

Hockey Canada Summary

2020-2022

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Why are we here?

The NOHA is a Member of the OHF. We are following the stages as outlined under the OHF Return to Play Framework, which includes an emphasis on safety. We are fortunate that we are in a position to be able to play games during the COVID-19 Pandemic. All sports who wished to provide programming were required to modify the rules to limit physical contact. While we hope to be able to return to the traditional program, we will comply with the directives of the Provincial Government and will participate in the discussions with the OHF to ensure that we do so in a safe and cautious manner.



Questions

If you have any questions tonight, please use the “Chat” function in Zoom. Participants will not be able unmute themselves for the duration of the webinar.

If you any questions regarding these rules or safety guidelines after the conclusion of this webinar, please forward them to campbelg@ontera.net and amorell@noha-hockey.com.



Hockey Canada Rule Books

Hockey Canada Rule Books will not be printed for the 2020-2021 hockey season.

It is available for download and print at: https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook_casebook_e.pdf

Do you want to learn or verify rules? Download the rule book or the free Hockey Canada Rule Book app for Android and iOS devices.

<https://hockeycanada.ca/en-ca/hockey-programs/officiating/downloads>



Definitions

Body Contact

- Incidental contact of two opposing players in pursuit of the puck on the ice in the same direction. Body contact occurs as a result of movement by the offensive player.

Body Checking

- An attempt by a player to gain an advantage on the opponent with the use of the body. Body checking results when two opposing players collide while skating in opposite directions or when positioning and angling allow the checker to use the force of the body to gain the advantage. Body checking may result in a penalty if used in a division of hockey that does not allow for body-checking.

DISRESPECTFUL BEHAVIOUR

- Behaviour that is rude, unpleasant, inappropriate and unprofessional that is found to be offensive to others.



Procedures

The following have been deleted:

- Elbowing – can be roughing or head contact if in the head, face or neck.
- Penalty Shot Signal – Now, blow whistle and point to center.



Rule 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.
- (b) A Major penalty and a Game Misconduct penalty shall be assessed to any player who injures an opponent by kneeing.
- (c) A Match penalty shall be assessed to any player who deliberately injures an opponent by kneeing or deliberately attempts to injure an opponent with their knee.

Rule 6.6 (a) Kneeing (double Minor) added to list of reportable penalties by a Linesperson.



Situations



Addition Situation 3 – Rule 3.1

A goaltender goes to the bench during a delayed penalty and begins to return to their net following the stoppage of play. Part way to the net, the goaltender realizes that their stick is broken or a piece of equipment requires repair.

Can the goaltender return to the bench if they have not yet reached their goal area?

Answer: No. Once the goaltender begins to return to their net, they must continue and is now governed by Rule 3.1 (c).

Clarification: Goaltender is allowed ten-feet from their bench.

Note: Officials should be communicating with the goaltender.



New Situation 21 – Rule 4.2

Between the second and third periods, the resurfacing machine has cleaned the ice. When the teams return to the ice, one team has all of its players skating in their defending zone and is assessed a Bench Minor penalty as per Rule 10.15 (d)

The Head Coach does not agree with the penalty and persistently challenges the Referee and is assessed a Bench Minor penalty under Rule 9.2 (a), thus resulting in two Bench Minor penalties being assessed to the offending team.

Answer: The offending team will play 5-on-3 for two minutes.



Relocated Situations – Rule 4.7

Rule 4.7 (b) Situation 1 Gross Misconducts now Rule 9.2 (f) Situation 9

Wherever a Referee has **reasonable** grounds to believe that a player or team official is impaired by alcohol and/or **drugs**, such player or team official is encouraged to voluntarily withdraw from the game. However, should a further incident occur requiring penalties that entail a written report, the possible use of alcohol and/or drugs should be noted in the Official Game Report.

Rule 4.7 (b) Situation 3 Gross Misconducts now Rule 9.2 (f) Situation 10

When a player or team official sprays water out of a drinking bottle on or **at any person**, the Referee is directed to assess a Bench Minor penalty. If the player or team official guilty of such action can be identified, a Gross Misconduct.



New Situation 1 - Rule 8.6

Rule 8.6 (a) player must have committed three or more stick infractions and not three or more penalties.

EXAMPLE A:

A player receives a Minor penalty for High-sticking, a Minor penalty for Slashing and a Minor penalty for **Butt-end hooking**.

RULING: The Game Ejection penalty does not apply.



New Situation 1 - Rule 8.6

EXAMPLE B:

A player receives a Minor penalty for High-sticking and a double Minor for Spearing.

RULING: The Game Ejection penalty does not apply. The player has received three Minor penalties, but **has only committed two stick infractions**.



New Situation 1 - Rule 8.6

EXAMPLE C:

A player has received two stick infraction penalties. There is an obvious third stick infraction committed by this player and the Referee has the penalty on delay. The non-offending team scores a goal to nullify this penalty.

RULING: The Game Ejection penalty does not apply. The penalty was never assessed.



New Situation 1 - Rule 8.6

EXAMPLE D:

A player has received two stick infraction penalties. There is an obvious third stick infraction committed by this player and the Referee has the penalty on delay. The offending team is already shorthanded and is serving a Minor penalty. The non-offending team scores during the delayed calling of the stick infraction penalty.

