanitization



Return to Play Programming Policy “Stage 3b”

requirements related to the policy

- Ensure safety of all both on and off the ice
- Ensure all policies, by-laws, operations and code of conduct are adhered to
- Be courteous and respectful to all

Arena Staff Person(s)

- Ensure safety of all both on and off the ice
- Respect all players, coaches, officials, volunteers, etc
- Perform ice preparations and deployment of hockey nets and ice dividers
- Manage facilities, change rooms and general maintenance
- Report any concerns/issues to WMHA Executive Board or Executive Staff

6.0 Communication

This Policy will be communicated to all association members, volunteers and staff and will be posted on the WMHA website under the “By-Laws and Operations” tab.

7.0 Education and Training

For the 2020-2021 season all WMHA members, volunteers and staff will review this policy and adhere to the requirements. Any new members, volunteers and staff will be required to acknowledge this policy and the relevant sections.

8.0 Related WMHA Policies and Procedures

- WMHA By-laws
- WMHA Manual of Operations
- WMHA Code of Conduct
- WMHA Zero Contact Policy “Memorandum”
- WMHA Return to Play “Stage 3a”

9.0 References

- Hockey Canada – Return to Hockey “Safety Guidelines (June 4-2020)
- Ontario Hockey Federation – Return to Hockey – “Return to Hockey Framework” (July 29-2020)
- Ontario Hockey Federation – “Return to Play Plan Protocols” (checklist)
- Ontario Minor Hockey – “Return to Play Framework – Addendum”
- Website - <https://www.omha.net/covid-19>

10.0 Appendices



Return to Play Programming Policy “Stage 3b”

- Appendix A – OHF Return to Hockey Framework Chart
- Appendix B – Team Formatting
- Appendix C – COW User Group Requirements
- Appendix D – OHF Health Screening Questionnaire
- Appendix E – OHF Participant Screening Tracking Sheet
- Appendix F – OHF Dressing Room Policy – Two Deep
- Appendix G – WMHA Zero Contact policy “Memorandum”
- Appendix H - Hockey Canada & OHF 3-on-3 and 4-on-4 Gameplay Rules

11.0 Record of Changes

Version#	Date dd-mm-yyyy	Section / Paragraph Changed	Change Made / Reason for Change	Changed By
Temp RTP-C-02	10-09-2020	Entire Document	Creation of policy	Chris Siddall
Temp RTP-C-02	11-07-2020	1. Add Port C (Scope) 2. Gameplay Rules (Appendix H)	Update	Chris Siddall



Return to Play Programming Policy “Stage 3b”

WMHA Amendment Date:	November 7, 2020	
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President or Designate	Bill Marr
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print

sign

Date:		
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Next Review Date:	<i>1 Year from approval</i>	
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The OHF will also maintain an updated posting on its website of the OHF Return to Hockey Framework Stage that each Public Health Unit jurisdiction has progressed to. Associations will operate their programming in accordance with the framework of the OHF Return to Hockey Framework Stage, as well as the rules established by their Member, the local PHU and the facilities. In all stages the [Hockey Canada Safety Protocols](#) will be followed.

OHF Stage	Ontario Gov. Stage	Outline	Player Contact	# of Participants [¥]	Structure	Travel
STAGE 1 Return to Ice	Phase 2 Stage 1	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Skill Development Only • Off-ice Training & Activity • Limited/No Use of Bench • Variety of On-Ice Set Ups 	None	Limited to 10 in group including instructor	<ul style="list-style-type: none"> • Private Instruction • Association Instruction • Team Instruction 	Community Based Only
STAGE 2 Return to Practice	Phase 2 Stage 2	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Group Skill Development • Off-ice Training & Activity • May be Limited Use of Bench 	None	Limited to 15 in group including instructor	<ul style="list-style-type: none"> • Private Instruction • Association Instruction • Team Instruction 	Community Based Only
STAGE 3a Return to Play	Phase 2 Stage 3	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Off-ice Training & Activity • Limited or Normal Use of Bench 	No Physical Contact	Maximum of 25 for individual training	<ul style="list-style-type: none"> • MHA/Leagues/Teams • May be Modified Game Play or Cohort Groups 	Limited Public Health Unit (PHU)
STAGE 3b	Phase 2 Stage 3	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Off-ice Training & Activity • Limited or Normal Use of Bench • Registration of Players for the 2020-2021 programming • Allocation of Player Groups • Group Training Prep Phase 	No Physical Contact	Maximum of 30 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Public Health Unit
STAGE 3c	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3 or 4 v 4, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Public Health Unit
STAGE 3d	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3, 4 v 4, 5 v 5, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Adjacent Public Health Units
STAGE 3e	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3, 4 v 4, 5 v 5, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Expanded Local Health Integrated Network
STAGE 4 Return to Regular Competition	Phase 3	<ul style="list-style-type: none"> • No On-Ice Physical Distancing • Regular Practice • Off-ice Training & Activity • Standard Competition • May be Normal Use of Bench 	Contact Allowed	Regular Team Sizes	<ul style="list-style-type: none"> • Rules TBD • MHA/Leagues/Teams • Regular Game Play 	Expanded Tournament Year end events

