

## U7-U11 Game Play Rules

# 3-on-3 and 4-on-4 Hockey

### PHYSICAL CONTACT

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
Accidental/incidental contact may occur
Lifting a player’s stick to obtain the puck does not constitute intentional physical contact
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 2 <sup>nd</sup> 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).

### MODIFIED PLAYING RULES

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. 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.

Penalties that do not involve intentional physical contact, in the divisions permitted to deliver modified ice programming, will be handled in the same manner as traditional modified ice programming per the Hockey Canada Player Pathways. Specifically, penalty shots will not be awarded, however, the official will notify the coach of the offending team. It is expected that the coach takes the opportunity as a teaching moment and communicates directly with that individual.

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

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.	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.	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.	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, <b>based on the degree of violence of the impact</b> , 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.	Automatic removal from game <u>without</u> warning.	Conscious decision to engage physical contact.
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.	Notify Head Coach	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.	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.	
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.	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.	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.	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.	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.	Automatic removal from game following warning.  Excludes Holding the Stick	Conscious decision to engage physical contact.
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 <b>based on the degree of violence of impact</b> , 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:  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:  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.	Follow rule as written if deemed intentional physical contact:  Automatic removal from game following warning.	Conscious decision to engage physical contact.
Tripping	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.	Automatic removal from game following warning.	Conscious decision to engage physical contact.

## GAME PLAY

MANDATORY RULES	RECOMMENDED RULES
Pre-game on-ice warm up	5 minutes
Two periods (run time) of equal length	22 minute periods
Intermission / break between periods	1 minute
Teams shall alternate ends between each period	
No faceoffs	Period 1 – visiting team has first possession Period 2 – home team has first possession
No overtime / no shootout for tied games	
A player that loses a glove must immediately retrieve the glove or leave the ice	

\*\* Pre-game on-ice warm up, period and intermission length is based on a 50-minute ice rental. Times can be adjusted to accommodate shorter or longer ice rentals.

## GAME ROSTER

MANDATORY RULES	RECOMMENDED RULES
Maximum 10 participants per team	9 players plus 1 goaltender
Both teams must start the game with a minimum of 5 players plus 1 goaltender OR 6 players.	

## LINE CHANGES

MANDATORY RULES	RECOMMENDED RULES
1.5 minute shifts (time keeper will sound the horn to notify shift change). Regardless of the team in possession of the puck when the buzzer sounds, the defending team will always be given possession of the puck at the buzzer. It will be the position of the puck relative to the centre red line (centre ice) that will determine defending and attacking teams. The defending team will be allowed to gain full possession of the puck before the attacking team can apply pressure. The official will monitor this and will blow the whistle if a puck gathering or puck scrum occurs	Designated bench entry and exit doors

## GOALS

### MANDATORY RULES

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.

No contact between players to celebrate goals

## GOALTENDER FREEZES THE PUCK

### MANDATORY RULES

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

### MANDATORY RULES

There is no icing in cross-ice hockey.

## OFFSIDE

### MANDATORY RULES

There are no offside in cross-ice hockey.