RULING: The scoring of the goal nullifies the penalty being served and the stick infraction penalty is assessed along with the Game Ejection penalty.



New Situation 1 - Rule 8.6

EXAMPLE E:

A player has received two stick infraction penalties. There is an obvious third stick infraction committed by this player that calls for **a double Minor penalty** and the Referee has the penalty on delay. Subsequently, **the non-offending team scores**.

RULING: **The first of the double Minor penalties is nullified by the goal.** The second penalty is assessed and the Game Ejection penalty applies.



New Situation 2 - Rule 9.5

No player may leave the players' bench for the purpose of starting a fight.

EXAMPLES:

During the play, Team A9 comes off the players' bench on a player change and goes directly to an opposing player and is involved in a fight.



New Situation 2 – Rule 9.5

What penalties are assessed if:

Team A9 initiates or instigates the fight and both players fight or is deemed a one player fight to A9.

RULING: A9 double Minor plus Game Misconduct for leaving players' bench for purpose of starting a fight, **Minor for Instigating and a Fighting Major and Game Misconduct**. B6 receives a fighting Major plus a Game Misconduct if involved in the fight or no penalty if they do not fight.

A fight takes place with both players being willing participants.

RULING: **A9 would not receive the Instigating Minor.** All other penalties would remain the same as above.



New Situation 2 - Rule 9.5

EXAMPLE:

During the play, Team A9 comes off the players' bench on a player change and is involved in a fight with B6.

What penalties are assessed if:

B6 is the instigator.

RULING: A9 would only receive a Fighting Major and Game Misconduct. B6 would receive a Minor for Instigating, a Fighting Major plus a Game Misconduct.



New Situation 23 – Rule 9.5

The players bench and penalty bench are side by side. A player on the penalty bench leaves early on their own accord without proceeding by way of the ice to their players' bench with five (5) seconds remaining in their original penalty. What penalty or penalties do you assess to the player?

A Minor penalty will be assessed to the offending player for a violation of Rule 2.5 (c) and (e), **not proceeding by way of the ice to their players' bench and a Minor penalty** for a violation of Rule 9.5 (d), leaving the penalty bench before the expiration of his penalty in addition to the five (5) seconds remaining in the original penalty for a total of 4:05 minutes.

Note: Should the player leave the penalty bench early in the above situation upon error of the time keeper, then only the Minor for not proceeding to the players' bench by way of the ice will be assessed, in addition to the unserved time from the original penalty.



New Situation 23 – Rule 10.2

The Linesperson signals a delayed off-side. Despite the Linesperson's clear call, the offending player continues and goes directly to the net and forces the goaltender to freeze the puck.

Where does the face-off take place?

Ruling: The face-off takes place at the nearest attacking team end-zone location, intentional off-side.



Housekeeping



Wording

Hockey Canada has changed all references to “his, her, him, she, and he” to neutral pronouns.

The term Linesman and Linesmen has been changed to Linesperson and Linespersons.



Wording

Team A assessed a Minor, Team B a double Minor, the two minute differential goes on the clock and the officials did not send a player from the ice to serve the time penalty.

The Officials shall have the team place the correct player(s) in the penalty bench at the next stoppage of play. Should there be no stoppage prior to the expiration of the penalty, then the officials should stop once the short-handed team gains possession and control of the puck in order to return the team to full strength.



Wording

Rule 4.9 (h) Should a goal be scored from a Penalty Shot, a further penalty to the offending player shall not be applied unless the offense for which the Penalty Shot was awarded was such as to incur a Major or Match penalty, in which case the penalty prescribed for the particular offense shall be assessed. If the offense for which the Penalty Shot was awarded was such as would normally incur a Minor penalty, then regardless of whether the Penalty Shot results in a goal or not, no further Minor penalty shall be served. **Should the infraction resulting in the Penalty Shot normally result in a double Minor penalty (e.g. Spearing), then the Penalty Shot shall be in lieu of one Minor penalty and the second Minor penalty shall be assessed, regardless of the result of a goal being scored on the Penalty Shot.**



Wording

Rule 6.7 (h) Any player or **goaltender** joining in a fight or acting as a peacemaker shall be considered a subsequent player participating in a fight and be assessed a Game Misconduct penalty plus any other penalties incurred.

(i) Any player or **goaltender** taking part in another or subsequent fight during the same stoppage of play will be assessed a Game Misconduct penalty plus any other penalty the offender incurs under the rules.

(n) When a **goaltender** leaves their crease during a fight, they shall be assessed a Minor penalty, plus any other penalties they incur.



Wording

Rule 9.2 (b)

A Misconduct penalty shall be assessed on any player who:

- 1) Uses disrespectful language or gestures to any person.

Note 2: For the purpose of this rule, “disrespectful” is defined as actions or words deemed rude, unpleasant, inappropriate or unprofessional and found to be offensive to others **that have not escalated to the criteria of which are discriminatory comments.**



Wording

Rule 9.2 (c) If the Referee is unable to identify the person responsible for the use of disrespectful language or gestures, a Bench Minor penalty shall be assessed.



Wording

Rule 9.2 (f) Any player or team official who engages in verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Gross Misconduct penalty and the Referee shall report full details of the incident to the President.

