



Dear Volunteers,

Thank you once again for your leadership and willingness to help our kids get back on the ice. As I am sure you can appreciate, a great deal of thought and planning has gone into whether to proceed with this season. Through your feedback and a great deal of discussion at the Executive level, a modified set of playing guidelines have been created. These must be followed in addition to the Health and Safety protocols discussed by Shawn Locey our Risk and Safety officer.

IP and Novice will continue with their half-ice model while U11 and above will participate in full ice organized scrimmages.

We appreciate that these are challenging times yet infractions at any level will place our kids, our families and you the great SSMHA volunteers at risk. We cannot tolerate any risky behaviour!

Take care

Trevor Thompson

Coach Mentor



Modified Playing Guidelines (U9)

The following suggested rules and regulations are adapted from the HEO return to hockey framework.

Safety

- *Chalk Talk*
 - Should you decide to talk to the entire group, or your pod while on the ice please ensure they are socially distant rather than huddled around a whiteboard. Consider spacing them out on the goal line or blue lines.

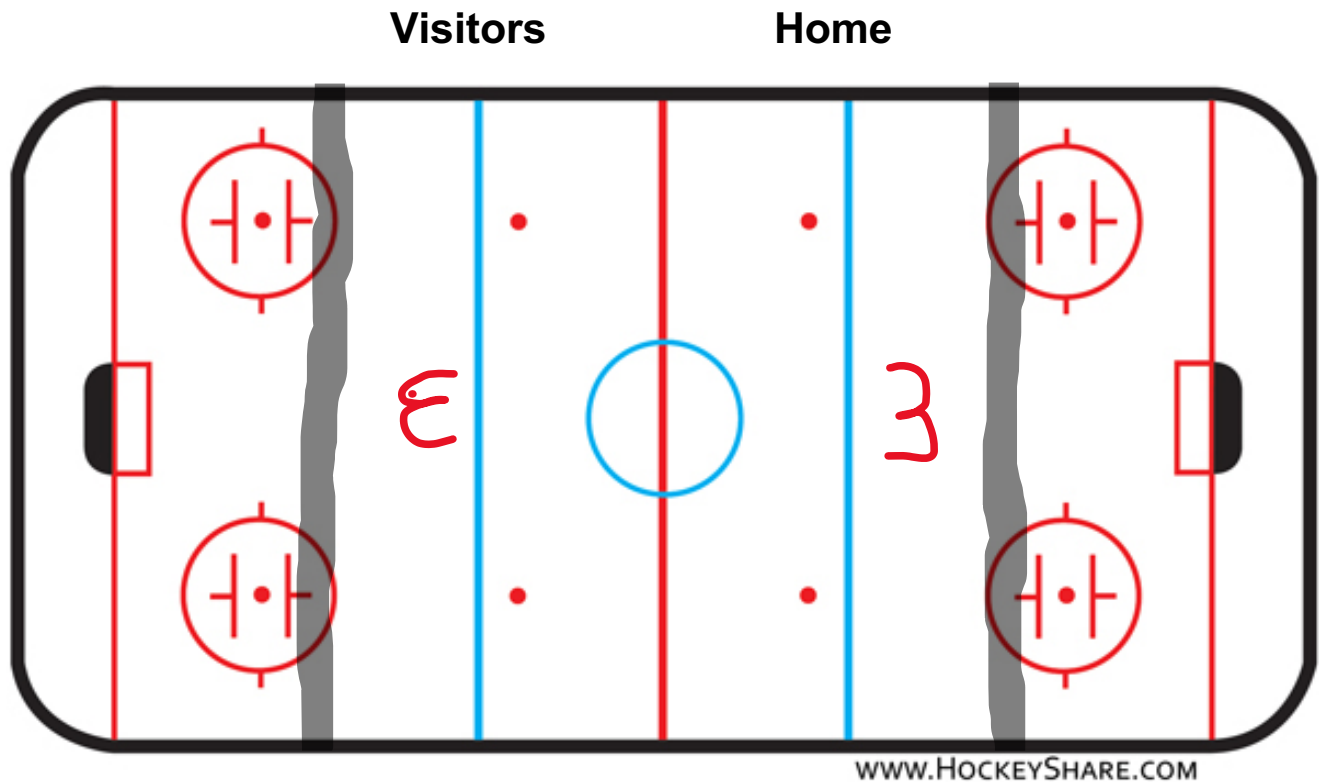
- *Transitions*
 - To ease congestion at the doors prior to the ice time, consider keeping your pod in their dressing room until the Zamboni leaves the ice.
 - I have purchased **electronic whistles** for the ice sessions as you are not permitted to use a traditional whistle and you should be wearing a mask. Please use them to enforce the playing rules outlined below.
 - Please sanitize and place the whistle back in the cabinet at the end of your session so that all coaches have access to them.

