



Modified Playing Rules for U11, U13, U15, and U18

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.

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).

For all CYO games a Jack Gatecliff: Teams going onto the ice must remain in their dressing room until the teams who are finishing have left the ice and are back in their change room. This is to avoid a cluster of players and coaches in the small changeroom corridor.

COACHES MUST WEAR MASKS (COVERING MOUTH AND NOSE) AT ALL TIMES WHEN INSIDE THE FACILITY ON GAME DAY. NO EXCEPTIONS. This includes being on the bench during the game.

MANDATORY ALLIANCE RULES	CYO RULES
Pre-game on-ice warmup	2 minutes
Two periods (run time) of equal length	22 minute periods
Intermission / Break between periods	1 minute
Teams alternate ends between each period	CYO Home Team takes on the FAR bench (by Room 8 at Jack), therefore their goalie will start in the FAR end. Visitor Team takes the closest bench with their goalie closest to the rink entrance. "Near-Near/Far-Far". This allows for a Home team advantage in 2 nd period if the team wants to pull the goalie, goalie will be closer to the bench doors.
No faceoffs	Period 1 – Visitors have first possession Period 2 – Home team has first possession
No overtime / No shootout for tied games	
Any player that loses a glove must immediately retrieve the glove or leave the ice	
U11, U13, U15, and U18 games will have a minimum of 2 on-ice Officials. Paper game sheets will be used, and all penalty infractions tracked. Coaches are to fill out game sheets in advance of the game starting. Both coach, and trainer are required to sign.	

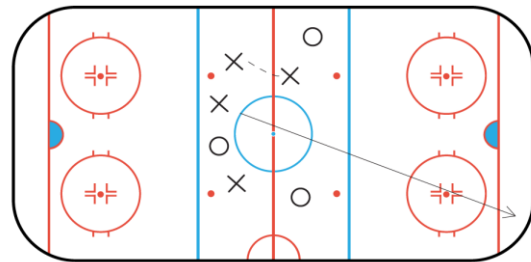
GAME ROSTER	
Maximum 9 or 10 participants	U11, U13 = 8 skaters, 1 goalie, maximum 2 coaches, 1 trainer U15, U18 = 9 skaters, 1 goalie, maximum 2 coaches, 1 trainer
Modified Game Structure	U11, U13 = 4 on 4 (2 lines of 4) U15, U18 = 3 on 3 (3 lines of 3)
Both teams must start the game with a minimum of 5 players and a goalie, or 6 skaters (if no goalie)	All CYO teams are allowed as many spares (call-across) players as necessary to get to a full bench of either 8+1 (U11, U13) or 9+1 (U15, U18). Player choice is at coach's discretion however, teams must call from their sister cohort team first, then from the other teams in their bubble. Players cannot come from below, or from outside the bubble. Coaches will be given contact information for teams within their bubble. Players may play maximum 3 games per day per Alliance rules, including goalies. If a team does not have a goalie available for the game, or the goalie is late, they may start with an additional skater in place of the goalie.
Team Bench Staff – maximum 3 per bench	Every team must have 1 certified coach on the bench for a game, and 1 certified trainer. In the case where a trainer is not available, the 2 nd position may be held by a 2 nd certified coach or certified manager, but only if there is a trainer on the opposite bench willing to cover both teams during the game. At no point with a game be allowed to proceed without a trainer available between the two benches. Trainers are also available on the CYO's At Large roster.
Team Colours	Call-across players (spares) cannot wear the same jersey colour as the opposing team. Suggest coaches have spare practice jerseys in similar colours for call-across players. Jerseys must be fully laundered before being reused.
At no time, ever, may a non-CYO registered player (skater or goalie) be allowed to participate in a CYO sanctioned activity, game, or practice.	

LINE CHANGES	
Line Changes	Change on the fly
Designated bench entry and exit doors	Players shall use designated entry/exit doors. Change by coming off the ice through the defensive doors and go on the ice through the forward doors. Standard CYO rotation rules apply for all games all levels. All players WILL be allotted equal ice time.

GOALS	
When a goal is scored the team that scored the goal must all immediately clear the offensive zone and retreat back across the center RED LINE. Only once all of the players from the goal scoring team are back across the center red line can they then proceed to apply pressure to the team that was scored upon. The time clock will continue to run (time will not be stopped).	
No contact between players to celebrate goals.	
Goal Cap	3 goal cap per player, per period (6 goals per game).
Mercy Rule	If a team is down (trailing) by 5 goals or more, they may put one (1) more player on the ice to obtain a 'man advantage' until the point where they have caught up to a 4 goal differential, at which point the extra player must return to the bench.
Pulling the Goalie	The goalie may only be pulled in the last 2 minutes of the game, or on a delayed penalty call.

ICING	
Icing the puck results in a change of possession. The official will blow the whistle and the team that iced the puck must all retreat back across the center RED LINE (center ice). Once all the players from the team that iced the puck are back across the red line, they must WAIT until the other team has regained puck possession and uncontested control before applying pressure.	

Icing: Icing the puck results in a change of possession. The official will blow the whistle, we recommend that the official also verbally identify the icing infraction (yell icing). The team that iced the puck must all retreat to the center red line (center ice). All players from the team that iced the puck must simultaneously make contact with the center 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.



Team X ices the puck, Official will blow whistle and yell "icing." Team X must retreat to centre ice red line.