Notwithstanding the above, at the discretion of the Referee, a Gross Misconduct penalty shall be assessed to any player or team official that conducts themselves in a manner as to make a travesty of the game by using obscene, profane or threateningly abusive language, gestures or actions towards any person with discriminatory or otherwise malicious intent. **Such actions may also be described as verbal or physical taunts or gestures that intend to humiliate, demean, belittle, cause offense to or harm the reputation of the person or group targeted.**



Wording

Rule 10.17 (f)

TIME-OUT GUIDELINES

1. Each team may have one 30-second time-out per game. This includes any overtime.
2. Both teams may take their time-out during the same stoppage of play.
3. All players, including goaltenders, may go to their respective benches during the time-out.
4. The Referee must advise the Timekeeper of the time-out and the Timekeeper will indicate when the time-out is over.
5. The Referee shall allow the calling of a time-out after a stoppage of play at **any time up to the point the official blows the whistle to initiate the face-off procedure.**
6. Subsequent to the time-out, the line change procedure shall recommence.



Hockey Canada Safety Guidelines

Northern Ontario Hockey Association



Fair Play Initiative

The Hockey Canada procedure is for Officials to approach each bench and meet the Coaches. Officials should not shake hands with Coaches, and should maintain proper physical distancing six feet from the bench. Official(s) are encouraged to make eye contact with the Coaches.

This is an excellent opportunity to establish expectations regarding communication with the Coaches, or Captains, during the game. This should also be the standard practice/position if it is necessary to communicate with a Coach during the game.



Fair Play Initiative

Hockey Canada has eliminated the practice of pre and post game handshakes between Players and Team Officials as a result of COVID-19. This will remain in effect until otherwise directed.

Officials should not shake hands or bump fists with Players or Coaches. If Coaches approach the Officials on the ice after the game with the intent of shaking hands, a quick wave and thank you as the Official maintains physical distancing would be appropriate.



Spitting on Ice

If a Player is spitting or blowing their nose without a tissue on the ice or in the bench area, Officials should encourage and promote proper hygiene habits with Players, as outlined in the Hockey Canada Safety Guidelines.

If a player is spitting or blowing their nose without a tissue on the ice or on the bench area, the first time this occurs, Officials will issue both teams a warning that the next occurrence by either team will result in the Player being ejected under code GE101.



Mentors

Associations are permitted to utilize on-ice coach/mentor officials, but also must respect and follow public health authority and facility guidelines.



3 vs 3 and 4 vs 4 Game Rules

Northern Ontario Hockey Association



Basic Structure

- Game time length will be based on a 50-minute ice rental
- 5-minute warm-up
- 2 x 22-minute periods run time
- 1-minute intermission between 1st and 2nd period – teams will switch ends
- No overtime / no shootout for tied games
- No face-offs



Beginning of Periods

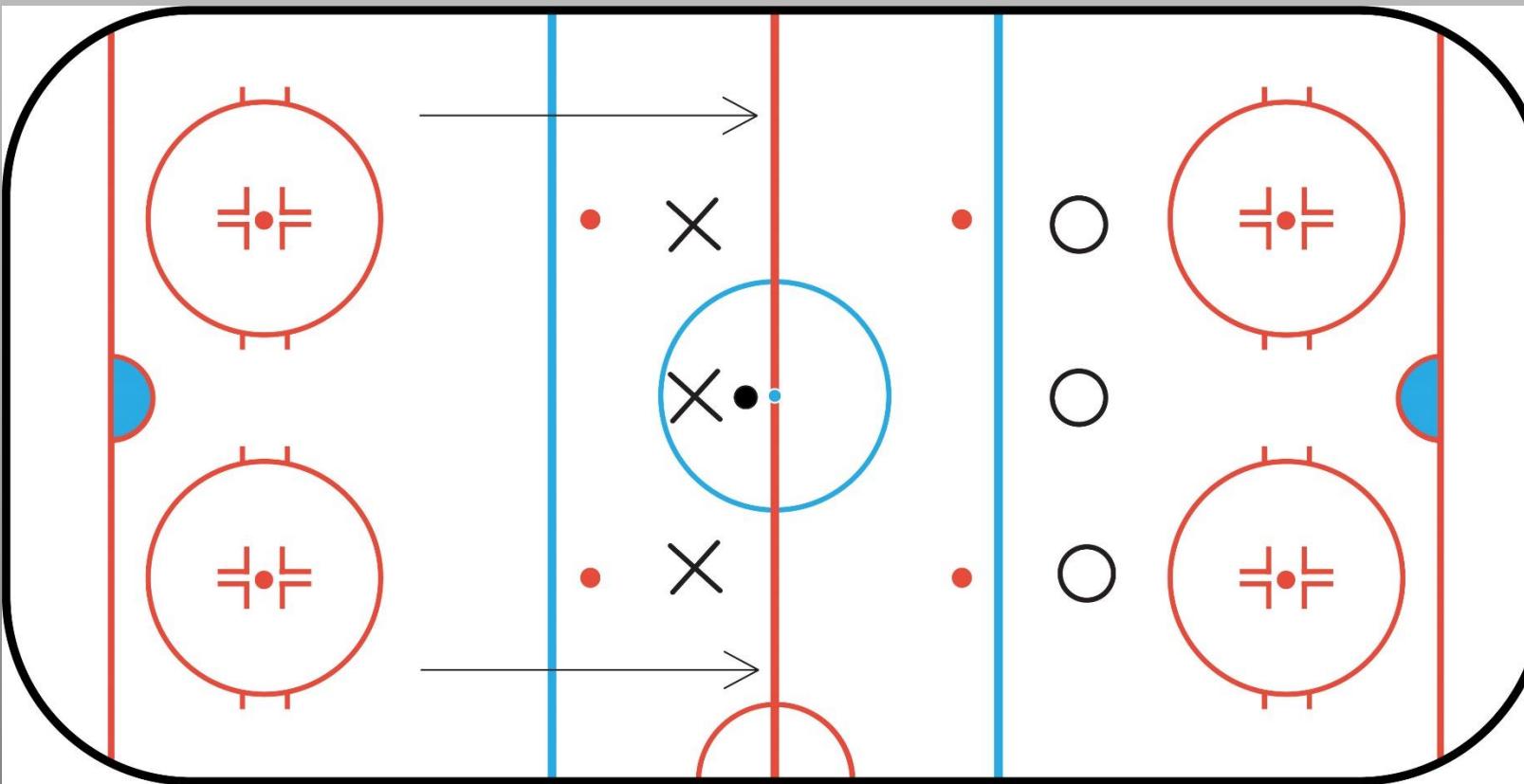
Period 1 – visiting team has first possession