Disclaimer: The content of the chart if there is discrepancy is superseded by the contents of the specific sections for each Stage in the OHF Return to Hockey Framework.
 * Players that played the 2019-2020 seasoning the GTHL will follow GTHL rules for movement as well as criteria laid out in the OHF Return to Hockey Framework for AAA Waiver and LOR.
 ¥ Number of Participants is a maximum number outlined by the OHF for sanctioned programming, however, all participant numbers are dictated by the restrictions for gathering that have been established by the Ontario Government, local Public Health Unit, facility or Member. Maximum numbers are based on the largest ice surface 100x200 and should be adjusted accordingly for smaller ice surfaces and/or age and size of players.

**Welland Minor Hockey
Stage 3b**

APPENDIX "B"

U7 Initiation Program		
Development Session A	18 Skaters	
Development Session B	17 Skaters	
Development Session C	17 Skaters	
8 weeks of development starting Oct 17 - 1 hour per week		
1 development session and 1 game per week after 8 weeks		

U12/U13 Peewee		
Tier 1		
Game	Practice	
1vs2	1/2	Practice with Birth Year
3vs4	3/4	
Tier 2		
Game	Practice	
1vs2	1/2	Practice with assigned team
3vs4	3/4	

U8/U9 Novice		
8 weeks of development starting Sept 26.		
<u>Tier 1</u>		
Game	Practice	
1vs2	1/2	Practice with assigned team
3vs4	3/4	
<u>Tier 2</u>		
Game	Practice	
1vs2	1/2	Practice with assigned team
3vs4	3/4	

U14/U15 Bantam		
Tier 1		
Game	Practice	
1vs2	U15	Practice with Birth Year
3vs4	U14	
Tier 2		
Game	Practice	
1vs2	1/2	Practice with assigned team
3vs4	3/4	

U10/U11 Atom		
Tier 1		
Game	Practice	
1vs2	1/2	Practice with Birth Year
3vs4	3/4	
Tier 2		
Game	Practice	
1vs2	1/2	Practice with assigned team
3vs4	3/4	

U16/U18 Midget		
Tier 1		
Game	Practice	
1vs2	U18	Practice with Birth Year
3vs4	U16	
Tier 2		
Game	Practice	
1vs2	1/2	Practice with assigned team
3vs4	3/4	



City of Welland Economic Development
Recreation & Culture Division
Welland Community Wellness Complex
145 Lincoln Street, Welland, Ontario L3B 6E1

APPENDIX "C"

Phone: 905-735-1700 Ext. 4000 | Fax: (905)732-6187 | Email: recreation@welland.ca

Dear Ice Users

We are looking forward to the reopening of our Welland Main Arena to public rentals on September 8th 2020. The reopening guidelines and restrictions set forth by the province provide guidance to all municipalities in Ontario, who must individually evaluate what is feasible for their respective community. We are continuing to implement what we have found successful in the first stages of reopening and are planning for the coming months.

With what we know of COVID-19 we anticipate an unusual season ahead of us and want to extend our appreciation for your collective understanding and patience as we reopen the Arena complex to "normal" operations as quickly as is safe to do so.

To ensure the safety of participants, staff, and supporters for all our ice user groups, we have created a COVID-19 safety plan for the reopening of the Main Arena. All pertinent details are provided in the attached Rules of Engagement; I would like to highlight several important aspects here:

- Welland Main Arena (only) to open September 8th
- COVID-19 screening will be in place
- A limit of 50 people are permitted in the facility
- A designated change room with a washroom will be provided for all rentals
- Showers remain closed
- Arrive ready to play
- Ice will close for 30min between rentals to allow for sanitizing of all high touch surfaces

As indicated in the Reopening Plan document, all procedures and restrictions will be subject to ongoing review and will be amended from time to time to reflect best practices or if we receive new information from the Province regarding reopening.

I would like to assure all our user groups that we will strive to follow our ice allocation policy wherever possible; however with one ice pad in operation to start the season, reduced ice time due to sanitization breaks, and obligations to complete screenings we may not be able to meet everyone's expectations. To facilitate a smooth process the ice allocation will be conducted in two steps this year: the first will be requesting ice times for the rest of 2020, and a second allocation process will take place in October for January-April 2021 ice.

Please respond to Kim.Warner@Welland.ca with a statement of intent on whether you would like to run programming this season. Kim will work with all groups who reply with a "yes" to solicit ice needs and create a draft schedule.