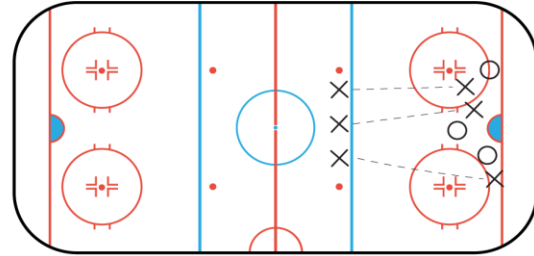
OFFSIDE	
Offsides will work as normal (tag-up with the blue line).	
However, if the official is required to blow the whistle there will be no faceoff. In these cases, all players from the team that was offside must retreat back across the RED LINE (center ice), and the puck given to the defending team. Once the offside team has all tagged up across the red line, they may resume pressure.	

GOALIE FREEZES THE PUCK

When the goaltender freezes the puck, the attacking team must clear the zone over the BLUE LINE before re-entering the zone (similar to tag-up-offside).

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.

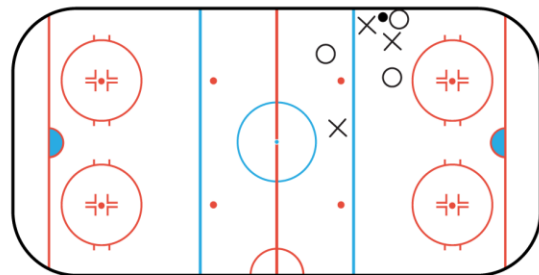


The Team O goaltender freezes the puck. The Official will blow the whistle and Team X must retreat to the BLUE line.

PUCK SCRUM

When a scrum occurs (2 or more participants), officials will tell players to separate, or blow the whistle and stop play. In both situations the puck will be given to the defending team, and the offenders will be required to move back far enough to give the defending team to gain full and uncontested possession.

Puck Gathering or Scrum: 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)



Here the whistle is blown and the X players must retreat from the O player. The official will blow the whistle to signal for the X players to retreat and then blow it a 2nd time to signal the resumption of play.

PENALTIES

The Hockey Canada Playing Rules 2020-2022 apply for all infractions.

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

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.

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.

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

If a team has no goaltender and a penalty shot is assessed, the opposing team will be awarded a goal for each penalty shot instead.

Misconduct penalties will result in NO penalty shot. The timekeeper will put 10-minutes on the penalty clock and the player must remain on team bench until 10-minutes has expired.

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.

All Major Penalties, Gross Misconduct Penalties and Match Penalties will be applied in accordance with current Hockey Canada playing rules.

MANDATORY PENALTY SHOT PROCEDURE

The time clock will continue to run during all penalty shots (time will not be stopped). 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.

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 cannot be identified).

The player taking the penalty shot will line up at centre ice.

All the players of the **opposing team** will line up at either side of **their blue line** (outside the zone) between the boards and face-off dot.

The remaining players of the attacking team will wait on the red line.

Once the penalty shot is completed, whether there is a goal or not, the defending players can immediately retrieve the puck.

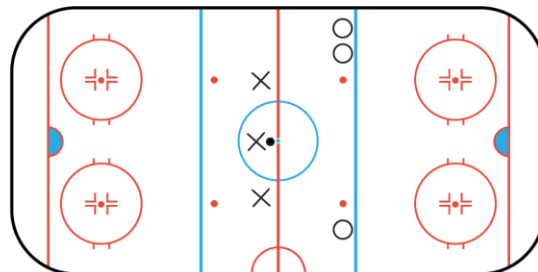
The player taking the shot (whether there is a goal or not) must **retreat back across the RED LINE** (center ice). If **NO GOAL** was scored, his team may return to the attack once the shooter has tagged up with the red line.

If a **GOAL WAS SCORED**, the shooter must retreat back over the RED LINE (center ice) before his team is allowed to move. They must give the team that was just scored on the ability to cross the RED LINE before applying pressure.

Penalty Shot Procedure: The time clock will continue to run during all penalty shots (time will not be stopped). 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. The player taking the penalty shot will line up at centre ice. 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.

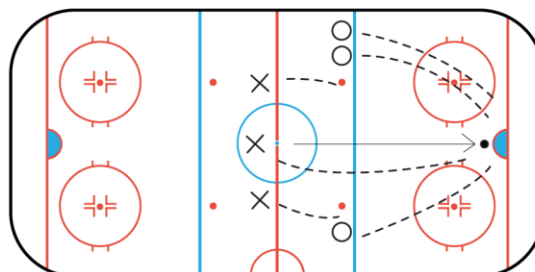
If a goal is scored, the team that scored the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the team that scored to proceed with the attack



Team X has been awarded a penalty shot. The shot will begin when the official blows their whistle.



When the whistle only the player taking the penalty shot may move. If a goal is scored, the shooter must exit the zone and skate to center ice before their team is permitted to move. The defenders will retrieve the puck from the net. Defenders cannot move until shot has occurred.



If no goal is scored, the shooter must exit the zone and skate to center ice before their team is permitted to move. The defenders will retrieve the puck following the failed attempt. Defenders cannot move until shot has occurred.

Modified Penalty Rules per OHF

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. No exceptions.

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.

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.

INFRACTION	RULE #	RULE	APPLICATION	RATIONALE
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.

INFRACTION	RULE #	RULE	APPLICATION	RATIONALE
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.	Minor penalty – penalty shot And Automatic removal from game following warning.	Conscious decision to engage physical contact.
Tripping (slew foot)	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.

OHF Members are required to track game ejections for intentional physical contact and have the authority to impose supplementary discipline to repeat offenders.