Period 2 – home team has first possession

- To begin the game, the visiting team will get first possession with all visiting players standing behind the red line. The home team players must stand behind their blue line. The Referee will blow the whistle to start the game.
- Same procedure will occur at the beginning of the 2nd but with the home team having first possession.



Beginning of Periods



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.”



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.



Physical Contact

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. Ex: Lifting a player's stick to obtain the puck does not constitute intentional physical contact. Accidental/incidental contact may occur.



Player Scrums

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).



Physical Contact

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



Physical Contact

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.



Physical Contact

For the purpose of this rule the following penalties apply:

Boarding, Body Checking, Charging, Checking from Behind, Head Contact, Kneeing, Roughing, Holding, Interference/Protection of the Goaltender, and Tripping.



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.



Line Changes

Half-Ice U7 and below – On the buzzer, players must relinquish control of the puck immediately and vacate the ice, the new players enter the ice immediately, if players do not follow this procedure, it may result in a penalty.

Half-Ice U9 (optional for U11) – 1.5-minute shifts (timekeeper 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 be given possession and the attacking team will retreat until all players are in simultaneous contact with the red line.

U11 and above – Teams will change on the fly using designated bench entry and exit doors.

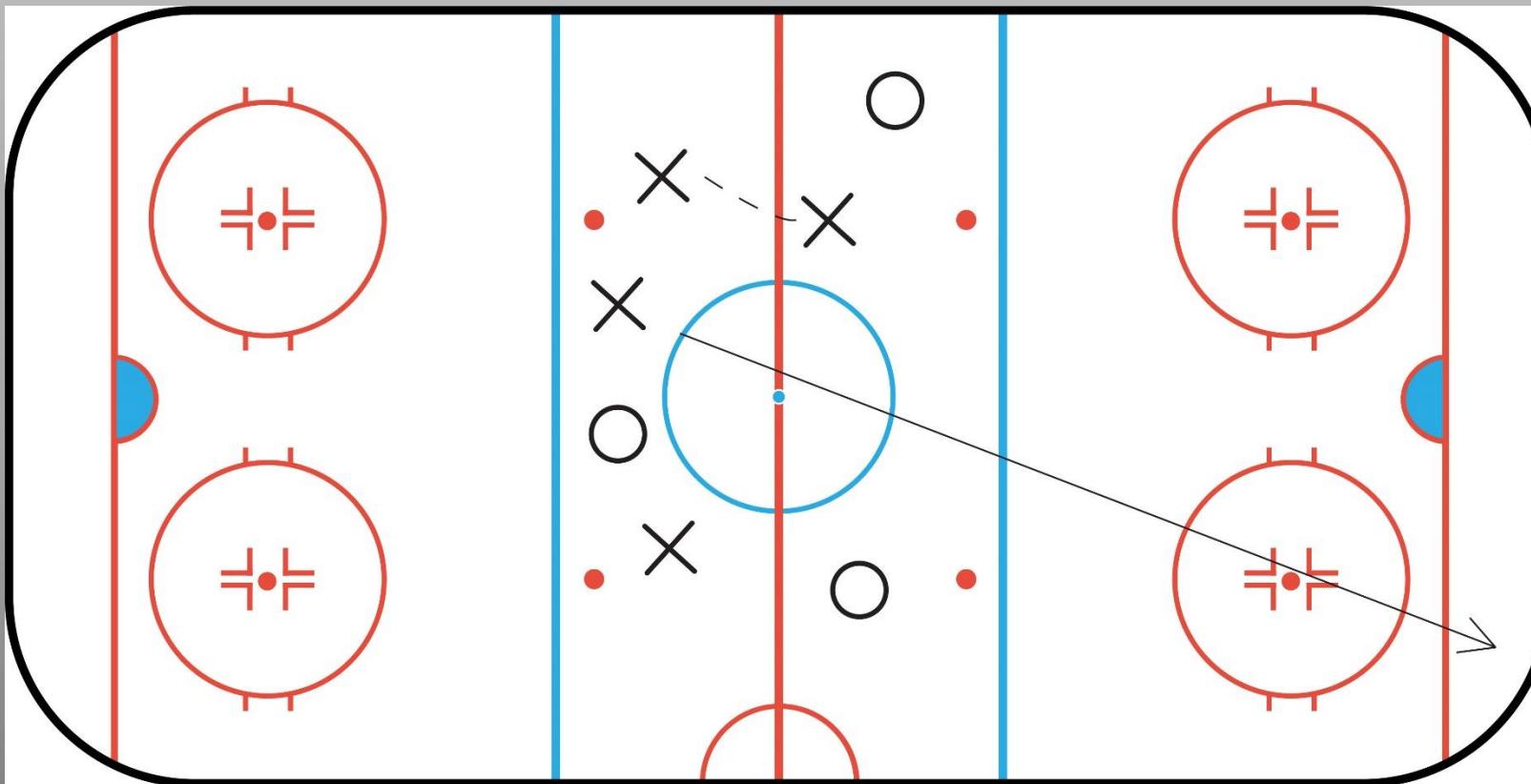


Icing

Icing the puck results in a change of possession. The official will blow the whistle; will verbally identify the icing infraction (yell icing). The team that Iced the puck must all retreat to the centre red line (centre ice). All players from the team that Iced the puck must simultaneously make contact with the centre 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, the Official will blow their whistle again to signal the attacking team may proceed.



Icing



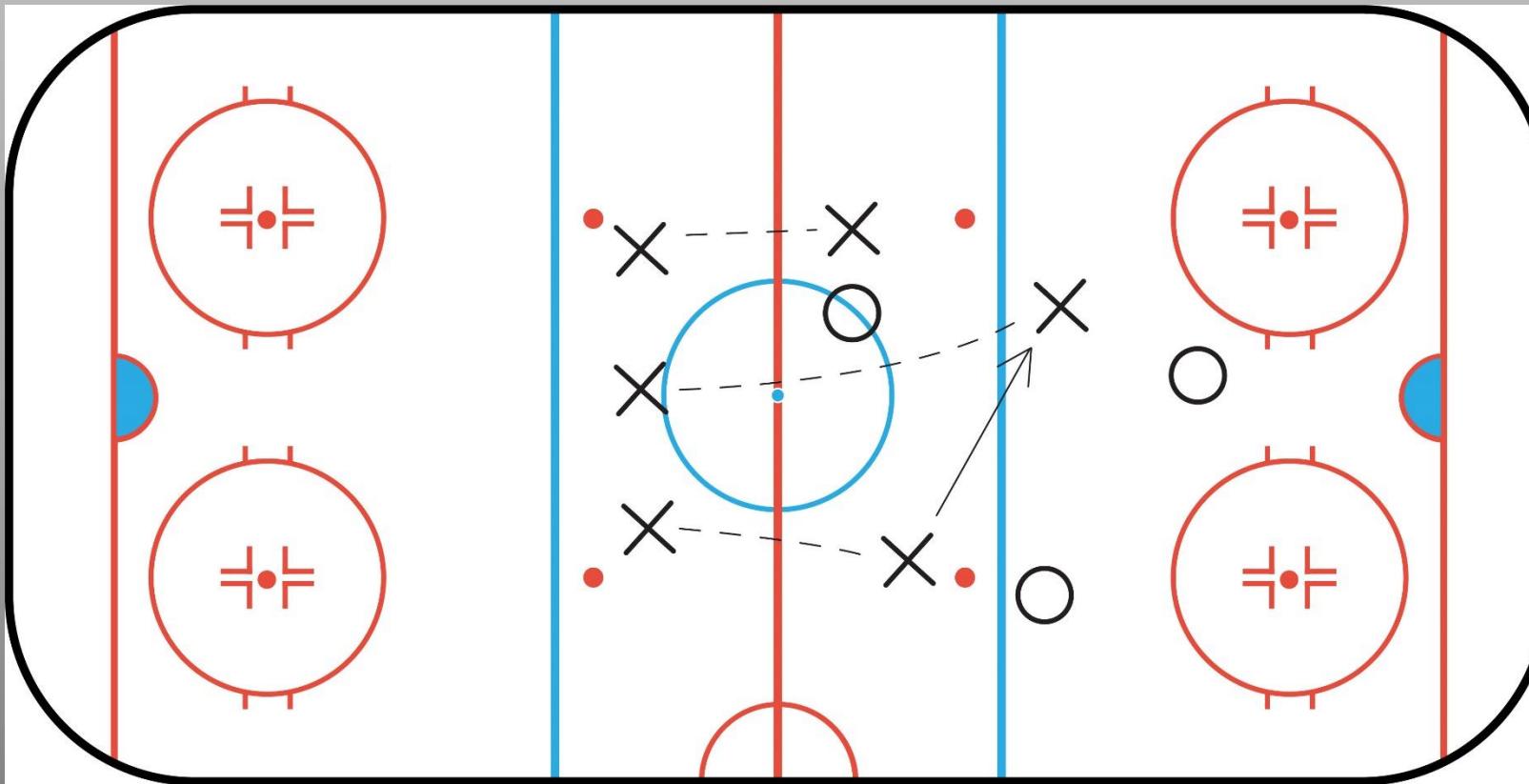
Off-sides

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 (centre ice). All players from the offside team must simultaneously be in contact with the centre red line before they can return to the offensive side of the ice.