Sincerely,

Richard Dalton
Manager, Recreation & Culture



Rules of Engagement for Rentals

Hockey Rentals

- Arrive at the Arena “dressed to play”
- Line up outside 15min prior to rental
- Enter lobby area to complete temperature screening
- Observe mask requirement while inside the facility
- Once screening process is complete, follow arrows to designated change room
- Circulate between ice surface and designated change room only during rental, do not access other locations within facility
- Place water bottle and face mask in a designated basket on the players bench, for storage while playing
- Washroom access is within designated change room only, no other washroom access is permitted
- At end of rental, return to designated change room and promptly remove skates
- Depart the arena through specified exit within 15min of concluding rental

Figure Skating Participants

- Arrive at the Arena “dressed to skate”
- Line up outside 15min prior to rental
- Enter lobby area to complete temperature screening
- Observe mask requirement while inside the facility
- Once screening process is complete, follow arrows to designated change room
- Circulate between ice surface and designated change room only during rental, do not access other locations within facility
- Washroom access is within designated change room only, no other washroom access is permitted
- At end of rental, return to designated change room and promptly remove skates
- Depart the arena through specified exit within 15min of concluding rental

Parents (Helpers) - Minor Leagues & Figure Skating

- Maximum one (1) parent/helper per player
- Enter lobby area to complete temperature screening at same time as player
- Observe mask requirement while inside the facility
- Once screening process is complete, follow arrows to designated spectator section or to designated dressing room (if assisting with lacing skates)
- Maintain social distancing at all times; a maximum of six players and six parents will be permitted in the dressing room at one time
- Parents should make their way to the designated area of the stands for the remainder of the rental
- At end of rental, parent may return to dressing room to assist with removing skates
- Depart the arena through specified exit within 15min of concluding rental
- One designated public washroom will be provided for spectators of youth players

Spectators - Adult Leagues

- Spectators are not permitted for adult leagues until further notice

Public Skating Participants and General Ice Rental

- Arrive at the Arena “dressed to skate”
- Line up outside 15min prior to rental
- Enter lobby area to complete temperature screening
- Observe mask requirement while inside the facility
- Once screening process is complete, follow arrows to designated skate tying area
- Circulate between ice surface and designated skate tying location only, do not access other locations within facility
- One washroom will be available
- Depart the arena through specified exit within 15min of concluding rental

Tournaments

- No tournaments will take place between September 8th, 2020 and January 1st, 2021



ONTARIO HOCKEY FEDERATION

Health Screening Questionnaire

This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity. This questionnaire may be completed verbally.

Are you currently experiencing any of these issues? Call 911 if you are.

1. Severe difficulty breathing (struggling for each breath, can only speak in single words)
2. Severe chest pain (constant tightness or crushing sensation)
3. Feeling confused or unsure of where you are
4. Losing consciousness

If you are in any of the following at risk groups, we ask that you speak with your physician prior to participating.

1. 70 years old or older
2. Getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
3. Having a condition that compromises (weakens) your immune system (for example, diabetes, emphysema, asthma, heart condition)
4. Regularly going to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment)

The answer to all questions must be "No" in order to participate in any and all activity.

1. Are you currently experiencing any of these symptoms?

Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)

Yes No

Chills

Yes No

Cough that's new or worsening (*continuous, more than usual*)

Yes No

Barking cough, making a whistling noise when breathing(croup)

Yes No

Shortness of breath (out of breath, unable to breathe deeply)

Yes No

ONTARIO HOCKEY FEDERATION

Health Screening Questionnaire

Sore throat

Yes No

Difficulty swallowing

Yes No

Runny nose, sneezing or nasal congestion (*not related to seasonal allergies or other known causes or conditions*)

Yes No

Lost sense of taste or smell

Yes No

Pink eye (conjunctivitis)

Yes No

Headache that's unusual or long lasting

Yes No

Digestive issues (nausea/vomiting, diarrhea, stomach pain)

Yes No

Muscle aches

Yes No

Extreme tiredness that is unusual (fatigue, lack of energy)

Yes No

Falling down often

Yes No

For young children and infants: sluggishness or lack of appetite

Yes No



ONTARIO HOCKEY FEDERATION

Health Screening Questionnaire

For the remaining questions, close physical contact means:

Being less than 2 metres away in the same room, workspace, or area for over 15 minutes

Living in the same home

2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19? Close physical contact means:

Yes No

3. In the last 14 days, have you been in close physical contact with a person who either:

Is currently sick with a new cough, fever, or difficulty breathing; OR

Returned from outside of Canada in the last 2 weeks?

Yes No

4. Have you travelled outside of Canada in the last 14 days?

Yes No

If an individual has answered “Yes” to any of these questions, they are not permitted to participate in any on-ice or off-ice activities.

Please note: This Health Screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool (June 17, 2020).



ONTARIO HOCKEY FEDERATION

Session Participation Tracking

All participants/coaches/instructors are expected to complete Health Screening prior to each participation in on-ice activity. The Health Screening may be completed verbally.

By indicating YES in the chart below, you confirm that this Health Screening was passed.

The expectation is that a tracking sheet must exist for each on-ice session to facilitate contact tracing in the event of a COVID-19 exposure.

