



Parry Sound Hockey Club
Return to Play
Hockey Framework

September 22, 2020

Version 1.1



Parry Sound Hockey Club Inc.

BOX.13 · PARRY SOUND, ONTARIO · P2A 2X2

"Bringing Hockey to the Youth of Parry Sound"

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DISCLAIMER

The information included in this document is current to the time of publishing and is the minimum standard for Return to Hockey within the Parry Sound Hockey Club's jurisdiction. The document is aligned with the Public Health Guidelines of the Government of Ontario and the North Bay Parry Sound District Health Unit, as well as Hockey Canada's Return to Hockey Safety Guidelines and the Ontario Hockey Federation's Return to Hockey Framework. However, recommendations may change depending on local, provincial and national circumstances; local resources should also be consulted for up to date information.

Return to hockey is not without risks, including potential exposure to COVID-19. While the PSHC is making all reasonable efforts to minimize the risk of exposure to the disease through the development and implementation of this Framework and Return to Hockey Strategy with guidance from health authorities, the PSHC does not and cannot guarantee that there will be no risk of exposure and transmission to those who participate in on or off-ice activities

As information changes, this document will be amended as necessary, and the revisions will be circulated to the Parry Sound Hockey Club membership in a timely manner.



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Note from the Parry Sound Hockey Club Executive

On March 12, 2020, the 2019-20 hockey season came to a premature end as Hockey Canada, the Ontario Hockey Federation (OHF) and the Ontario Minor Hockey Association (OMHA) programs were cancelled due to the coronavirus pandemic. COVID-19 has impacted every Canadian province and territory, and this has created a very different landscape in our daily lives.

With a focus on the health of our players and the changing needs of our hockey families, the goal of our Return to Play Framework is to provide a comprehensive framework for getting our game back up and running in a safe and secure environment.

In alignment with Hockey Canada's Safety Guidelines and the Ontario government's [*Guidance for facilities for sports and recreational fitness activities during COVID-19*](#), the Parry Sound Hockey Club (PSHC) has developed a return-to-hockey framework. This framework is a fluid and living document that will require revisions as we move into the fall and throughout the 2020-21 season. This plan has been developed to assist our players, team staff, volunteers and families in getting our players safely back on the ice.

The health and safety of our members and their families is and will continue to be our number one priority throughout this planning process. Hygiene return to-play protocols, and the use of facilities must be aligned with the restrictions and guidelines as established by the Chief Medical Officers of Health for Ontario, as well as for Parry Sound and surrounding area.

The PSHC would like to thank Hockey Canada, the OHF, and OMHA for giving the PSHC, not only permission but guidance in using their content from their return to play guidelines. We would also like to thank the Town of Parry Sounds, Seguin Township and the North Bay Parry Sound Health Unit. Their time and expertise have been and will continue to be vital to ensuring the safest possible return to hockey for our players and families.



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Overview

The Parry Sound Hockey Club is a member of the Ontario Minor Hockey Association (OMHA) and our club must obtain OMHA approval of our Return to Hockey Plan prior to commencing the 2020/21 season.

This Plan has been developed in conjunction with the Town of Parry Sound, and the Seguin Township. The Plan has been reviewed by the North Bay Parry Sound Health District.

The goal of the Plan is to meet the requirements of the Ontario Hockey Federation (OHF) Return to Hockey Framework, as it relates to the Phase 2 Stage 3b that allows Minor Hockey Associations to conduct, with the approval of the OMHA, instructional training for players and modified non-contact game play. A cornerstone of this Plan is to provide the safest environment possible for all players, team staff, and arena staff.

Advancement through Stages 3b to 3e will be at the approval and direction of the O.M.H.A. At this current moment, we do not have a return to ice date, but we anticipate an early October start. Our official start date will be contingent upon OMHA approval of the plan and issuing insurance coverage.

The initial two-week period will consist of player conditioning and skill development followed by modified game play and regular practices.

At this point a return to regular hockey, including participation in the Muskoka-Parry Sound Hockey League (MSPHL) and any tournaments, will not occur until the OHF advances until Stage Four of the Return to Hockey Framework.