If the offending team intentionally shoots the puck after the whistle signalling off-side giving them an advantage, they will be issued a warning and then a penalty shot on second offence and each offence after that.



Off-sides

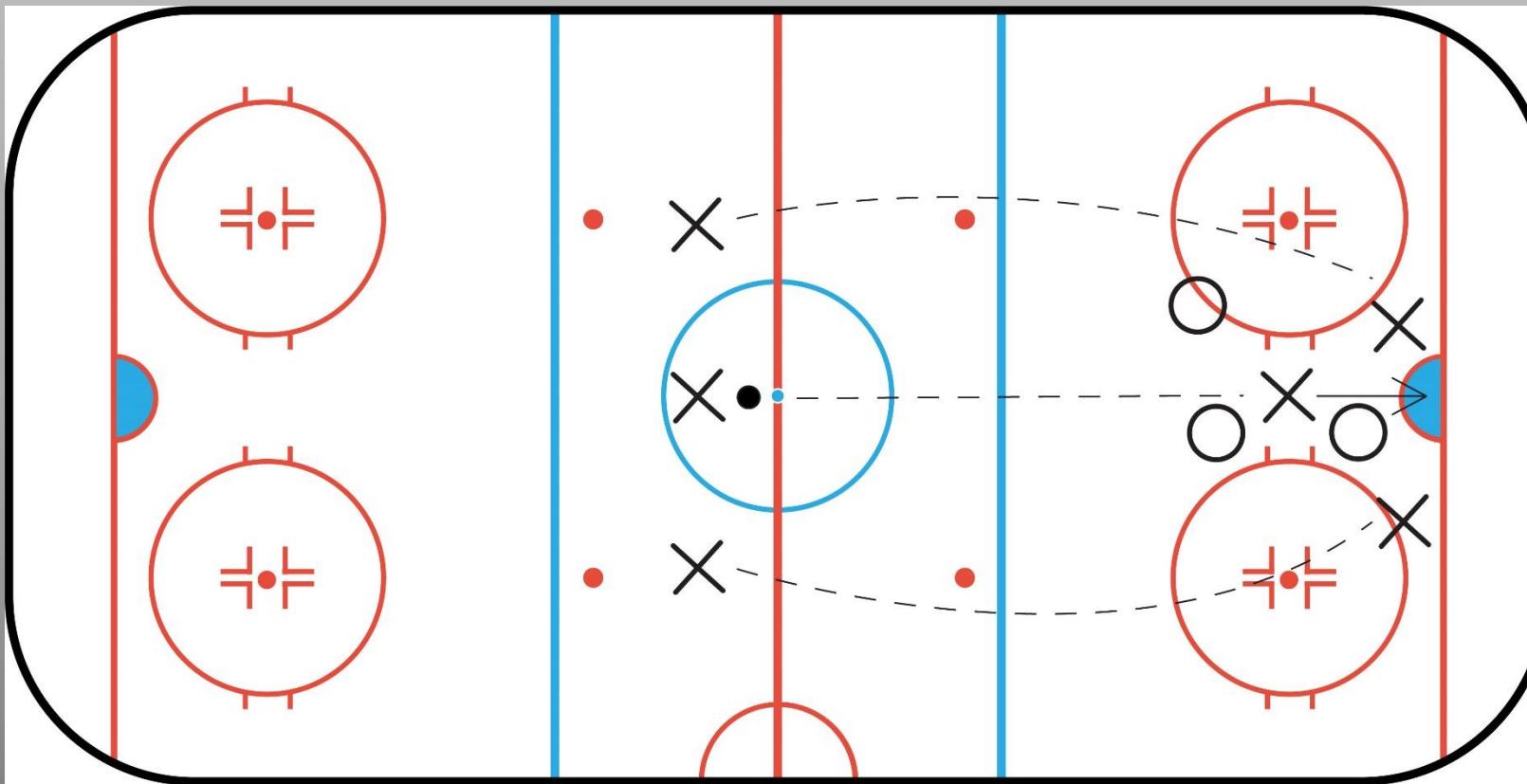


Goals

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



Goals



Touching Up Explained

Example:

There is one attacking player between the red line and the opponents goal line and the play is off-side or they have scored a goal.

All other attacking players must now wait on their side of center until that player skates to the redline and makes contact with the redline before any player can now skate towards their opponents end.



