



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
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NOHA 3 vs 3 and 4 vs 4 U11 to U21 Full-Ice Rules **Updated September 30, 2020**

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 period.

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).

Line Changes

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



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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.

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.

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.

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.



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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 assessed, 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.

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.

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).



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The player taking the penalty shot and the players on their team will line up at centre.

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.

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.

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.

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."

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.



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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. 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.

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.

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.

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: (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: Minor penalty – penalty shot And 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: 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.
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