

## Fall 2020 Game Play – Rules of Play

The following rules of play will be adhered to for all NMHA Fall 2020 game play activities;

### RULES FOR 3-ON-3, 4-ON-4 - U10 TO U21 (Atom to Midget)

#### Game Play

- 5 min warm up
- 2 x 22 min period 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
- 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 past centre ice before applying pressure. If the puck has not advanced past centre ice within 10 seconds of the whistle the official will signal the team that scored to proceed with 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 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.

## Offsides

- Offsides will result in a change of possession. The team that was called for offside must exist their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.

## Goaltender Freezes the Puck

When the goaltender freezes the puck, the attacking team must exist their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure).

## 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-incident 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 the 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

### **RULES FOR 4 ON 4, U7 TO U9 (Novice and Younger)**

#### **Game Play**

- ½ or cross ice only
- 5 min warm up
- 2 x 21 min period 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
- 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 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