Eligibility to Participate

Per the OHF Framework, only players registered with the Parry Sound Hockey Club during the 2019/20 season may participate. Players have the right to return to their Home Centre for the 2020/21 season if they do not wish to participate with their club from 2019/20. Muskoka Rock players residing in the North Bay Parry Sound District Health Unit have been given permission by the OMHA to participate with the PSHC. A player that returns to their Home Centre cannot return at a later date unless Released by the Home Centre. Any players registered with a Non-Hockey Canada Sanctioned League will not be eligible to participate in the OHF's framework during the 2020/21 season.

A Try Out process for the 2020/21 has not been approved by the OHF at this time.



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Participation at any session (practice/fitness/meetings etc.) is limited 24 Participants (Players and Team Staff). Such participation must strictly follow the social distancing guidelines established by the Government, Public Health Unit, OHF Framework, and Municipalities. It is understood that this is an evolving situation and Guidelines and Requirements may change on short notice.

Facility Management

The following is required to enter/exit any Facility involved in a Team Session.

1. One parent per participant will be allowed in the facility to assist their child in preparation to go on the ice. Subject to venue capacity limits that parent may permitted to remain in the spectator area in the arena only.
2. Team Sessions will be limited to 24 Participants including Team Staff.
3. Participants are to enter the Facility no sooner than 10 minutes prior to the scheduled session time and must be fully dressed except for skates, helmets and gloves. Younger players who need assistance with their skates must enter the facility with skates on with skate guards.
4. Participants are required to wash their hands at the sanitizing station upon entry/exit of the Facility.
5. Participants must not cough or sneeze without properly covering their face. Also, spitting on the floor or blowing of the nose is strictly prohibited.
6. Participants must physically distance upon entry by maintaining a distance of at least 2 meters from other participants and immediately proceed to the designated area for putting on skates, helmets and gloves. Chairs for the participants will be socially distanced.
7. Participants, parents, coaches and referees are to wear face coverings in the facility. Face coverings can be removed when physically participating in the session.
8. Upon completion of the session, participants are to proceed immediately to the designated area to remove skates, helmets and gloves and leave the facility without loitering or interaction with the incoming Participants. Social distancing of at least 2 meters is required upon leaving the Facility.
9. There will be 2 designated areas for skates, helmets, gloves, one for the incoming Participants and one for the outgoing Participants.
10. Change Rooms may not be available and there will be limited access to the lobby washrooms.
11. There will be no food or beverages permitted in the facility.
12. The chairs in the designated area will be disinfected after each Session.



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Session Management

The following is required by all participants during the team session.

1. The bench area is closed during player development & conditioning sessions, except for a participant requiring medical attention. The team trainer must practice medical guidelines when attending to a participant, including wearing a face covering. During modified game play the bench area will be limited to a maximum 5 players, 1 coach and 1 trainer who must practice social distancing.
2. Participants are to socially distance at all times on and off the ice, where possible.
3. Drills, activities, exercises, etc. are to be limited to those that can be done with social distancing.
4. There is to be no prolonged or deliberate drills, activities, exercises, etc. that require physical contact among players (i.e., battle drills, body contact drills, scrimmages, exercises using a partner, etc.). Incidental contact in the course of other drills is to be minimized by the players (concept of non-contact hockey).
5. No sharing of water bottles or other types of equipment that is physically touched by participants. Participants are to bring a full water bottle from home.
6. Any equipment used by participants during the session must be disinfected in between Sessions.

Modified Game Play

The Association will provide a non-contact game like experience commencing as soon as practically possible. Teams of a maximum of 9 skaters and one goalie will be created. Age Groups will be considered leagues and bubbles and can have a maximum of 50 players in them. There is no changing bubbles once the season has commenced. The club will do its best to ensure that all the teams are fair in skill level and competitive within their bubble. Games will be 3 on 3, or 4 on 4 depending on the number of registrants. All game play will be played in compliance with all the requirements of the OHF Return to Play.



