



## **Ontario Women's Hockey Association Mandatory Modified 4-on-4 Playing Rules**

### **PHYSICAL CONTACT**

The 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 and, as such, it is the equal and collective responsibility of all participants (players, team staff, officials) to create and adhere to the gameplay structure that eliminates intentional physical contact.

### **OWHA REQUIREMENTS**

Intentional physical contact is not permitted and must be avoided.

- Accidental/incidental contact may occur
- No body checking. All body checking will be strictly penalized
- When a scrum or gathering (2 or more participants occurs with prolonged contact, 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 gain puck possession.
- Lifting a player's stick to obtain the puck does not constitute physical contact.
- There shall not be any handshakes either with or without gloves.
- There shall not be any traditional celebration of goals where players have come together or tapped gloves. Social distancing must be followed.

### **PENALTIES**

The Hockey Canada rulebook applies for all infractions. OWHA Discipline Procedures and Minimum Suspensions are in place. Players and participants are reminded of their responsibilities for the health and safety of all in the game. The OWHA reserves the right to increase suspensions and/or remove participants from participation as deemed appropriate by it.

### **GAME SHEETS**

- OWHA Game sheets should be handled as little as possible with hands sanitized after touching
- Pens should NOT be shared
- OWHA Players are NOT to sign game sheets. One team staff member is to sign for the team with their own pen. They need to ensure all health and safety procedures are being followed.
- One on-ice official is to write the names and numbers of all on-ice officials on the game sheet and sign it following the game, using their own pen and sanitizing hand afterwards
- On-ice officials who have called a penalty requiring a write up are to go to the link on the OWHA web site and complete the Major Penalty report or Incident Report as soon as possible after the infraction.
- Home team to take picture of game sheet and upload on PGHA website (under Game Play 2020/2021 tab)



## EQUIPMENT

- If a player loses a glove, she must immediately retrieve the glove or leave the ice.
- If a player loses any equipment on the ice and does not immediately retrieve it, she shall retrieve her own equipment at the next stoppage of play. If play is stopped, specifically for the individual to retrieve her own equipment, the non-offending team shall take possession of the puck. If a team is in scoring position, play will be permitted to continue as per Hockey Canada playing rules.

## SUGGESTED MODIFIED GAME TIMING

- 3 min warm up
- 2 x 22 min periods (run time)
- 1 min intermission between 1<sup>st</sup> and 2<sup>nd</sup> period
- No overtime / no shootout for tied games
- No faceoffs
  - Period 1 – visiting team has first possession
  - Period 2 – home team has first possession

## LINE CHANGES

Teams change on the fly.

## OWHA 4-on-4 MODIFIED GAME SCENARIOS

**Start of the Period:** For the start of the 1<sup>st</sup> period, the Visiting team will be granted possession of the puck. For the start of the 2<sup>nd</sup> period, the home team will start with the puck. The puck will be placed on the center dot. The opposing team must line up behind their own blue line. The referee will blow the whistle to start the game. The team with possession of the puck may either shoot the puck into the opposing zone or choose to carry or pass it.

**Goals:** When a goal is scored, the team that scored the goal must all retreat from the attacking zone. All players from the team that scored the goal must retreat behind the near blue line before they can proceed to apply pressure to the team that was scored upon. The defending team shall begin from inside their defending zone. Once the team is behind the blue line the official will blow their whistle to start play.

**Icing:** Icing will result in a change of possession. The official will blow the whistle and also verbally identify the icing infraction (yell icing only if physically distanced from others). The team that iced the puck must all retreat simultaneously to the blue line before they can apply pressure. The defending team shall begin from inside their defending zone. Once the team is behind the blue line, the official will blow their whistle to start play.

**Offsides:** Delayed offside consistent with current Hockey Canada rules will be permitted. Should offside occur, it will result in a change of possession. The official will blow the whistle and also verbally identify the offside infraction (yell offside if physically distanced from others). All players from the team that was offside must retreat to the center red line simultaneously. The defending team shall begin from inside their defending zone. Once the team is behind the red line the official will blow their whistle to start play.



**Goaltender Freezes the Puck:** Officials will do their best to encourage the goaltenders to keep the puck moving. If the Official is required to stop the play for the goaltender freezing the puck then the whistle will be blown. The attacking team must exit the attacking zone and simultaneously make contact with the blue line. The defending team shall begin from inside their defending zone. Once the team is behind the blue line, the official will blow their whistle to start play.

**Penalties:**

4-on-4 Games – Minor penalties will be assessed and served consistent with Hockey Canada rules. Should the same team be assessed a second Minor while the first penalty is served, the non-offending team will be awarded a penalty shot in lieu of a second Minor penalty. Should a team be assessed a Major penalty, while they are already serving a Minor penalty, the non-offending team shall be assessed two penalty shots in lieu of the Major penalty. Any player is permitted to take the penalty shot. All Hockey Canada rules that result in a Misconduct, Game Misconduct, Gross Misconduct or Math penalty will result in the immediate ejection of the player from the game. The non-offending team shall start with possession of the puck and play shall start as per the start of period procure in this document.

NOTE: If no penalty box is available, all penalties shall be penalty shots.

**Penalty Shot Procedure:** The Hockey Canada penalty shot procedure shall be followed with the following exception. Players who were on the ice at the time of the infraction will retreat behind the blue line on the opposite side of the ice until the conclusion of the penalty shot. Players will remain stationary and group as a team on each side of the ice, maintaining physical distancing. Should a goal be scored, the procedure as reference in this document for starting play after a goal will be followed. Should a goal not be scored, the team who was awarded the penalty shot shall start play consistent with the start of periods procedure in this document with the team taking the penalty shot having possession.

**Intentionally Entering the Goaltender's Crease:** No attacking player is permitted to skate through or stop in the goaltender's crease unless the puck first entered the crease. Should a player illegally enter the crease, play shall be stopped and result in a change of possession. The attacking team must exit the attacking zone and simultaneously make contact with the blue line. The defending team shall begin from inside their defending zone. Once the team is behind the blue line the official will blow the whistle to start play.

**Puck Gathering or Scrum:** When 3 or more players are in the vicinity of the puck and begin to battle for the puck the official will blow the whistle, the defensive team will be awarded possession of the puck and the attacking tam will be forced to retreat. The Official will blow the whistle a 2<sup>nd</sup> time when it is determined that the attacking team has sufficiently retreated by a minimum of 2 meters. 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 center red line (center ice).

**ADDITIONAL PGHA GAME PLAY RULES**

- The PGHA has organized teams so there are enough players to execute 4-on-4 game play. If a team is expecting absences, coaches will reach out to players on teams (not playing and in their tier) and ask for substitutes. Coaches should be contacting different players every time they are in need of players. Coaches are not to call up more players than the number of players rostered to their 4-on-4 team.



- COVID-19 procedures – the same arena rules/procedures for practices must be followed for games
- Change rooms – due to the numbers of players allowed in each change room, there will not be assigned dressing rooms for each team
- Coaches pep talks – coaches can briefly meet with players outside (socially distanced) before games, but won't be able to go into change rooms to go over game play prior to games
- PGHA Return to Hockey COVID-19 Plan:  
[https://pgha.net/Public/Documents/PGHA Education and Training - Edited Sept 24.pdf](https://pgha.net/Public/Documents/PGHA_Education_and_Training_-_Edited_Sept_24.pdf)