



As modified game play begins, we know you have a lot of questions about how the game will look, who can watch the games, and if there are different protocols. The full OWHA Mandatory modified playing rules are attached, please take the time to read them.

## Modified Game Play Questions & Answers

Q – Will parents be allowed to watch hockey games?

- Spectators are limited to one companion (parent/adult/guardian) for all games. Spectators may assist players with skates and then must go to the designated spectator area in the stands. They are not permitted at rink level or in the lobby. Spectators must leave the facility immediately following the ice time. Spectators must maintain social distancing at all times in the facility and may only come within two metres of each other if they are in the same social bubble.
- NO SIBLINGS WILL BE ALLOWED IN THE FACILITY.

Q – Are there some rinks/age groups that will NOT be allowed to have spectators for games?

- Yes, any games played at Henderson Arena in the U15 teams and over will NOT be allowed to have spectators.

Q – How many coaches/trainers will be on the bench during a game?

- Only one coach and one trainer will be allowed on the bench during a game. All other coaches must watch the game in the stands and the one parent/guardian rule applies, so please be kind and take turns with the other guardian 😊

Q – Will the volunteer coach and trainer on the bench during the game, be allowed to have one additional spectator?

- Yes, as long as numbers permit it! For GAMES ONLY we can work within the facility caps and allow one more spectator for each of the two volunteers on the bench. There are no other exceptions to this rule. If at any point a group will reach capacity maximums, then we will not be able to accommodate the extra two people. Please confirm with the team volunteer doing contact tracing, to make sure it works for your team. Contact tracers must include 2 refs and 1 timekeeper in the counts for all games. Please add a spot for referees/timekeepers on your tracing forms.

Q – Will hockey games look different?

- Yes, but the players will be smiling so that will be the same. The full OWHA Mandatory 4 on 4 rules are attached

Q – How many players will be on a team?

- There will be 10/11 players on a team including the goalie.

Q – Is there physical contact in the game?

- 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.

Q – What will penalties look like?

- All penalties shall be penalty shots. Intentional physical contact may result in players being removed from the game.

Q – How long is a modified game?

- 5-minute warm up  
2 X 22 periods run time  
1 min intermission between 1<sup>st</sup> and 2<sup>nd</sup>  
No overtime/no shootout for tied games  
No faceoffs: Period 1 visiting team has first possession – Period 2 home team has possession.

Q – Who has to wear a mask at games?

- Everyone must wear a mask into the facility. Players and refs may remove masks while on the ice but must put them on as soon as they remove helmets. Coaches and trainers must wear masks on the bench and remain socially distant.

Q – Can a player bring a hockey bag with them?

- Hockey bags are not permitted at this time. Participants are allowed to bring a duffel bag into the facility and must take the bag to the bench. The bag will also be used to hold the players mask while they are on the ice.

Q – Can players get changed in the dressing rooms?

- No, our association will not be providing access to the changerooms. Because of the social distancing requirements, each dressing room can only hold a minimum number of players, so accommodating a “team” would mean three rooms. Each room would require 2 female volunteers to monitor (this is an OWHA requirement) and at this point our volunteers will be needed elsewhere. The City of Kingston is requiring skaters come to the arenas “dressed to skate”, so use of rooms is not necessary. Players will be able to use benches beside the rink to put on skates and helmet. Again, this policy will be reviewed and updated when it is deemed safe to do so.

Q. – Does the same person have to bring me to the rink each time?

- No but please let the volunteer know who to expect, so that he/she is prepared at check-in.

Q – Will I be able to sit in the warm area in the lobby or watch from the boards?

- No – you will have to stay in the designated spectator area in the stands for each facility and you must be socially distanced from other parents.

Q – What happens if someone on my daughter’s team feels unwell with symptoms of Covid during an on ice-activity?

- The skater will immediately be isolated from the rest of the group and moved to a well-ventilated area, given a mask and the parent will be contacted immediately. The GKGHA trainer will stay with the skater and make sure all protocols outlined in the GKGHA Safety Protocols will be followed.

Q – If I am dropping my daughter off, where and when do I do that?

- Your daughter should be dropped off 15 minutes before her ice time. Please confirm which pad your games are on because you CANNOT enter at the wrong doors and will be asked to drive around to the other side.

For Swish and Selkirk please enter at the south door.

For Desjardins Insurance or Kingston Transit please enter the north door.

Q – Can I drop off my player and enter the facility mid-game?

- No, you can only enter the facility 15 minutes before ice time. And you cannot enter/exit and then re-enter.

Q – Why are some rules different for GKGHA than other associations

- The City of Kingston has put each renter in charge of enforcing the provincial guidelines. GKGHA procedures may be different than others but we ensure you that we have made these decisions with the utmost of safety and fairness in mind. As well our governing body the Ontario Women’s Hockey Association has put in place return to play hockey guidelines that we work within that may differ from other associations.



## **ONTARIO WOMEN'S HOCKEY ASSOCIATION**

### **MANDATORY MODIFIED 3-on-3 and 4-on-4 Playing Rules**

September 25, 2020

#### **PHYSICAL CONTACT**

The Government Laws state, "Team sports may only be practised 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 rule book 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.

## **OWHA 3-on-3 and 4-on-4 MODIFIED GAME SCENARIOS September 16, 2020**

**Start of the Period:** For the start of the 1st period, the Visiting team will be granted possession of the puck. For the start of the 2nd 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 centre 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 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 Match 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 procedure 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 referenced 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 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 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).