



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
www.noha-hockey.ca



Modified Playing Rules **Updated December 13, 2021**

Basic Structure

Game lengths are in accordance with league rules
No face-offs

Beginning of Periods

Period 1 – visiting team has first possession | Period 2 – home team has first possession
Period 3 – visiting 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 and 3rd periods.

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. Example: 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).

Line Changes

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.



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Off-sides

Off-side will result in a change of possession. The official will blow the whistle; will verbally identify the off-side infraction (yell offside). All players from the team that was off-side must retreat to the centre red line (centre ice). All players from the off-side 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.

Goals

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 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.

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.

Penalties

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

Penalties will be assessed in accordance with Hockey Canada rules.

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.

No Goaltender

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



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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.

Players' Benches

Every effort should be made to maintain physical distancing on the bench.

Mask Enforcement

Any team official who alters the position of their face mask while challenging/disputing the ruling or any communication with an official regardless of whether physical distancing is being maintained, shall be given a warning.

This warning applies to all team officials of that team. If any team official alters the position of their mask for any of the above actions, after that team has received a warning, they shall be assessed an unsportsmanlike conduct penalty under Rule 11.1.

A team official after receiving an unsportsmanlike conduct minor penalty will receive a Game Misconduct if their actions continue or if there is a subsequent violation.

The directive above does not extend past the scope of communication between team official(s) and officials.

In addition, On-Ice Officials that identify a Team Official outside of communication with the On-Ice Official not properly wearing their masks have the ability to provide a report to the MHA on the game sheet or by any mechanism the MHA sees fit.

Equipment

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 while play is in progress or 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 with the broken stick a penalty shot will be awarded.

Physical Contact Outlined

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."



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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

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Accidental/incidental contact may occur.

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).

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.