



NMHA

Rules for Modified Game Play

(final edition - October 15, 2020)



The following game play rules will apply to both Tier 1 & Tier 2 games, based on a 4v4 and/or 3v3 game structure.

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 distance 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.
- ★ In structuring your program there may be benefits in limiting the use of benches at younger ages to avoid delays for sanitation between games and management of players
 - U9 and below 4 on 4 cross ice using the middle zone as benches (the U6, U7, U8 and U9 Pathways must be implemented but suggested for the U9 program that can transition to full ice after January 15th consider continuing with cross-ice programming.)
 - U10, U11 and U12, U13 – 3 on 3 cross ice middle zone as benches
 - U14 and U15 – 4 on 4 full ice using benches with physical distancing (two lines)
 - U16 and older including Junior – 3 on 3 or 4 on 4 full ice using benches with physical distancing (two lines in 4 on 4 or three lines in 3 on 3)
 - ★ Consider the ice size when choosing to conduct 5 on 5 programming. Based on the varied sizes of ice the 5 on 5 programming may promote players to come within contact with each other – even unintentionally, due to less space on the ice. Further, when considering leagues evaluate the ice surface available for other teams. 5 on 5 Game Play may be better conducted on one ice surface, while another team's ice may require a reduced number.

Rules for 3 on 3, 4 on 4 - U12 to U21

*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 will follow the U12 to U21 rules.

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
- Goalie / teams are to begin the game in the opposite end of their bench. At period 2, switch back into their teams own bench end

★ No overtime / no shootout for tied games

★ No faceoffs

- Period 1 – visiting team will be granted first possession of the puck
- Period 2 – home team will be granted first possession of the puck
- The opposing team must line up behind their own blue line. The referee will blow the whistle to begin the game and clock. The team with possession may either shoot the puck into the opposing end or choose to carry it.
- The opposing team may attack once team with first possession starts moving the puck

Example:



Team X starts with possession of the puck, Team O must be lined up behind their blue line. Team X may shoot the puck or carry it.

★ 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. ****See Addendum #1 on clearing the zone**
- ★ Example:
 - Team A scores goal
 - Team A must clear the zone before re-entering on the attack

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 ****See Addendum #1 on clearing the zone**
- ★ Example:
 - Team A ices the puck
 - Team B retrieves puck
 - Team A cannot apply pressure until Team B has possession of the puck and Team A must clear the zone before re-entering on the attack

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. ****See Addendum #1 on clearing the zone**
- ★ Example:
 - Team A is called for offside and all players must exit their attacking zone
 - Team A players must clear the zone before re-entering on the attack

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. ****See Addendum #1 on clearing the zone**
- ★ Example:
 - Team B goaltender freezes puck
 - Team A must exit their attacking zone
 - Team A must clear the zone before re-entering on the attack

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
- For any 10-minute misconduct penalty being called, the infractioned player will remain on the team's bench until the 10 minutes has expired. Only then, they will be permitted back into the play
- Intentional body contact or body checking = 2 penalty shots and may result in removal from the game at the discretion of the referee • Intentionally entering the goaltenders crease = 1 penalty shot
- Coincidental penalties will result in NO penalty shot being awarded
- ****See Addendum #2 on goaltenders crease infractions**

- ★ 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 (important)

- ★ When a penalty is called, the clock will **NOT** stop (all divisions)
- ★ Penalty shot must be taken by the player infractioned upon (if applicable) and all players on the ice must remain 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 behind the shooter on the blue line. In no specific order, the other skaters **MUST** have one knee down on the blue line. Social distancing to be maintained
- ★ Referee will blow the whistle to start penalty shot play
- ★ All players may begin skating on the whistle; **players on the 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 center ice before applying pressure. ****See Addendum #1 on clearing the zone**

Roster

- ★ 9 players plus 1 goaltender (per team)
- ★ Both teams **must** start the game with a minimum of 5 players plus 1 goaltender (per OHF rule)
- ★ Should a team not have a goalie or not be able to borrow one from another team within their cohort, then the game will be forfeited and the ice time will be converted to a practice or scrimmage.

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
 - The opposing team must line up behind their own blue line. The referee will blow the whistle to begin the game and clock. The team with possession may either shoot the puck into the opposing end or choose to carry it.
 - The opposing team may attack once team with first possession starts moving the puck
 - *See on ice diagram example above*
- ★ **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

- ★ **1.5 min 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**

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

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

NMHA GAME RULE MODIFICATIONS

For All Tiers and Age Groups

ADDENDUM #1

CLEARING THE ZONE

- ★ When any of the following situations occur, all players from the offending team must simultaneously make contact with the center red line (center ice) before they can proceed to re-enter the defending teams zone:

- *After a goal*
- *After an offside*
- *After an Icing*

- **NOTE:**

“simultaneously” means, in this case, that all defending players must wait at the center line until such time as the last on-ice defending player touches the center line. Once that has occurred, the defending players can enter the offensive zone.

- ★ Failure to do so will result in the official stopping play and making all players simultaneously contact the center red line (center ice), unless there is an advantage to the defending team in allowing play to continue

ADDENDUM #2

IN THE CREASE (*Similar to IIHF Rule*)

- ★ Play is blown dead if an opposing player stands in the goaltender's crease, ***regardless of where the puck is on the ice***. Play shall be stopped, and possession shall be given to the defending team and the offending team will need to clear the red line (center ice).

ADDENDUM #3

GAME PLAY MINIMUMS

- ★ Each team must have at least 5 skaters plus a goalie in order to play a game. If a team has less than 6 skaters to begin the game, then the format shall be played as a 3v3 game.
- ★ If the game starts as a 4v4 and due to injury or ejections the number of skaters reduce below 6 skaters, the game shall continue in a 4v4 format