

Port Stanley And Area Minor Hockey Association



Return to Hockey Plan and Protocols September 14, 2020.

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Section 1 - An Overview

I would like to start by thanking the Ontario Hockey Federation, Ontario Minor Hockey Association, The Municipality of Central Elgin, South West Public Health, and my fellow Board Members for their efforts over the past 6 months. Never have I thought so many committed people would spend so much time working on such an uncertain plan.

The events of the last 6 months have been devastating for many families, and some within our hockey community are still hurting. I was encouraged when I saw multiple teams donate their year end party funds to the local food bank and hospital and this has continued with offers from those who have not been impacted to help cover the registration of those who have been.

This is small town hockey at its finest!

Our time in isolation has taught us that hockey is not essential, but it has been missed. We have missed the physical activity for sure, but also the sense of community, comradery and pushing yourself to be better. This plan has been developed with an emphasis on safety; that of our Players, Coaches, Officials, Volunteers and Community. However, our safe return to the game will depend heavily on several factors that are well beyond our control.

The Ontario Hockey Federation has developed a phased approach to return to on ice programming (see attachment at the end of this document for more information). Phases 1 and 2 took place during what would typically be the offseason for Port Stanley players. When our season starts, we will be in Stage 3b, which allows for skills with limited participants on the ice at once and specific protocols to be followed by anyone who enters the arena (see blow). While there is no specific timeframe for progressing from stage to stage, and the movement between stages is not necessarily always forward, I anticipate this stage running from September 14 through the middle of October.

STAGE 3b	Phase 2 Stage 3	<ul style="list-style-type: none">• Strict On-Ice Physical Distancing• Off-Ice Training & Activity• Limited or Normal Use of Bench• Registration of Players for the 2020-2021 programming• Allocation of Player Groups• Group Training Prep Phase	No Physical Contact	Maximum of 30 for individual training and game play	<ul style="list-style-type: none">• Registration is based on last year's registered Association.*• No program offered by MHA eligible to move for a program within PHU.• MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home.• Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU.	Limited Public Health Unit
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Once we have our game legs back and assuming the situation continues to improve, we will move to Stage 3c, which allows for a limited schedule of 3-3 or 4-4 against teams in associations that are within our Health Unit (Belmont, Aylmer, West Lorne). These games must adhere to strict 50 player maximums and have some unique "Covid Rules" but they will give us the opportunity to play.

STAGE 3c	Phase 2 Stage 3	<ul style="list-style-type: none">• Group Training/Practices with Physical Distancing• Game Play 3 v 3 or 4 v 4, with No Physical Contact	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none">• Registration is based on last year's registered Association.*• No program offered by MHA eligible to move for a program within PHU.• MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home.• Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU.	Limited Public Health Unit
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Stages 3d and 3e allow for expanded travel to an adjacent Health Unit and your full Local Health Integration Network, but since the bubble size remains at 50 players total, I do not foresee us changing our approach.

With any luck, we will get to stage 4 and resume regular 5-5 hockey at some point during the “normal season timeframe”. Ideally this will be hockey as you previously knew it, but this will largely depend on when we progress to this level. Season and league structure, playoff length, tournaments all have many details that will need to be worked out after we successfully return to the ice. Please be patient!

STAGE 4 Return to Regular Competition	Phase 3	<ul style="list-style-type: none">• No On-Ice Physical Distancing• Regular Practice• Off-ice Training & Activity• Standard Competition• May be Normal Use of Bench	Contact Allowed	Regular Team Sizes	<ul style="list-style-type: none">• Rules TBD• MHA/Leagues/Teams• Regular Game Play	Expanded Tournament Year end events
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In reading through this document and the supporting documents at the end, you will note that in some cases the guidelines do not match. Many of these discrepancies are based on the timing of when something was updated, but others are based on the comfort level of the group that has written that particular guideline. Where I noted discrepancies while writing this document, I made a note to follow-up and included the stricter of the two guidelines. If you discover any discrepancies that do not follow this, please bring them to my attention. When communicating updates to this document I will reference sections and page numbers to help you follow along.