Session Location	Ice Pad	Date	Time

	Name of each individual included in this session Please list all coaches, instructors and participants	Contact Phone Number	Health Screening Pass (Yes or No)
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			

ONTARIO HOCKEY FEDERATION

Session Participation Tracking

	Name of each individual included in this session Please list all coaches, instructors and participants	Contact Phone Number	Health Screening Pass (Yes or No)
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			

**ONTARIO HOCKEY FEDERATION**

400 Sheldon Drive, Unit 9, Cambridge, Ontario N1T2H9

Telephone: 226 533.9070 **F:** 519 620.7476

www.ohf.on.ca

**Ontario Hockey Federation
Policy on Dressing Room Supervision**

To provide a safe and comfortable dressing room environment with proper supervision for the player and team officials.

Dressing Room Policy

It will be the Policy of the Ontario Hockey Federation that, when any player under the age of 18 is in the team dressing room(s) before, during and after a game or practice, a minimum of two of the following shall be present in the dressing room(s) or immediately outside the dressing room(s) with the door ajar: two team or club/association officials, properly screened or one such official and an adult person associated with the team.

In the situation of Juvenile or U21 hockey the coach may use an adult player over the age of 19 to be the second adult associated with the team.

Sanctions

Any person found to be in violation of this policy will receive a warning for a first offence, a two week suspension for a second offence, and a one year suspension for a third offence.

Notes

- 1 This policy does not apply to a participant and his/her parent or legal guardian.
- 2 This policy to include "tryouts"

1 Amended June 2013

2 Amended November 2014



MEMO

To: All WMHA Members

From: Bill Marr – President of WMHA

CC: WMHA Executive Board & Staff

Date: September 10, 2020

Re: Non- Contact Hockey Programming "OHF Return to Play"

It will be the understanding of all members, coaches, participants and volunteers that WMHA carries a non-contact policy for the 2020-2021 season. This includes but is not limited to;

- Hand shaking or gestures of greeting
- Body contact during on-ice programming
- Horseplay or boisterous conduct
- Fist pumping or gatherings of celebration

WMHA is adhering to all guidelines from our governing hockey organizations, public health units, regional and municipal bylaws and other authorities having jurisdiction.

This non-contact policy will be considered as "zero-tolerance" and all members are required to comply. Any non-compliance will result in automatic removal of member with no opportunity to appeal.

This policy is in affect from the date released above and will be reviewed prior to the commencement of the following season.

Bill Marr

President,

Welland Minor Hockey Association

U12-U21 Game Play Rules

3-on-3 and 4-on-4 Hockey

PHYSICAL CONTACT

The Ontario Government Laws state, "Team sports may only be practiced or played within the facility if they do not allow for physical contact between players or if they have been modified to avoid physical contact between the players."

It is important to recognize that the Ontario Government has permitted competition with the express understanding that rules have been modified to eliminate intentional physical contact. Playing the game of hockey without intentional physical contact represents a significant shift from traditional hockey, as such, it is the equal and collective responsibility of all participants (players, bench staff, officials) to create and adhere to the game play structure that eliminates intentional physical contact. Within the modified playing rules, game officials will encourage and promote continuous play to the greatest extent possible. Simply stated: Game officials will call the game as they see it with the focus of eliminating all intentional physical contact.

It is the expectation of the Ontario Hockey Federation that coaches are teaching and promoting during practice and games team tactics that eliminate all intentional physical contact and promote continuous play.

NO INTENTIONAL PHYSICAL CONTACT
<p>Intentional physical contact is NOT permitted and must be avoided. For the purposes of hockey, intentional physical contact will include body to body contact. Stick to body infractions do not constitute intentional physical contact.</p> <p>Ex. Lifting a player's stick to obtain the puck does not constitute intentional physical contact.</p>
<p>Accidental/incidental contact may occur</p>
<p>When a scrum or gathering (2 or more participants) occurs with prolonged contact officials will not separate the players, they will communicate with them to disengage. Should the scrum continue, play will be stopped. The defensive team will be awarded possession of the puck and the attacking team will be forced to retreat. The official will blow the whistle a 2nd time when it is determined that the attacking team has sufficiently retreated. The attacking team will NOT be required to leave the zone, they will be required to back away from the puck and allow the defensive team to fully gain possession. If a puck gathering or scrum occurs in the neutral zone the defensive versus attacking team will be determined by the position of the puck relative to the centre red line (centre ice).</p>

MODIFIED PLAYING RULES

All Major Penalties, Gross Misconduct Penalties and Match Penalties will be applied in accordance with current Hockey Canada playing rules.

For modified playing rules involving intentional physical contact, the game official will provide one warning to BOTH TEAMS on account of the first minor penalty involving intentional physical contact, any subsequent minor penalty from this list will result in immediate removal from competition. An individual player does not require an individual warning prior to removal, the warning will be directed

at the head coach. It is the responsibility of the head coach to manage their team and relay the warning. The following minor penalties have been modified to align with the elimination of intentional physical contact.

OHF Members are required to track game ejections for intentional physical contact and have the authority to impose supplementary discipline to repeat offenders.

