



# Return to Hockey Modified Game Rules

## U10 to U18 Divisions

*As per the  
OHF Return to Hockey Framework*

# Game Play



- ✓ **Rosters based on 9 players + 1 goalie\***
  - Must have 5 players + 1 goalie to start a game
- ✓ **Game time based on a 50-minute ice rental**
  - 5 min warm up / 2 x 22 min period run time / 1 min intermission
- ✓ **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**
  - No body checking, only accidental/incidental contact may occur
  - When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat.
  - A player that loses a glove must immediately retrieve the glove or leave the ice

# Game Play



- ✓ **Line changes**
  - Teams will change on the fly
  
- ✓ **Goals result in a change of possession**
  - Team that scores the goal must allow the other team to advance the puck past center ice before applying pressure
  
- ✓ **Offsides result in a change of possession**
  - Offside team must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure
  
- ✓ **Icing the puck results in a change of possession**
  - Team that iced the puck must allow the other team to advance the puck past center ice before applying pressure.
  
- ✓ **Goaltender freezes the puck**
  - The attacking team must exit 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-incidental 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**
  
- ✓ **Timing**
  - Time clock will continue to run during penalty shot
  - 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

# Penalties



## ✓ Procedure:

- 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



# Return to Hockey Modified Game Rules

## U7 to U9 Divisions

*As per the  
OHF Return to Hockey Framework*

# Game Play



- ✓ **Rosters based on 9 players + 1 goalie\***
  - Must have 5 players + 1 goalie to start a game
- ✓ **Game time based on a 50-minute ice rental**
  - Cross-ice games (*U9 would move to full ice in January*)
  - 5 min warm up / 2 x 21 min period run time / 1 min intermission
- ✓ **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
  - No body checking, only accidental/incidental contact may occur
  - When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat
  - Player that loses a glove must immediately retrieve the glove or leave the ice

# Game Play



## ✓ Line changes

- 1.5 min shifts (timekeeper will sound the horn to notify shift change).

## ✓ 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.

## ✓ Icing

- There is no icing in cross-ice hockey

## ✓ Offsides

- There are not offsides in cross-ice hockey

## ✓ Goaltender freezes the puck

- 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

# Penalties



- ✓ Penalties will be handled in the same manner as modified ice programming per the Hockey Canada Player Pathways.
- ✓ Intentional body contact or body checking may result in removal from the game at the discretion of the referee.