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Participant Registration

Official registration for our Program is ongoing with a cut-off date of September 28th. A wait list will be established at that point, with entry into respective bubbles based on executive decisions.

Communication

1. The Association will post an update on the website on an on-going basis outlining our framework for return to play. All official hockey communication's will be posted on the Club's Website.
2. The details of the Return to Hockey Plan is to be communicated to all Participants and Parents by the PSHC Executive.
3. A Return to Hockey Acknowledgement Form must be signed by all Participants and Parents prior to participation in the Association Return to Hockey. This process will be administered by the Executive outside the Facility. A copy of the Form will be posted on the website to encourage completion prior to arrival at the first Session.
4. The Head Coach of each Team is responsible for the adherence to this Plan at all times. Noncompliance by any Participant or Parent may result in a suspension from further participation.
5. The Return to Hockey Plan may be suspended at any time based on direction from governing bodies or the Association Executive due to concerns over transmission exposure to COVID 19.
6. Any suggestions, concerns or questions regarding the implementation of the Plan must be directed to a member of the PSHC Executive.



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Health and Safety Guidelines

General Guidelines

1. The Parry Sound Hockey Club and club membership will adhere to all rules and regulations set out for return to play as outlined by the OMHA, OHF and Hockey Canada.
2. The Parry Sound Hockey Club and club membership will adhere to all local health regulations and by-laws as laid out by the North Bay-Parry Sound Health Unit, the Town of Parry Sound and Seguin Township.
3. The Parry Sound Hockey Club and club membership will adhere to all rules and regulations in place at the facilities in which activities are hosted, the Bobby Orr Community Centre (Town of Parry Sound) and Humphrey Arena (Seguin Township).
4. The Parry Sound Hockey Club has created a club staff position of Health and Safety Communications Officer who will be responsible for:
 - a. Monitoring all relevant updates from the North Bay Parry Sound District Health Unit;
 - b. Monitoring all relevant updates from the PSHC Executive;
 - c. Communicating with local facilities on guidelines and updates;
 - d. Ensuring teams are following the prevention guidelines set out by the PHSC Executive, OMHA, OHF, and Hockey Canada;
 - e. Ensuring any COVID-19 cases are reported as required by the NBPSDHU, PSHC Executive, OMHA, OHF, and Hockey Canada;
 - f. Attend PSHC Executive meetings providing updates.
5. Each team operating within the Parry Sound Hockey Club this season will have a Team Safety Rep responsible for ensuring that all health guidelines in place are being followed.

Environment and Expectations

1. Participants will arrive at the facility at a designated time for the hockey-related activity. Do not arrive early.
2. Leave the facility immediately following the hockey-related activity. Do not stay beyond the designated time.
3. Physical distancing of two (2) meters (six feet) will be maintained before, during, and after hockey related activities, except where otherwise stated in Hockey Canada's Safety Guidelines and/or the Ontario Hockey Federation's Return to Hockey Framework.
4. We recommend only one parent or caregiver accompany a player to a hockey-related activity.
5. We encourage parents and guardians of players at levels U13 and above to not enter the facility unless necessary. They should only drop their players off and pick them up.
6. We encourage hockey-related activities (including parent meetings and administrative procedures like registration) be conducted electronically. Weather permitting, meetings should



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be held outside. If that is not possible, these activities must be done in such a way to maintain physical distancing as much as possible, and in groups not exceeding 10 individuals

7. Carpooling is discouraged. If carpooling cannot be avoided, it is strongly recommended that all passengers wear a mask or face covering while in the vehicle.

Equipment

1. Water bottles must be filled at home and labeled with the player's name. The sharing of water bottles is prohibited.
2. The sharing of hockey equipment is prohibited unless it is club goaltender equipment which has been properly cleaned and disinfected
3. Players and officials should plan to arrive and depart the facility dressed in their hockey equipment; reasonable accommodation will be given to goalies to finish putting on equipment.
4. While on the ice, players and Team Officials, and officials must always leave their helmet and gloves on.
5. Masks must be worn at all times by players, Team Officials, officials off ice. Players and officials can remove their masks during physical activity on ice.
6. To limit touchpoints during and after hockey-related activities, Team Officials should keep, distribute, and collect each piece of on-ice equipment that belongs to their team (e.g.: coaching whiteboard, cones, pucks, etc.). Team Officials' responsibilities include: Minimizing gatherings while instructing from the whiteboard, and keeping participants physically distanced as much as possible.