INFRACTION	RULE #	RULE	APPLICATION	RATIONALE
Boarding and Body-Checking	6.2(a)	A Minor penalty for Boarding or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty, based upon the degree of violence of the impact with the boards, shall be assessed any player who body-checks, cross-checks, charges or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards. If a player is injured a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.	Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Boarding and Body-Checking	6.2(b)	In divisions of U13 and below and female hockey, a Minor penalty for Body-checking or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who, in the opinion of the Referee, intentionally body-checks, bumps, shoves or pushes any opposing player. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. When the offensive player is skating towards the defensive player, the defending player may not hit the offensive player by going in the opposite direction to that player. The body contact must be as a result of the movement of the offensive player. There must be no action where the offensive player is pushed, checked or shoved into the boards. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed. A Match penalty could also be assessed under this rule.	Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Charging	6.3(a)	A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty based on the degree of violence shall be assessed to any player who runs or jumps into or charges an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.	Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Checking from Behind	6.4(a)	A Minor penalty and a Game Misconduct penalty or a Major penalty and a Game Misconduct penalty, at the discretion of the Referee, based on the degree of violence of the impact , shall be assessed any player who intentionally pushes, body-checks, cross-checks while in motion or otherwise hits an opposing player from behind, anywhere on the ice. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.	Minor penalty – penalty shot And Automatic removal from game <u>without</u> warning.	Conscious decision to engage physical contact.

Checking from Behind	6.4(a)	A Minor penalty and a Game Misconduct penalty or a Major penalty and a Game Misconduct penalty, at the discretion of the Referee, based on the degree of violence of the impact , shall be assessed any player who intentionally pushes, body-checks, cross-checks while in motion or otherwise hits an opposing player from behind, anywhere on the ice. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.	Minor penalty – penalty shot And Automatic removal from game <u>without</u> warning.	Conscious decision to engage physical contact.
Head Contact	6.5(a)	In minor and female hockey, a Minor penalty shall be assessed to any player who accidentally contacts an opponent in the head, face or neck with their stick or any part of the player’s body or equipment.	Minor penalty – penalty shot	Key word: accidental
Head Contact	6.5(b)	In minor and female hockey, a double Minor penalty or a Major and a Game Misconduct penalty, at the discretion of the Referee and based on the degree of violence of impact, shall be assessed to any player who intentionally contacts an opponent in the head, face or neck with their stick or any part of the player’s body or equipment.	Double minor penalty – two penalty shots And Automatic removal from game following warning.	Conscious decision to engage physical contact. Key word: intentional
Head Contact	6.5(c)	In minor and female hockey, any player incurring three head contact penalties that do not meet the criteria of a Major and a Game Misconduct or a Match penalty shall be assessed a Game Ejection.	Any player receiving 3 accidental penalties under 6.5(a) shall be assessed a Game Ejection.	
Head Contact	6.5(d)	In Junior and Senior, a Minor and a Misconduct penalty, or a Major and a Game Misconduct penalty, at the discretion of the Referee based on the degree of violence of impact, shall be assessed to any player who checks an opponent in the head in any manner.	Minor penalty – penalty shot And Automatic removal from game <u>without</u> warning.	Conscious decision to engage physical contact.
Kneeing	6.6(a)	A double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty based upon the degree of violence of impact shall be assessed to any player who makes initial contact with their opponent’s knee.	Double minor penalty – two penalty shots And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Fighting and Roughing	6.6(c)	A Minor penalty shall be assessed any player who, having been struck, shall retaliate with a blow or attempted blow. Should such a player continue to retaliate, they shall be assessed a Major penalty and a Game Misconduct penalty.	Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Fighting and Roughing	6.6(l)	A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who is guilty of unnecessary rough play.	Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.

Fighting and Roughing	6.6(m)	A Minor penalty or, at the discretion of the Referee, a Major and a Game Misconduct penalty shall be assessed to any player who, in the Referee's judgment, makes deliberate physical contact with an opponent after the whistle.	Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Holding	7.1(a)	A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who holds an opponent with their hands, stick or in any other manner. If the penalty assessed is for holding the stick, a Minor penalty for Holding the Stick shall be recorded and announced.	Minor penalty – penalty shot And Automatic removal from game following warning. Excludes Holding the Stick	Conscious decision to engage physical contact.
Interference/Protection of the Goaltender	7.3(a)	A Minor penalty for Interference or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty based on the degree of violence of impact, shall be assessed to any player who:	Follow rule as written if deemed intentional physical contact:	Conscious decision to engage physical contact.
		(1) interferes with or impedes the progress of an opponent who is not in possession of the puck, or (2) deliberately knocks a stick out of an opponent's hand, or (3) prevents an opponent who has lost or dropped their stick from regaining possession of it.	Minor penalty – penalty shot And Automatic removal from game following warning.	
Interference/Protection of the Goaltender	7.3(b)	A Minor penalty for Interference with the Goaltender shall be assessed to a player who, by means of their stick or body, interferes with or impedes the movements of the goaltender by actual physical contact. The penalty should be announced as Interference with the Goaltender.	Follow rule as written if deemed intentional physical contact: Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Tripping	7.4(a)	A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who trips an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.	Follow rule as written if deemed intentional physical contact: Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Tripping	7.4(b)	A double Minor penalty or Match penalty, at the discretion of the Referee based upon the degree of violence of impact with the ice, shall be assessed to any player who slew-foots an opponent. Slew footing occurs when one player uses a leg or a foot to knock or kick an opposing player's feet from under them, or pushes another player's upper body backward with an arm or elbow and at the same time, with a forward motion of their leg, knocks or kicks that player's feet from under them. An automatic Match penalty shall be assessed to any player who injures an opponent with a slew foot.	Double minor penalty – two penalty shots And Automatic removal from game following warning.	Conscious decision to engage physical contact.

