



NORTHERN ONTARIO HOCKEY ASSOCIATION

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NORTH BAY, ONTARIO P1A 2A8
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NOHA 3 vs 3 and 4 vs 4 U7 to U11 Half-Ice Rules **Updated October 1, 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 starting with the puck beside their net. The home team players must stand beside their net. 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. Please see pages 4, 5, and 6 for more details.

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

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



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Icing

There is no icing in cross-ice hockey.

Off-sides

There are no off-sides in cross-ice hockey.

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.

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.

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.



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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.

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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