Participant Mandatory Screening

Prior to attending any team functions (practices, games, tournaments, meetings, etc.) every participant must do the self-assessment for COVID-19 as provided by the club. (See Club Screening Form, Appendix B) If they do not pass the assessment they should not attend until they pass the assessment and do not have signs and symptoms of COVID-19.

All Participants should be aware of signs and symptoms of COVID-19, including:

- Fever (i.e. chills, sweats)
- Cough that's new or worsening
- Difficulty breathing
- Hoarse voice
- Difficulty swallowing
- Sore throat *
- Runny nose *
- Stuffy or congested nose *



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- Sneezing *
- Loss of taste or smell
- Nausea, vomiting, diarrhea
- Headache that's unusual or long lasting
- Shortness of breath
- Muscle aches that are unusual or long lasting
- Unusual fatigue or lack of energy
- Not feeling well

* Not related to seasonal allergies or other known causes or conditions

If you answer yes to one or more of these symptoms, please self-isolate and call Ontario Telehealth at 1-866-797-0000 for further assessment by a nurse who will direct you to the most appropriate level of care such as your healthcare provider or a COVID-19 Assessment Centre.

You will not be allowed to participate in a Parry Sound Hockey Club sanctioned activity unless cleared to do so by a healthcare provider or Assessment Centre and you are symptom-free for 24 hours.

Participant Screening – Positive Case Procedure

1. Participants must be screened by the Team Health and Safety Rep prior to entering the facility for any (on or off-ice) session for symptoms of COVID-19 as per the requirements of the Ontario Chief Medical Officer of Health. The screening process could be completed in-person or electronically prior to the session. This information and the screening requirements will be covered in detail by the Health and Safety Rep for the Parry Sound Hockey Club.
2. Participants exhibiting signs and symptoms consistent with COVID-19 should not be present at any facility. This includes anyone attending the session such as players, Team Officials, volunteers, parents/guardians, executive members, etc.
3. Screening questions are updated regularly by the Ontario Ministry of Health. Currently, a positive screen is any one (1) on the list of symptoms updated at <https://www.ontario.ca/page/covid-19-stop-spread#section-0>
4. If a participant has symptoms: The following are recommended steps for players, Team Officials, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick. For participants or parents/guardians of participants who are sick or showing symptoms of COVID-19, they are to advise the Team's coaching staff that they will not be attending. The



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participant must follow the steps on the flow chart in order to return to play (see flow chart).