This season will be quite a journey, but I hope in the end you agree that we have fulfilled our core mandate;

Helping as many players as possible play the game they love.

Section 2 – Information/Responsibilities of the Parent/Guardian (Player if over 18)

Responsibilities of EVERYONE within PSMHA

STAY Home if you are sick or feeling unwell

Use hand sanitizer as soon as you enter the arena

Report any COVID contact to your coach

Respect Facility Rules

- Wear a Mask where required

- Practice physical distancing

- Be aware and practice clean hand hygiene - wash hands or use sanitizer

- Minimize contact with high touch surfaces

Minimize time spent in facility (pre/post ice time) - Arrive and leave in your designated time/location

Parents

You can choose to play where you did last year, or return to your home centre.

No AAA, AA/A tryouts, NRP releases, 3.5 releases or LL centre changes.

Consider completing the FREE 'SAFE RETURN TO HOCKEY' COURSE FOR TEAM & ON-ICE OFFICIALS

Recognize that hockey will be different this year, start preparing your child for the differences

The arena will be locked until 10 min before your ice time

Only 1 parent/guardian per participant will be permitted to enter the facility

Enter through the main entrance, exit through the side as indicated

Hand sanitize as you enter the facility

NO food or drinks (other than water bottles)

Check-in when you arrive (wellness and attendance will be recorded)

Wear a mask the whole time you are here

Parents are not permitted in the dressing room

Washrooms are for emergencies only

Maximum 20 skaters on the ice at a time.

Initial ice times will be by age/alphabet where multiple PODS are required

Structure will be 100% skills/practice based until mid Oct

During skills, rosters of 8-10 players will be developed

There will be no tryouts, no rep teams and no APing to other teams permitted.

Mini game schedule will be developed with other teams in our Health Unit (Belmont, Aylmer, West Lorne)

Mini leagues cannot exceed 50 players total (minimize the bubbles) ie 5 team leagues

Games will be 3-3 or 4-4

Any body contact will be penalized, ejections for repeated offences.

Penalties will be penalty shots

No Spitting

No Handshakes

Do not attend sessions if you are not feeling well.

These rules will be strictly enforced – the arena can/will close at anytime if we do not comply with them.

Section 3 – Information/Responsibilities of the Player

Responsibilities of EVERYONE within PSMHA

STAY Home if you are sick or feeling unwell

Use hand sanitizer as soon as you enter the arena

Report any COVID contact to your coach

Respect Facility Rules

- Wear a Mask where required

- Practice physical distancing

- Be aware and practice clean hand hygiene - wash hands or use sanitizer

- Minimize contact with high touch surfaces

Minimize time spent in facility (pre/post ice time) - Arrive and leave in your designated time/location

Players

You can choose to play where you did last year, or return to your home centre.

No AAA, AA/A tryouts, NRP releases, 3.5 releases or LL centre changes.

The arena will be locked until 10 min before your ice time

Enter through the main entrance, exit through the side as indicated

Hand sanitize as you enter the facility

NO food or drinks (other than water bottles)

Check-in when you arrive (wellness and attendance will be recorded)

Wear a mask, remove it when you put your helmet on

Dress at home, only skates and helmet to be put on at the arena (goalies exempted)

Bring your own labelled Water Bottle - NO Sharing, no fountain, bottle fill station only.

Minimize your time in the dressing room - remove your equipment at home/outside

Washrooms are for emergencies only

No shower use

Clean up after yourselves - tape/garbage in the pails

Try to maintain distance, even on the ice

Maximum 20 skaters on the ice at a time, plus up to 5 coaches

Initial ice times will be by age/alphabet to ensure we stay under the participants thresholds

Structure will be 100% skills/practice based until mid Oct

During skills, rosters of 8-10 players will be developed

There will be no tryouts, no rep teams and no APing to other teams permitted.