Goaltender Freezes the Puck

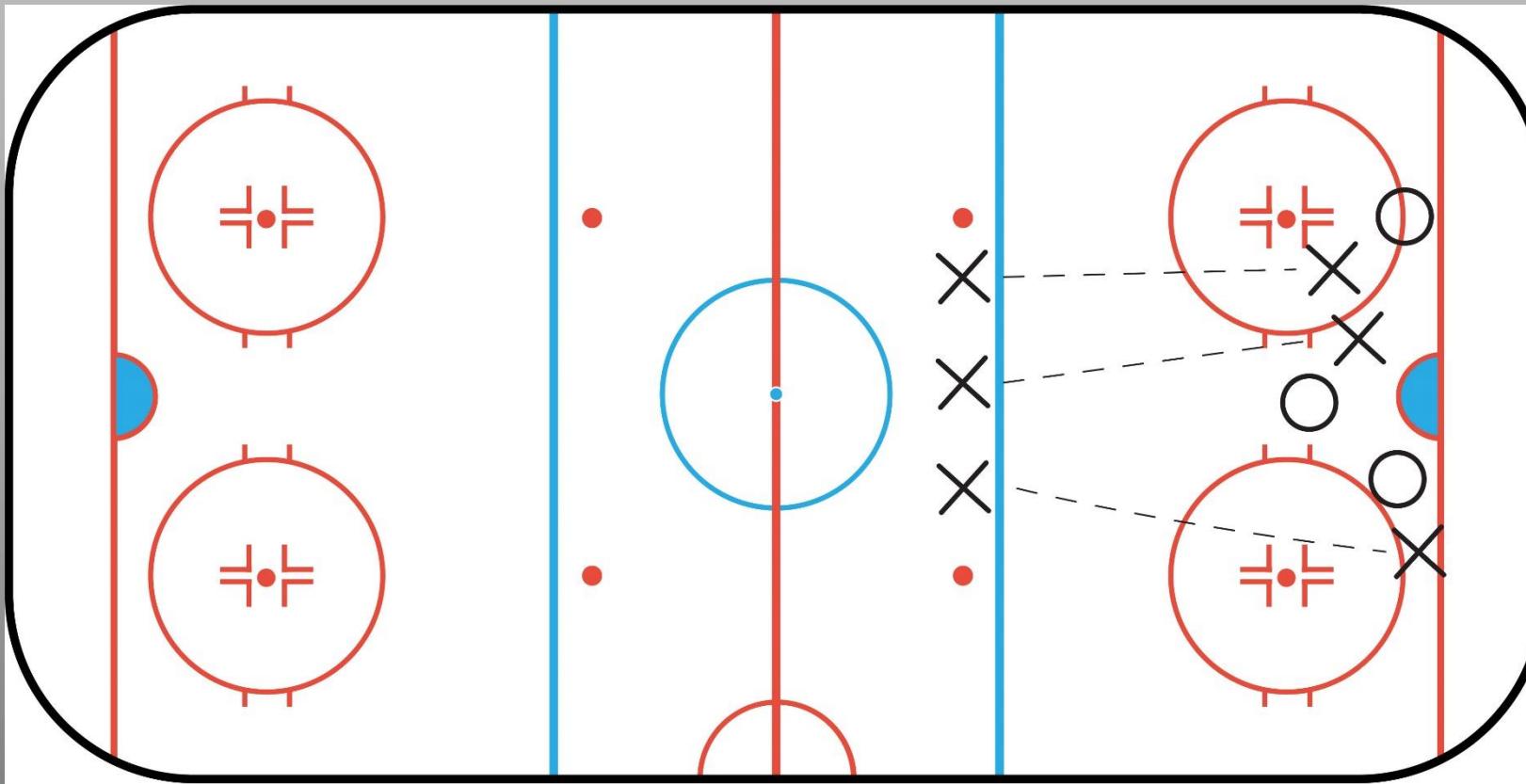
When the goaltender freezes the puck, the attacking team must exit the offensive zone and simultaneously make contact with the BLUE line (all players simultaneously in neutral zone) before re-entering the zone.

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.

Officials must communicate with the goaltender to play the puck if no attacking players are forcing the play.



Goaltender Freezes the Puck



Penalties

The Hockey Canada Playing Rules 2020-2022 apply for all infractions.
Penalty shots will be awarded for penalties as per:

2-minute penalties = 1 penalty shot

4-minute penalties = 2 penalty shots

All 5-minute penalties will result in 2 penalty shots and an ejection from the game

All penalty shots will be on delay until the offending team has gained possession.



Assessing the Penalty Shot

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 2 for two penalty shots. On completion will skate into position for the penalty shot.

The other Referee will retrieve the puck and bring it to center ice. The Official will after the penalty shot determine if all attacking players are in simultaneous contact with the red line prior to re-entry into the end-zone.



Coincidental Penalties

Coincidental penalties will result in no penalty shots being awarded, players must leave the ice and be replaced by a player on the bench. If one team is assessed a minor and the opposing team a double-minor, the only team awarded a penalty shot is the team who would have the player advantage (team assessed the minor).

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.



Delayed Penalty Shots

If a delayed penalty shot is called near the end of the first period and the clock runs out the penalty shot will be taken. If a delayed penalty shot is called near the end of the game and the clock runs out and where the result of the penalty shot could change the outcome of the game the penalty shot 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.



No Goaltender?

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

If a goaltender does not show up the strength of the game would be 5 vs 4 or 4 vs 3 in favour of the team with no goaltender.



10-Minute Misconducts

When a player is assessed a Misconduct, there is no penalty shot. The timekeeper will put 10-minutes on the penalty clock and the player must remain on his player's bench until 10-minutes is expired. If there is no timekeeper, it will be the responsibility of the coach to keep the player on the bench until the Misconduct is expired.