GAME PLAY

MANDATORY RULES	RECOMMENDED RULES
Pre-game on-ice warm up	5 minutes
Two periods (run time) of equal length	22 minute periods
Intermission / break between periods	1 minute
Teams shall alternate ends between each period	
No faceoffs	Period 1 – visiting team has first possession Period 2 – home team has first possession
No overtime / no shootout for tied games	
A player that loses a glove must immediately retrieve the glove or leave the ice	

**Pre-game on-ice warm up, period and intermission length is based on a 50-minute ice rental. Times can be adjusted to accommodate shorter or longer ice rentals.

GAME ROSTER

MANDATORY RULES	RECOMMENDED RULES
Maximum 10 participants per team	9 players plus 1 goaltender
Both teams must start the game with a minimum of 5 players plus 1 goaltender OR 6 players.	

LINE CHANGES

RECOMMENDED RULES
Change on the fly
Designated bench entry and exit doors

GOALS

MANDATORY RULES
When a goal is scored the team that scored the goal must all retreat from the offensive zone. All players from the team that scored the goal must simultaneously make contact with the center red line (center ice) before they can proceed to apply pressure to the team that was scored upon. Team that scores must all retreat to center ice before returning to the offensive half of the ice.
No contact between players to celebrate goals

ICING

MANDATORY RULES

Icing the puck results in a change of possession. The official will blow the whistle, we recommend that the official also verbally identify the icing infraction (yell icing). The team that iced the puck must all retreat to the center red line (center ice). All players from the team that iced the puck must simultaneously make contact with the center red line AND allow the other team to regain puck possession and uncontested control before they can return to the offensive side of the ice.

OFFSIDE

MANDATORY RULES

Offside will result in a change of possession. The official will blow the whistle, we recommend that the official also verbally identify the offside infraction (yell offside). All players from the team that was offside must retreat to the centre red line (center ice). All players from the offside team must simultaneously be in contact with the center red line before they can return to the offensive side of the ice.

GOALTENDER FREEZES THE PUCK

MANDATORY RULES

When the goaltender freezes the puck, the attacking team must exit the offensive zone and simultaneously make contact with the BLUE line (all players simultaneously in neutral zone) before re-entering the zone..

Officials are encouraged to work with participants to promote continuous play, if the Official is required to stop the play then the whistle will be blown.

PENALTIES

MANDATORY PENALTY PROCEDURES & GUIDELINES

The Hockey Canada Playing Rules 2020-2022 apply for all infractions

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

When assessing a penalty, the Referee will be in a position to clearly see the benches giving the penalty signal and then holding up one finger for one penalty shot and two for two penalty shots. On completion will skate into position for the penalty shot.

If off-setting coincidental penalties are assessed, play shall be stopped immediately with the offending players sent off the ice to the players' bench, regardless of the team in possession of the puck when the whistle was blown the defending team will be given possession and the attacking team will retreat until the official is satisfied and the defending team has gained puck possession. The official will blow their whistle to signal play has resumed.

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

If a team has no goaltender and a penalty shot is assess, the opposing team will be awarded a goal for each penalty shot.

Misconduct penalties will result in NO penalty shot. The timekeeper will put 10-minutes on the penalty clock and the player must remain on team bench until 10-minutes has expired. If there is no timekeeper.

As per the Equipment rule, players must pick up all loose equipment on the ice before proceeding to the players' bench.

If a player picks up a broken stick, they will not be assessed a Minor penalty/penalty shot as all loose equipment must be cleared off the ice.

If they get involved in the play with the broken stick a penalty shot will be awarded.

PENALTY SHOT PROCEDURE

All Major Penalties, Gross Misconduct Penalties and Match Penalties will be applied in accordance with current Hockey Canada playing rules.

MANDATORY PENALTY SHOT PROCEDURE
The time clock will continue to run during all penalty shots (time will not be stopped). If the buzzer sounds while the penalty shot is in progress, the shot will be allowed to be completed. If the player stops during the penalty shot, the puck will be reset at centre ice and the player will retake the penalty shot.
The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury or has received a Game Ejection, Game Misconduct, Match Penalty, or Gross Misconduct.
Someone who was on the ice will take the penalty shot for bench minors, too many players, etc. (where the victim cannot be identified)
The player taking the penalty shot will line up at centre ice
All the players of the opposing team will line up at either side of their blue line and must be between the boards and face-off dot.
Once the penalty shot is completed, whether there is a goal or not, the defending players can enter their end-zone to retrieve the puck. The player taking the shot must skate to the red line and all attacking players must be in simultaneous contact with the red line prior to re-entry into the end-zone.
If a goal is scored, the team that scored 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

U7-U11 Game Play Rules

3-on-3 and 4-on-4 Hockey

PHYSICAL CONTACT

The Ontario Government Laws state, “Team sports may only be practiced or played within the facility if they do not allow for physical contact between players or if they have been modified to avoid physical contact between the players.”