Mini game schedule will be developed with other teams in our Health Unit (Belmont, Aylmer, West Lorne)

Mini leagues cannot exceed 50 players total (minimize the bubbles) ie 5 team leagues

Games will be 3-3 or 4-4

Any body contact will be penalized, ejections for repeated offences.

Penalties will be penalty shots

No Spitting

No Handshakes

Do not attend sessions if you are not feeling well.

Let your parents, coach, entrance helper know if you become unwell after arriving

These rules will be strictly enforced – the arena can/will close at anytime if we do not comply with them

Section 4 – Information/Responsibilities of the Coaches and Bench Staff

Responsibilities of EVERYONE within PSMHA

STAY Home if you are sick or feeling unwell

Use hand sanitizer as soon as you enter the arena

Report any COVID contact to your coach

Respect Facility Rules

- Wear a Mask where required

- Practice physical distancing

- Be aware and practice clean hand hygiene - wash hands or use sanitizer

- Minimize contact with high touch surfaces

Minimize time spent in facility (pre/post ice time) - Arrive and leave in your designated time/location

Coaches and Bench Staff (Trainer, Assistants, Manager)

Register and complete the MANDATORY FREE 'SAFE RETURN TO HOCKEY' COURSE FOR TEAM & ON-ICE OFFICIALS

Make plans to renew your qualifications and background check

Start every session with a reminder not to share water bottles, avoid body contact, avoid spitting.

The arena will be locked until 10 min before your ice time

Enter through the main entrance, exit through the side as indicated

Hand sanitize as you enter the facility

NO food or drinks (other than water bottles)

Check-in when you arrive (wellness and attendance will be recorded)

Wear a mask, remove it when you put your helmet on, put it back on when you remove your helmet

Dress as much as you can at home, your players may need help with tying skates/helmets

No parents are permitted in the hallway outside the dressing room, or the dressing room itself.

Bring your own labelled Water Bottle - NO Sharing, no fountain

Minimize your time in the dressing room – you may need to help players remove skates

Washrooms are for emergencies only

No shower use

Ensure players clean up after themselves - tape/garbage in the pails

Try to maintain distance, even on the ice

Maximum 20 skaters on the ice at a time.

Initial ice times will be by age/alphabet where multiple PODS are required

Structure will be 100% skills/practice based until mid Oct

During skills, rosters of 8-10 players will be developed

There will be no tryouts, no rep teams and no APing to other teams permitted.

Mini game schedule will be developed with other teams in our Health Unit (Belmont, Aylmer, West Lorne)

Mini leagues cannot exceed 50 players total (minimize the bubbles)

Games will be 3-3 or 4-4

Any body contact will be penalized, ejections for repeated offences.

Penalties will be penalty shots

No Spitting

No Handshakes

Your players will be partially dressed and pregame warm-ups are only permitted outside, with distancing

Do not attend sessions if you are not feeling well.

Encourage physical distancing in Locker Room

Follow OHF Protocol for ON/Off Ice Activities

Prepare drills that minimize physical contact and avoid line-ups

Monitor player health and ask them to leave the ice if they become unwell

Report low inventory on critical supplies (ie gloves, hand sanitizer)

Be strict with these rules – the arena can/will close at anytime if we do not comply with them

Section 5 - Responsibilities of the Association

Responsibilities of EVERYONE within PSMHA

STAY Home if you are sick or feeling unwell

Use hand sanitizer as soon as you enter the arena

Report any COVID contact

Respect Facility Rules

- Wear a Mask where required

- Practice physical distancing

- Be aware and practice clean hand hygiene - wash hands or use sanitizer

- Minimize contact with high touch surfaces

Minimize time spent in facility (pre/post ice time) - Arrive and leave in your designated time/location

The Association and Board Members

PSMHA Board Members

Be familiar with public health authority guidelines, and ensure everyone adheres to them.