Penalty Shot Procedure

The time clock will continue to run during a penalty shot.

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.

When two penalty shots are assessed because of a penalty that is 4+minutes, two goals can be scored at the same stoppage, this is a change from traditional hockey.



Who can take 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 can not be identified).



Executing the Shot

The player taking the penalty shot and the players on his team will line up at center.

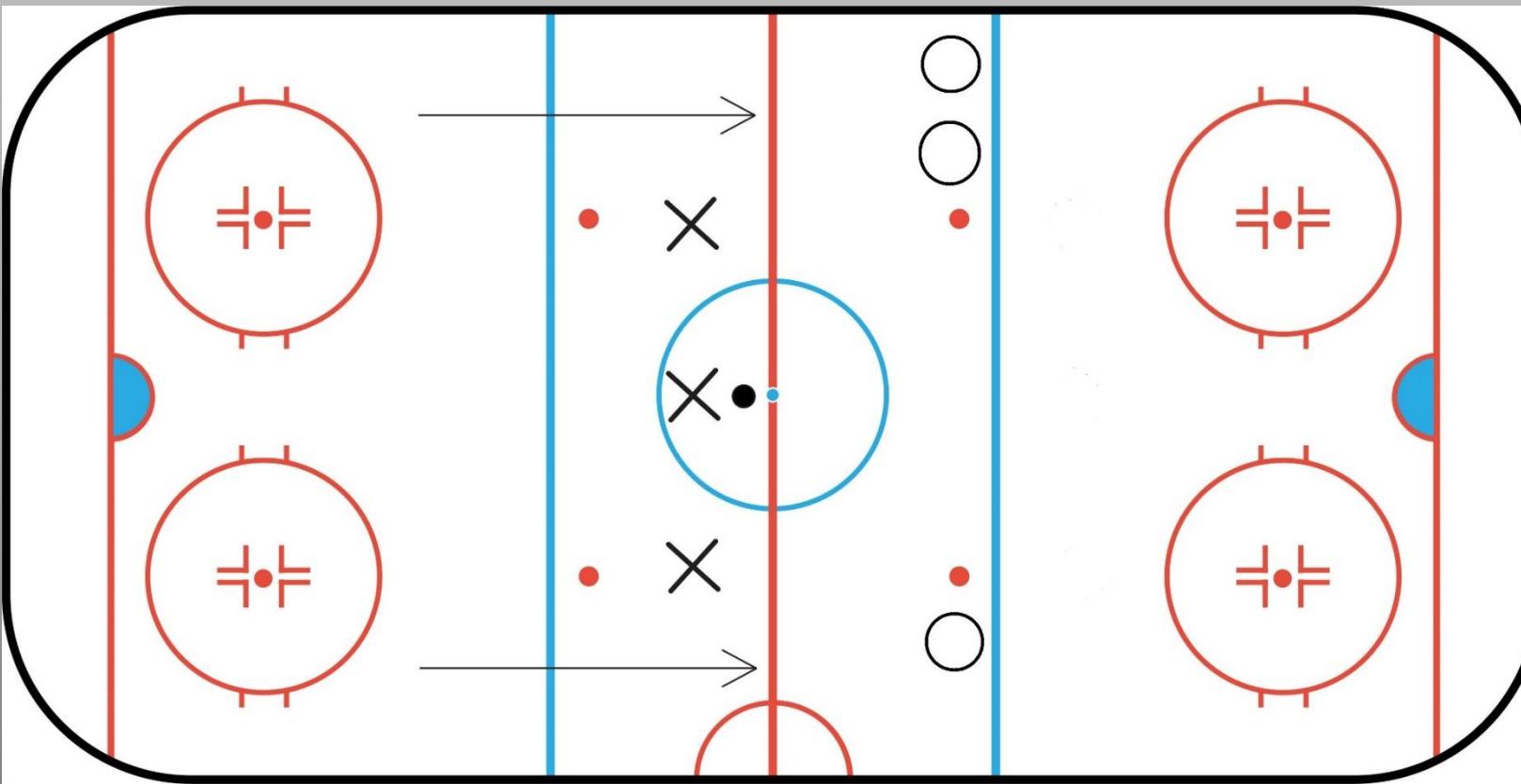
All the players of the opposing team will line up at either side of their blue line and must be between the boards and face-off dot.

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.



Executing the Shot



Equipment

How should Officials handle the management of Player equipment on the ice?
Examples: broken/dropped sticks, neck guards, mouth guards, and gloves.

Players must pick up all loose equipment on the ice before proceeding to the players' bench. If an Official sees a player has lost a piece of equipment they can instruct them to pick it up before proceeding to the players' bench.

A player that loses a glove has two options, retrieve the glove and put it on to stay involved in the play, or pick it up and go to the bench.

Note: Any equipment on the ice must be picked up by the player before going to the bench.



Broken Sticks

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 assess a penalty shot.



Rosters

9 players plus 1 goaltender (per team).

Both teams must start the game with a minimum of 5 players and 1 goaltender or 6 players. If a team has no goaltender and a penalty shot is assessed, the opposing team will be awarded a goal for each penalty shot.



Thank you!