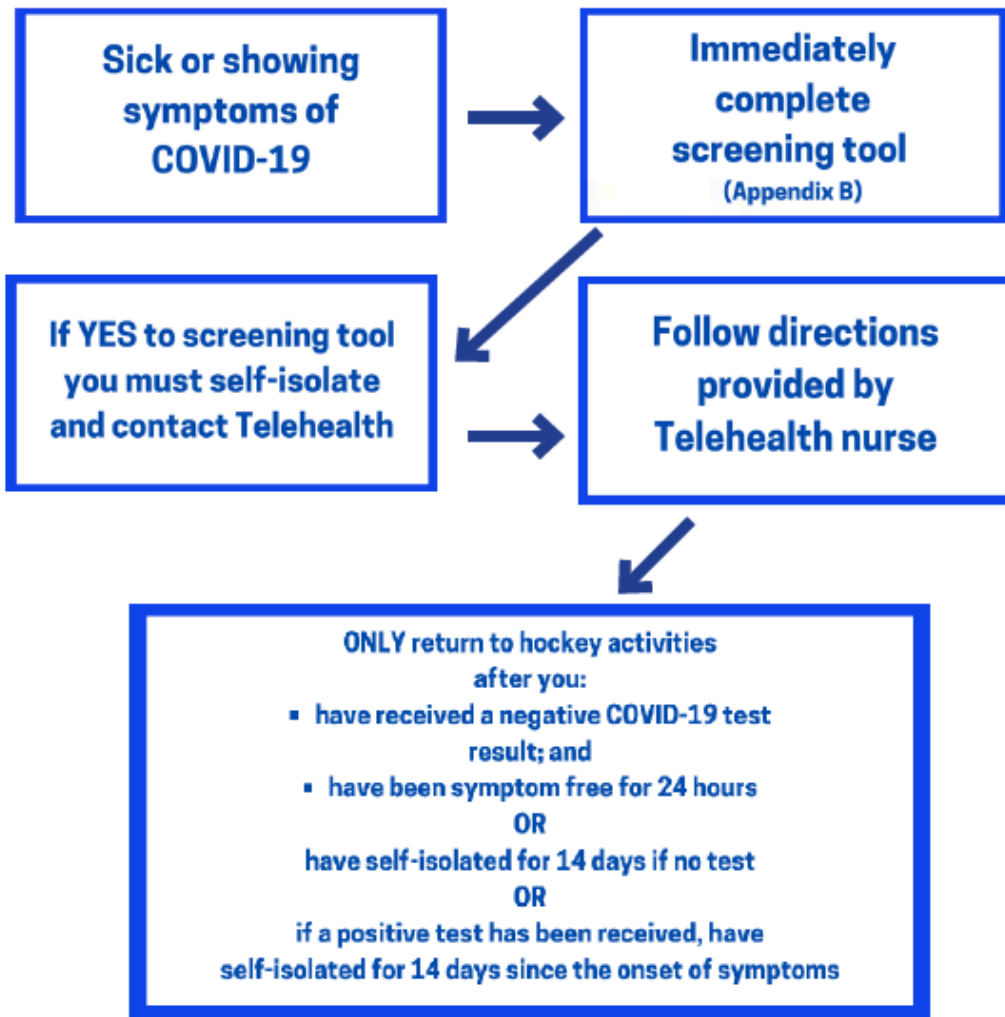
5. Each Organization and Team must assign a person who will be the Team Safety Rep responsible for ensuring that all updated and relevant information is passed on to everyone within their Team. Team Safety Rep responsibilities include:
 - a. Walking through the details of return to play and the COVID-19 guidelines of all the applicable local facilities guidelines before the season begins with Participants and parents/caregivers;
 - b. Communicating with Organization Safety Rep on guidelines and updates;
 - c. Ensuring that the COVID-19 participant screening is conducted for each Participant before each training (on and off-ice) session, including individual skill sessions, team practices and games and that records are kept of this information. If multiple activities are being held during the same day, one health screening will suffice;
 - d. Completing the health screening registry electronically or in-person.