Be familiar with facility guidelines and requirements and ensure adherence them.

Communicate with the Membership on requirements specific to the Return to Hockey plan.

Monitor all relevant updates from the public health authority.

Monitor all relevant updates from the governing bodies (Hockey Canada, Ontario Hockey Federation, Ontario Minor Hockey Association)

Monitor and communicate with local facilities on guidelines and updates.

Present this plan to the OMHA to apply for official permission for Return to Play.

Present our approved Return to Play plan to receive our Insurance Certificate.

Ensure the Insurance Certificate is received prior to the commencement of activities.

Present a copy of our insurance certificate to the Municipality prior to the commencement of activities

Where Board Members are not available, assign staff to work the "Wellness station" and record attendance and waiver agreement for every event.

Section 6 - Cases within our Minor Hockey Association

PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY



These guidelines are general in nature and cannot cover every situation.

The primary goal is always to prevent people from becoming sick. PSMHA activities will be conducted with a view to lessening the likelihood of a sick person infecting others, through pre-screening, screening, and proper hygiene. In the absence of guidance, always act to prevent or mitigate the likelihood of transmitting or spreading the virus. This is most easily achieved by keeping persons separated, and where this is not possible, through the use of masks and proper hygiene.

Participants exhibiting or reporting any symptoms should be directed to seek medical advice. If symptoms are severe, they should be directed to call 9-1-1 or visit an Emergency medical Facility.

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

**PARTICIPANT ADVISES TEAM STAFF
THEY ARE NOT FEELING WELL
AND WILL NOT BE ATTENDING**

Participant is advised to follow up with their physician. They will require a note from their physician to return to activity.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

**PARTICIPANT ADVISES
THEY HAVE SYMPTOMS OF COVID-19
AND WILL NOT BE ATTENDING**

If a participant has COVID-19, they should follow up with their physician and public health authority for instructions.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

Positive COVID-19 Test in Hockey Environment

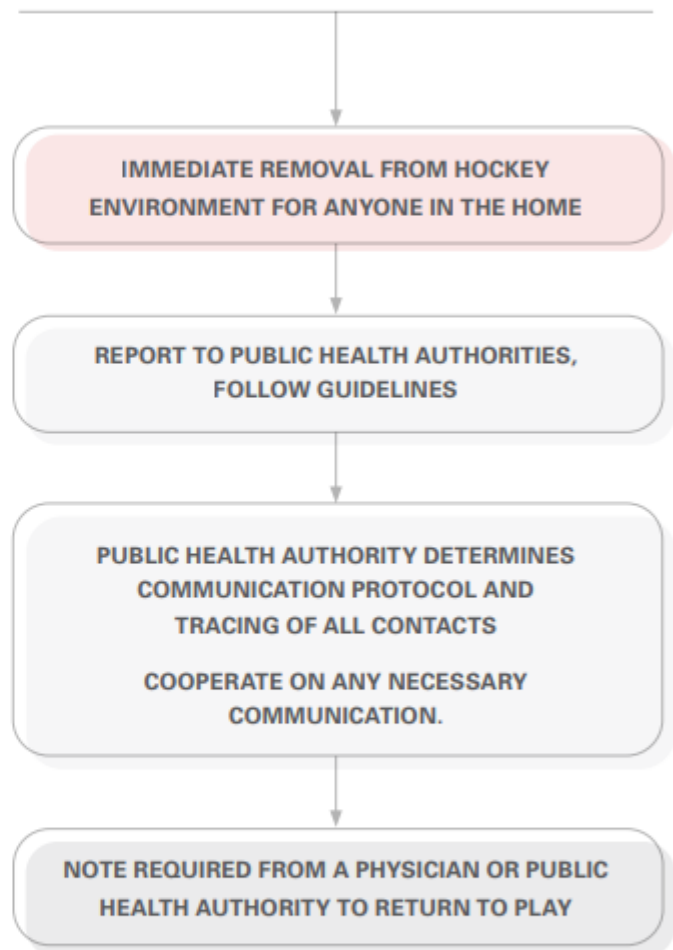
Important!