It is important to recognize that the Ontario Government has permitted competition with the express understanding that rules have been modified to eliminate intentional physical contact. Playing the game of hockey without intentional physical contact represents a significant shift from traditional hockey, as such, it is the equal and collective responsibility of all participants (players, bench staff, officials) to create and adhere to the game play structure that eliminates intentional physical contact. Within the modified playing rules, game officials will encourage and promote continuous play to the greatest extent possible. Simply stated: Game officials will call the game as they see it with the focus of eliminating all intentional physical contact.

It is the expectation of the Ontario Hockey Federation that coaches are teaching and promoting during practice and games team tactics that eliminate all intentional physical contact and promote continuous play.

NO INTENTIONAL PHYSICAL CONTACT
Intentional physical contact is NOT permitted and must be avoided
Accidental/incidental contact may occur
Lifting a player’s stick to obtain the puck does not constitute intentional physical contact
When a scrum or gathering (2 or more participants) occurs with prolonged contact officials will not separate the players, they will communicate with them to disengage. Should the scrum continue, play will be stopped. The defensive team will be awarded possession of the puck and the attacking team will be forced to retreat. The official will blow the whistle a 2 nd time when it is determined that the attacking team has sufficiently retreated. The attacking team will NOT be required to leave the zone, they will be required to back away from the puck and allow the defensive team to fully gain possession. If a puck gathering or scrum occurs in the neutral zone the defensive versus attacking team will be determined by the position of the puck relative to the centre red line (centre ice).

MODIFIED PLAYING RULES

All Major Penalties, Gross Misconduct Penalties and Match Penalties will be applied in accordance with current Hockey Canada playing rules.

For modified playing rules involving intentional physical contact, the game official will provide one warning to BOTH TEAMS on account of the first minor penalty involving intentional physical contact, any subsequent minor penalty from this list will result in immediate removal from competition. An individual player does not require an individual warning prior to removal, the warning will be directed at the head coach. It is the responsibility of the head coach to manage their team and relay the warning.

The following minor penalties have been modified to align with the elimination of intentional physical contact.

Penalties that do not involve intentional physical contact, in the divisions permitted to deliver modified ice programming, will be handled in the same manner as traditional modified ice programming per the Hockey Canada Player Pathways. Specifically, penalty shots will not be awarded, however, the official will notify the coach of the offending team. It is expected that the coach takes the opportunity as a teaching moment and communicates directly with that individual.

OHF Members are required to track game ejections for intentional physical contact and have the authority to impose supplementary discipline to repeat offenders.

INFRACTION	RULE #	RULE	APPLICATION	RATIONALE
Boarding and Body-Checking	6.2(a)	A Minor penalty for Boarding or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty, based upon the degree of violence of the impact with the boards, shall be assessed any player who body-checks, cross-checks, charges or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards. If a player is injured a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.	Automatic removal from game following warning.	Conscious decision to engage physical contact.
Boarding and Body-Checking	6.2(b)	In divisions of U13 and below and female hockey, a Minor penalty for Body-checking or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who, in the opinion of the Referee, intentionally body-checks, bumps, shoves or pushes any opposing player. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. When the offensive player is skating towards the defensive player, the defending player may not hit the offensive player by going in the opposite direction to that player. The body contact must be as a result of the movement of the offensive player. There must be no action where the offensive player is pushed, checked or shoved into the boards. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed. A Match penalty could also be assessed under this rule.	Automatic removal from game following warning.	Conscious decision to engage physical contact.
Charging	6.3(a)	A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty based on the degree of violence shall be assessed to any player who runs or jumps into or charges an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.	Automatic removal from game following warning.	Conscious decision to engage physical contact.
Checking from Behind	6.4(a)	A Minor penalty and a Game Misconduct penalty or a Major penalty and a Game Misconduct penalty, at the discretion of the Referee, based on the degree of violence of the impact , shall be assessed any player who intentionally pushes, body-checks, cross-checks while in motion or otherwise hits an opposing player from behind, anywhere on the ice. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.	Automatic removal from game <u>without</u> warning.	Conscious decision to engage physical contact.
Head Contact	6.5(a)	In minor and female hockey, a Minor penalty shall be assessed to any player who accidentally contacts an opponent in the head, face or neck with their stick or any part of the player's body or equipment.	Notify Head Coach	Key word: accidental
Head Contact	6.5(b)	In minor and female hockey, a double Minor penalty or a Major and a Game Misconduct penalty, at the discretion of the Referee and based on the degree of violence of impact, shall be assessed to any player who intentionally contacts an opponent in the head, face or neck with their stick or any part of the player's body or equipment.	Automatic removal from game following warning.	Conscious decision to engage physical contact. Key word: intentional