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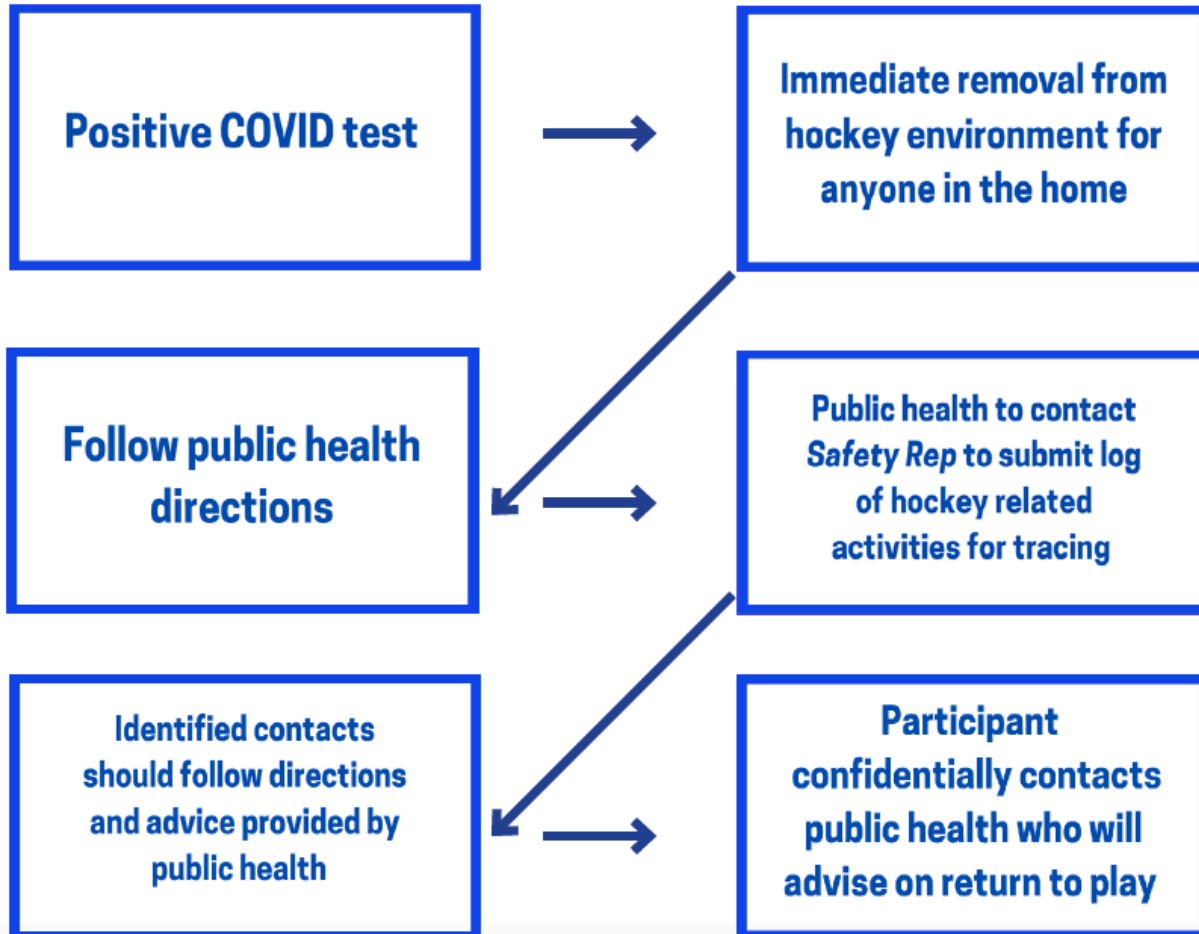




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OHF Health Screening Questionnaire

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

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?	Yes	No
Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)		
Chills		
Cough that's new or worsening (<i>continuous, more than usual</i>)		
Barking cough, making a whistling noise when breathing (croup)		
Shortness of breath (out of breath, unable to breathe deeply)		
Sore throat		
Difficulty swallowing		
Runny nose, sneezing or nasal congestion (<i>not related to known causes or conditions</i>)		
Lost sense of taste or smell		
Pink eye (conjunctivitis)		
Headache that's unusual or long lasting		
Digestive issues (nausea/vomiting, diarrhea, stomach pain)		
Muscle aches		
Extreme tiredness that is unusual (fatigue, lack of energy)		
Falling down often		
For young children and infants: sluggishness or lack of appetite		

For the remaining questions, close physical contact means being less than 2 meters away in the same room, workspace, or area for over 15 minutes living in the same home.

	Yes	No
In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19? Close physical contact means?		
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?		
Have you travelled outside of Canada in the last 14 days?		

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.



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Compliance

Further amendments or policies may be required to address issues, local concerns or changes to Hockey Canada, OHF, OMHA and/or our municipal guidelines. These changes may be made by the PSHC Executive, in collaboration with the PSHC's H&S Communications Officer.

Despite the easing of restrictions, those in the sport of hockey like other congregate sporting activities, must remain vigilant when it comes to the health and safety concerns posed by COVID-19. Therefore, the resumption of hockey in Ontario and the PSHC will require significant changes. In an effort to ensure the health and safety of our members and our communities, the PSHC will continuously be reviewing our regulations and our delivery model.