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent.

Explain the communication that will take place and **NEVER** disclose the sick person's name.

PARTICIPANT
TESTS POSITIVE FOR COVID-19
AND CONTACTS THEIR PHYSICIAN

FOLLOW PUBLIC HEALTH GUIDELINES



In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the [privacy legislation](#) at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have [published their own statements](#) relevant to the matter of COVID-19.

Section 7 – Wellness Check, Attendee Waiver and Facility Specific Requirements



COVID 19 SCREENING and WAIVER

- ☐ Belmont Arena
 - ☐ Port Stanley Arena
-

Are you currently experiencing any COVID – 19 Symptoms? This includes fever, chills, coughing, shortness of breath, sore throat, difficulty swallowing, runny or stuffy nose, lost sense of taste or smell, headache, muscle aches, extreme tiredness, or digestive issues like nausea/vomiting, diarrhea, stomach pain.

- ☐ Yes
- ☐ No

Have you travelled outside of Canada in the last 14 days?

- ☐ Yes
- ☐ No

Have you been in close contact with someone who has returned from outside of Canada with new COVID-19 symptoms? (e.g. a cough, fever or difficulty breathing?)

- ☐ Yes
- ☐ No

Have you been in close contact with someone who is currently sick with new COVID-19 symptoms (e.g. a cough, fever, or difficulty breathing?)

- ☐ Yes
 - ☐ No
-

WAIVER/RELEASE:

The undersigned agrees that, in using the facilities at the Municipality of Central Elgin he/she does so entirely at their own risk and hereby releases the Municipality of Central Elgin, its staff and suppliers from any and all claims associated with the use of the facilities, particular with respect to potential exposure to any virus or pathogen including COVID-19.

DATE: _____

NAME: _____

AGE: ____ GUARDIAN NAME (IF UNDER 18 YEARS OF AGE) _____

SIGNATURE _____

PHONE NUMBER _____



Municipality of Central Elgin
STAGE 3 COVID-19 Facility Guidelines
(Subject to updates)

The facility guidelines are in place to protect the safety of staff and the public. The guidelines provide direction or protocols to reduce the risk of COVID-19 transmission. Whether you are a participant, coach, official, spectator, parent, staff or contractor, you are all responsible to prevent the transmission of COVID-19 and ensure the facility guidelines are followed. The Municipality will continue to update our facility guidelines and procedures.

Site Management /Personal Hygiene

- Follow all on-site signage.
- Always maintain a distance of 2 meters from others.
- The use of masks is mandatory for all patrons not on ice surface (once your helmet goes on your mask can come off; once your helmet is off your mask goes on).
- Participants, coaches and parents/guardians are to follow posted self-screening guidelines before entering the Belmont and Port Stanley Arena.
 - ☐ Are you experiencing any symptoms such as fever, cough, difficulty breathing?
 - ☐ Have you travelled outside Canada in the last 14 days?
 - ☐ Have you or someone you have been in close contact with tested positive for COVID-19 within the past 14 days?
 - ☐ Have you been in close contact with someone who is being tested or has exhibited symptoms of COVID-19 within the last 14 days?
 - ☐ If you answer YES to any of the above questions, **please do not enter the facility.**
- If someone becomes ill while onsite, please report the illness to the user group organizer and Arena Management immediately.
- Participants must "Come Prepared" by dressing in their required equipment (except skates and helmets) prior to entering the facility.
- Be mindful of common surfaces and limit touch points.
- When coughing or sneezing cover your mouth and nose with a tissue or into your elbow.
- Avoid touching eyes, nose or mouth and absolutely no spitting.
- Entry and exit doors / gates will be propped open where appropriate.
- Hand sanitizer will be available throughout the lobby for public use.
- Bathrooms will be available only for emergency purposes. Facility users are encouraged to use a washroom before coming to the arena.
- Soap, water, and paper towels are available in both the men's and women's washrooms for public use. Signage is posted in the washrooms reminding the public to wash their hands.
- Public washroom capacity is 2 persons. Signage on the exterior of the washroom notes capacity.
- User groups will not have access to locker rooms.
- Facility water bottle filling stations will still be available. Participants are required to bring their own water bottle, with water, with their name on it.
- Other than participants' water bottles, no outside food or beverages are permitted in the facility.
- During rentals, only one (1) parent/guardian of each skater under the age of eighteen (18) is permitted in the facility as an observer.
- Spectators are only permitted in the rink stands. The spectators will only be permitted to proceed to those locations once their child is on the ice surface (Giving time for the prior group to leave). Masks must be worn at all times while in the stands. Warm clothing is recommended as there will be no heat provided while seated in the stands. Spectators must also enter and exit in the same manner as players.
- Congregating inside the arena or parking lot areas is not permitted at any time