Head Contact	6.5(c)	In minor and female hockey, any player incurring three head contact penalties that do not meet the criteria of a Major and a Game Misconduct or a Match penalty shall be assessed a Game Ejection.	Any player receiving 3 accidental penalties under 6.5(a) shall be assessed a Game Ejection.	
Kneeing	6.6(a)	A double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty based upon the degree of violence of impact shall be assessed to any player who makes initial contact with their opponent's knee.	Automatic removal from game following warning.	Conscious decision to engage physical contact.
Fighting and Roughing	6.6(c)	A Minor penalty shall be assessed any player who, having been struck, shall retaliate with a blow or attempted blow. Should such a player continue to retaliate, they shall be assessed a Major penalty and a Game Misconduct penalty.	Automatic removal from game following warning.	Conscious decision to engage physical contact.
Fighting and Roughing	6.6(l)	A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who is guilty of unnecessary rough play.	Automatic removal from game following warning.	Conscious decision to engage physical contact.
Fighting and Roughing	6.6(m)	A Minor penalty or, at the discretion of the Referee, a Major and a Game Misconduct penalty shall be assessed to any player who, in the Referee's judgment, makes deliberate physical contact with an opponent after the whistle.	Automatic removal from game following warning.	Conscious decision to engage physical contact.
Holding	7.1(a)	A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who holds an opponent with their hands, stick or in any other manner. If the penalty assessed is for holding the stick, a Minor penalty for Holding the Stick shall be recorded and announced.	Automatic removal from game following warning. Excludes Holding the Stick	Conscious decision to engage physical contact.
Interference / Protection of the Goaltender	7.3(a)	A Minor penalty for Interference or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty based on the degree of violence of impact , shall be assessed to any player who: (1) interferes with or impedes the progress of an opponent who is not in possession of the puck, or (2) deliberately knocks a stick out of an opponent's hand, or (3) prevents an opponent who has lost or dropped their stick from regaining possession of it.	Follow rule as written if deemed intentional physical contact: Automatic removal from game following warning.	Conscious decision to engage physical contact.
Interference / Protection of the Goaltender	7.3(b)	A Minor penalty for Interference with the Goaltender shall be assessed to a player who, by means of their stick or body, interferes with or impedes the movements of the goaltender by actual physical contact. The penalty should be announced as Interference with the Goaltender.	Follow rule as written if deemed intentional physical contact: Automatic removal from game following warning.	Conscious decision to engage physical contact.

Tripping	7.4(a)	A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who trips an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.	Follow rule as written if deemed intentional physical contact: Automatic removal from game following warning.	Conscious decision to engage physical contact.
Tripping	7.4(b)	A double Minor penalty or Match penalty, at the discretion of the Referee based upon the degree of violence of impact with the ice, shall be assessed to any player who slew-foots an opponent. Slew footing occurs when one player uses a leg or a foot to knock or kick an opposing player's feet from under them, or pushes another player's upper body backward with an arm or elbow and at the same time, with a forward motion of their leg, knocks or kicks that player's feet from under them. An automatic Match penalty shall be assessed to any player who injures an opponent with a slew foot.	Automatic removal from game following warning.	Conscious decision to engage physical contact.

GAME PLAY

MANDATORY RULES	RECOMMENDED RULES
Pre-game on-ice warm up	5 minutes
Two periods (run time) of equal length	22 minute periods
Intermission / break between periods	1 minute
Teams shall alternate ends between each period	
No faceoffs	Period 1 – visiting team has first possession Period 2 – home team has first possession
No overtime / no shootout for tied games	
A player that loses a glove must immediately retrieve the glove or leave the ice	

**Pre-game on-ice warm up, period and intermission length is based on a 50-minute ice rental. Times can be adjusted to accommodate shorter or longer ice rentals.

GAME ROSTER

MANDATORY RULES	RECOMMENDED RULES
Maximum 10 participants per team	9 players plus 1 goaltender
Both teams must start the game with a minimum of 5 players plus 1 goaltender OR 6 players.	

LINE CHANGES

MANDATORY RULES	RECOMMENDED RULES
1.5 minute shifts (time keeper will sound the horn to notify shift change). Regardless of the team in possession of the puck when the buzzer sounds, the defending team will always be given possession of the puck at the buzzer. It will be the position of the puck relative to the centre red line (centre ice) that will determine defending and attacking teams. The defending team will be allowed to gain full possession of the puck before the attacking team can apply pressure. The official will monitor this and will blow the whistle if a puck gathering or puck scrum occurs	Designated bench entry and exit doors

GOALS

MANDATORY RULES

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.

No contact between players to celebrate goals

GOALTENDER FREEZES THE PUCK

MANDATORY RULES

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

MANDATORY RULES

There is no icing in cross-ice hockey.

OFFSIDE

MANDATORY RULES

There are no offside in cross-ice hockey.