Further regulatory amendments or policies will be required to address interim issues or local concerns. These changes may be made by the President and Board of Directors of the PHSC, OMHA Regional Director, the OHF, or the North Bay Parry Sound Health Unit.

Our Game Plan is a framework and critical path for us to return to the ice. Ensuring that our hockey programs continue will depend upon several factors. The most important factor will be our collective compliance with the health and safety guidelines detailed in this plan. The safety of everyone depends upon strict adherence to those guidelines.

Any non-compliance with the *Game Plan* will be considered *conduct bringing the League and/or Club into disrepute* and will be dealt with under the PSHC Policies, along with the OHF's Return to Play Framework. It should also be noted that the Game Plan is aligned with Ontario's [guidance for facilities for sports and recreational fitness activities during COVID-19](#). Breaches of the requirements of the COVID-19 Return to Sport Guidelines could also be considered breaches of the Provincial emergency orders made under the [Reopening Ontario \(A Flexible Response to COVID-19\) Act](#), or municipal by-laws, and dealt with by local by-law enforcement officers or provincial authorities.



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Appendix A - COVID Return to Sport Guidelines

The following must be demonstrated in any return to sport plans:

Environment

- How physical distancing will be maintained before, during, and after activities at the location the activity occurs, following the physical distance guidelines.
- How the activity will limit the number of people within a facility.
- How the activity will limit the congregation of people in shared areas (i.e.: common space where participants are checked-in and out of, washrooms, changing rooms, equipment rooms, etc.).

Equipment

- How the activity will limit the necessity of shared equipment.
- How shared equipment will be managed, cleaned and disinfected before and after each use.

Personal Protective Precautions

- How enhanced cleaning and disinfection will be managed, including high touch surfaces (i.e.: benches, washrooms, chairs, doorknobs, etc.)
- How participants will be encouraged to practice good hygiene.
- How participants will be educated to ensure those who are unwell and symptomatic do not participate in the activity. Testing information can be found here.

Communication

- How participants will be informed of the safety precautions that they must follow, implemented by the Organization.
- How your plan will be communicated to all participants.
- If possible, maintaining a participant registry, (names, dates, time, and contact info) to facilitate potential public health contact tracing.

In addition to the provincial public health measures, Organizations must adhere to any measures implemented by Hockey Canada, the Ontario Hockey Federation and the facilities in which they operate.



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Appendix B - Screening Tool

The screening must be done before each PSHC-sanctioned activity including individual skills sessions, practices and games.

Name: _____ Date: _____ Time: _____

1. Do you have a fever (temp. >38C) or feel feverish? Yes No
2. Do you have a new onset or worsening chronic cough? Yes No
3. Have you been in close contact (within 6 feet) with someone with a confirmed case of COVID-19? Yes No
4. Have you been in close contact (within 2 meters) of somebody with a confirmed case of COVID-19 without wearing proper PPE? Yes No

If participant answers Yes to the screening, they should self-isolate and contact Ontario Telehealth.

If participant passes the screening above, please also ask:

Do you have any one of the following symptoms?

- Difficulty breathing Yes No
- Hoarse voice Yes No
- Difficulty swallowing Yes No
- Sore throat * Yes No
- Runny nose * Yes No
- Stuffy or congested nose * Yes No
- Sneezing * Yes No
- Loss of taste or smell Yes No
- Nausea, vomiting, diarrhea Yes No
- Headache that's unusual or long lasting Yes No
- Shortness of breath Yes No
- Muscle aches that are unusual or long lasting Yes No
- Unusual fatigue or lack of energy Yes No
- Not feeling well Yes No

* Not related to known causes or conditions

If you answer yes to one or more of these questions, please call Ontario Telehealth for further assessment by a nurse. A participant is not allowed to participate in any hockey related activity or attend the facility.