- Dressing Rooms are available for use. Capacity limits and designated seating areas are defined. Showers are closed until further notice.
- No Parents/Guardians will be allowed down the dressing room hallway or in the dressing rooms. (Skate tying area will be available in the lobby, if required).

User Group Requirements

- All user groups will be required to submit a COVID-19 safety plan to the Municipality and agree to the terms of our COVID 19 Waiver of Liability.
- Groups are encouraged to have each of their participants sign an 'Assumption of Risk or waiver document' before their first on-ice session and will be responsible for screening and tracking attendance for each participant and parent/guardian at every ice session.
- Each user group shall designate a Safety Ambassador to oversee adherence to the return to sport plan and COVID-19 protocols are being followed.
- A maximum of 20 participants and 5 coaches/official will be allowed on the ice surface.
- Leagues can have a maximum of 50 individuals.
- No intentional or prolonged contact allowed on ice.
- Do not share equipment unless it is disinfected before and after each use.
- Ice times will be staggered between user groups to reduce over-crowding. In most cases, there will be a 30-minute break between each different group.
- Collect all garbage/recycling and place it in the appropriate bin following use.
- Participants will not be able to enter the Arena until ten (10) minutes prior to the start of their ice time and must vacate the premises ten (10) minutes after the session has concluded.
- Each rental group is responsible to provide first aid.

Signage

- Signage is at the entrance gate referencing stay home if ill, maintain social distancing, wash hands before and after use, etc.
- Signage is posted in the washrooms reminding the public to wash their hands.
- Signage on the exterior of the washroom and dressing rooms notes capacity.
- Signage reminding patrons to maintain a distance of 2 meters in viewing areas.
- Other general facility information signage is posted throughout the facility.

Sanitation

- Full cleaning and disinfection of viewing areas will occur each evening.
- Additional cleaning and disinfection of touchpoints (door handles, faucets, bathrooms, handrails, etc.) will occur at least twice per day.
- Cleaning and disinfection of dressing rooms will occur between each ice time.
- Washrooms are cleaned and disinfected frequently by Municipal Staff. Cleaning and disinfection details are documented in the arena check sheet.
- Documentation of cleaning and disinfection will be recorded in the daily check sheets.
- PPE is available to staff as required for task.
- Manufacturer's instructions to be followed when using disinfectants.
- Cleaning and disinfection equipment are onsite and stocked regularly.
- Garbage and recycling are removed daily

Entrance to Facility and Rink Areas

- Belmont Arena patrons will be required to use the entrance located on the South side of the facility to enter the building. Port Stanley Arena patrons will be required to use the main East Entrance to enter the building. A table will be set up just after the sliding doors to allow for group organizer to pre-screen patrons before entering the building. Please ensure that participants arrive on-site with sufficient time to complete the screening process before entry.