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Appendix C- PSHC Participant Screening Registry

Date:		Facility Name:		
Start Time of Session:		End Time of Session:		
Safety Rep:		Phone #:		
#	Player/Coach Name (First/Last)	Team/Group	Contact Number	Answered "No" to all screening questions
1				
2				
3				
4				
5				
6				
7				
8				
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Appendix D – Team Staff Required Training

Prior to an on-ice session, all team staff are required to read the following guidelines:

1. [Hockey Canada Return to Hockey Safety Guidelines](#)
2. [Hockey Canada RTH Safety Guidelines FAQ](#)
3. [OHF Return to Hockey Framework](#)
4. [Ontario Emergency Order](#)
5. [A Framework for Reopening our Province](#)
6. [Ontario Law and Safety](#)

All Team Staff and on-ice Officials are required to complete mandatory OMHA Training:

[OMHA Safe Return to Hockey](#)



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Appendix E – OHF Game Play Structure

Since all programming must comply with rules of the Public Health Unit and the facility, the following are considerations for Associations when developing Game Play Structure:

- Game play does allow for players to engage within the 2-meter physical distancing as long as the rules of play modified for No Physical Contact.
- When participants are not engaged in on-ice activity they must maintain their physical distance. As such:
 - benches will require physical distancing of players;
 - ice surface size needs to be taken into account to determine number of players on the ice and the impact on rules for No Physical Contact (smaller ice less players);
 - change rooms require physical distancing;
 - cleaning requirements of permanent structures by the facility including change rooms, benches and penalty boxes between games; and
 - coaches and trainers' impact on physical distancing.
- 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.

In line with Hockey Canada's Pathway for U11 and below, there will be no scheduled programming during long weekends, or extended school breaks, i.e. Christmas and March Break. Where possible we may extend this programming to all leagues while during Stage 3.

For full ice game play, two official system will be used, whereas cross ice game play will be able to utilize a one official system.

Rules for 3 on 3, 4 on 4 - U12 to U18

*At the divisions of U10 and U11 a program may choose to operate a full ice program based on the limited size of some rinks. If this occurs, those programs would follow the U12 to U18 rules.



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Game Play

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

Line Changes

- Teams will change on the fly.

Goals

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



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Icing

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

Offsides

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

Goaltender Freezes the Puck

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

Penalties

- Penalty shots will be awarded for penalties as per:
 - 2 min penalties = 1 penalty shot
 - 4+ min penalties = 2 penalty shots
 - All major penalties will result in 2 penalty shots and an ejection from the game
 - Intentional body contact or body checking = 2 penalty shots and may result in



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removal from the game at the discretion of the referee

- Intentionally entering the goaltender's crease = 1 penalty shot
- Co-incidental penalties will result in NO penalty shot being awarded
- The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury
- The time clock will continue to run during a penalty shot. If the buzzer sounds while the penalty shot is in process, the shot will be allowed to be completed and then the player change will occur.
- If a delayed penalty is called near the end of the game and the clock runs out, and where the result of the penalty shot(s) could change the outcome of the game, the penalty shot(s) will be taken. If the outcome of the penalty shot(s) would have no impact on the outcome of the game, the penalty shot(s) will not be taken.

Penalty Shot Procedure

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

Roster

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



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

Game Play

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

Line Changes

- 90 second shifts (timekeeper will sound the horn to notify shift change).

Goals

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

Goaltender Freezes the Puck

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



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Icing

- There is no icing in cross-ice hockey.

Offside

- There are no offsides in cross-ice hockey.

Penalties

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

Roster

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



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Appendix G - Resources

Hockey Canada

[Return to Hockey Safety Guidelines](#)

[Return to Hockey Safety Guidelines FAQ](#)

[Return to Hockey Seasonal Structure](#)

[Non-Sanctioned League Policy](#)

Ontario Hockey Federation

[Return to Hockey Framework](#)

[Non-Sanctioned League Policy](#)

Government of Canada

[Hand Hygiene](#)

[How to safely use a non-medical mask or face covering](#)

Government of Ontario

[Re-Opening of Ontario \(a Flexible Response To COVID-19\) Act](#)

[Framework for Re-Opening the Province \(Stage 3\)](#)

[Guidance for facilities for sports and recreational fitness activities during COVID-19](#)

[COVID-19 Stop the Spread](#)

Public Health Ontario

[Coronavirus Disease Resources](#)