- Participants will not be able to enter the Arena until ten (10) minutes prior to the start of their ice time and must vacate the premises ten (10) minutes after the session has concluded. Entry doors will be unlocked ten (10) minutes prior to ice rental time and will be locked immediately after group enters. If an individual exits the building after this time, they will be unable to re-enter the building.
- When entering the Arena individuals are required to utilize the hand sanitizer provided.
- Participants will be directed to their assigned dressing rooms by the digital signage board in the lobby.
- Participants under the age of 18 may have their parent/guardian assist with tying of skates but this must be done in the designated area in the lobby.

Exiting the Facility

- In an effort to minimize crossover traffic, all users of the facility will exit out of East facing exit at the Belmont Arena and at the East exit doors at the Port Stanley area.
- There will be signs marking the exit route.

Section 8 – Attendance/Contact Tracing Process



ONTARIO HOCKEY FEDERATION

Session Participation Tracking

All participants/coaches/instructors are expected to complete Health Screening prior to each participation in on-ice activity. The Health Screening may be completed verbally.

By indicating **YES** in the chart below, you confirm that this Health Screening was passed.

The expectation is that a tracking sheet must exist for each on-ice session to facilitate contact tracing in the event of a COVID-19 exposure.

Session Location	Ice Pad	Date	Time

	Name of each individual included in this session Please list all coaches, instructors and participants	Contact Phone Number	Health Screening Pass (Yes or No)
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			

ONTARIO HOCKEY FEDERATION

Session Participation Tracking

	Name of each individual included in this session Please list all coaches, instructors and participants	Contact Phone Number	Health Screening Pass (Yes or No)
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			

Section 9 - Return to Hockey Modified Rules of Play

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

*At the divisions of U10 and U11 a program may chose to operate a full ice program based on the limited size of some rinks. If this occurs, those programs would 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
- 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 re-sumption 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.

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 removal from the game at the discretion of the referee
 - Intentionally entering the goaltenders 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 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 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 center 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

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

Section 9 - Return to Hockey Modified Rules of Play

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

- 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

Section 10 Links To Background Information

OHF Return to Hockey Framework

https://e-registration.omha.net/OMHAPortal/Download/OHFReturntoHockey_0731.pdf

OHF Attendance/Screening Tracking

[https://e-registration.omha.net/OMHAPortal/Download/OHFSessionParticipationnHealthScreeningTracking\(August2020\).pdf?utm_source=2020-21+Centre+Mailing&utm_campaign=0d951824fb-Centre_Mailing_Jan_09_2020_COPY_01&utm_medium=email&utm_term=0_e923974a8f-0d951824fb-38667254](https://e-registration.omha.net/OMHAPortal/Download/OHFSessionParticipationnHealthScreeningTracking(August2020).pdf?utm_source=2020-21+Centre+Mailing&utm_campaign=0d951824fb-Centre_Mailing_Jan_09_2020_COPY_01&utm_medium=email&utm_term=0_e923974a8f-0d951824fb-38667254)

OHF Health Screening Questions

https://e-registration.omha.net/OMHAPortal/Download/health-screening-questionnaire.pdf?utm_source=2020-21+Centre+Mailing&utm_campaign=0d951824fb-Centre_Mailing_Jan_09_2020_COPY_01&utm_medium=email&utm_term=0_e923974a8f-0d951824fb-38667254

Hockey Canada Safety Guidelines

https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf

OHF Return to Hockey Framework Addendum

https://e-registration.omha.net/OMHAPortal/Download/OMHARTPFRAMEWORK-ADDENDUM.pdf?utm_source=2020-21+Centre+Mailing&utm_campaign=0d951824fb-Centre_Mailing_Jan_09_2020_COPY_01&utm_medium=email&utm_term=0_e923974a8f-0d951824fb-38671302

Hockey Canada Framework

<https://www.hockeycanada.ca/en-ca/exclusive/return-to-hockey>