Warmup

- 10 min warm up (full ice – pads placed on the bench or along the boards until scrimmage)
- Maintain social distance (avoid line ups, use the entire ice)
- Focus: skating skills, puck control activities, passing with a partner, shooting against the boards etc.



Scrimmage



- 4 skaters + 1 goalie/team (*"All Players On" even in the last 1 minute of the ice session is not permitted*)
- 2 x 18 min periods (run time)
 - 1-2 min intermission between 1st and 2nd period (some pods/bubbles have limited goalies so they can rotate at half time)
 - No overtime / no shootout for tied games
- No faceoffs
 - Period 1 – visiting team has first possession
 - Period 2 – home team has first possession - Physical contact is not allowed
- Accidental/incidental contact may occur/ only stick checks are permitted.
 - No body checking (see PENALTIES for further clarification)
 - Play must be stopped immediately for any Prolonged Contact (i.e. 2 Steamboats).



- Fighting will not be tolerated. Fighting will result in the immediate removal from the game and a disciplinary hearing will occur
- Play will be stopped for all player scrums- Possession will be determined by coach.

On the Bench

- Use both the Home and Visitor benches
- Ensure social distancing by having players spaced apart
- NO SHARING WATERBOTTLES – NO EXEPTIONS!!!
- Coaches/Trainers must wear a mask

Line Changes

- 1 - 1.5 min shifts (automatic timekeeper will sound the horn to notify shift change).

Goaltender Freezes the Puck or a Goal is Scored

- When the goaltender freezes the puck, the attacking team must return to the redline before re-entering (all attacking players must simultaneously be behind the redline prior to re-entry).
- If using a shooter tutor – keep pucks in your pocket or on top of the net so you don't have to dig them out after each goal so play can keep moving

Puck Out of Play

- The offending team backs off and the official gives the non-offending team a new puck.

Penalties

- Governed by Hockey Canada rules with these exceptions:
 - Penalty shots will be awarded for minor penalties
 - Shooter begins at the red line while all other players take up position on the far blue line



- Once the shooter reaches the near blueline all players may chase, and the play is live
- Major penalties = player ejection
- The time clock will continue to run during a penalty shot



Modified Playing Guidelines (U11 and Above)

The following suggested rules and regulations are adapted from the HEO return to hockey framework.

Safety

- *Chalk Talk*
 - Should you decide to talk to the entire group, or your pod while on the ice please ensure they are socially distant rather than huddled around a whiteboard. Consider spacing them out on the goal line or blue lines.

- *Transitions*
 - To ease congestion at the doors prior to the ice time, consider keeping your pod in their dressing room until the Zamboni leaves the ice.
 - I have purchased **electronic whistles** for the ice sessions as you are not permitted to use a traditional whistle and you should be wearing a mask.
 - Please use them to enforce the playing rules outlined below.
 - Please sanitize and place the whistle back in the cabinet so that all coaches have access to them at the end of your session.

Warmup

- 10 min warm up
- Maintain social distance (avoid line ups, use the entire ice)
- Focus: skating skills, puck control activities, passing with a partner, shooting against the boards etc.



Scrimmage

- 4 skaters + 1 goalie/team (*"All Players On"* even in the last 1 minute of the ice session is not permitted)
- 2 x 18 min periods (run time)
 - 1-2 min intermission between 1st and 2nd period (some bubbles have limited goalies so they can rotate at half time)
 - No overtime / no shootout for tied games
- No faceoffs
 - Period 1 – visiting team has first possession
 - Period 2 – home team has first possession - Physical contact is not allowed
- Accidental/incidental contact may occur/ only stick checks are permitted.
 - No body checking (see PENALTIES for further clarification)
 - Play must be stopped immediately for any Prolonged Contact (i.e. 2 Steamboats).
 - Fighting will not be tolerated. Fighting will result in the immediate removal from the game and a disciplinary hearing will occur
 - Play will be stopped for all player scrums- Possession will be determined by coach.

On the Bench

- Ensure social distancing by having players spaced apart
- NO SHARING WATERBOTTLES – NO EXEPTIONS!!!
- Coaches/Trainers must wear a mask

Line Changes

- U11 - 1 - 1.5 min shifts (automatic timekeeper will sound the horn to notify shift change).
- U13 and above – 1 - 1.5 min shifts (automatic timekeeper will sound the horn to notify shift change) and/or players will change on the fly



Icing

- Icing the puck results in a change of possession. The team that iced the puck must allow the other team to clear their defending zone before applying pressure.

Offsides

- Offsides will result in a change of possession. The team that was called for offside must allow the other team to clear their defending zone before applying pressure.

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must clear the zone before re-entering (all attacking players must simultaneously be in the neutral zone prior to re-entry).

Puck Out of Play

- The offending team backs off and the official gives the non-offending team a new puck.

Goals

- The team that scored must allow the other team to exit the zone before applying pressure.
- *if using a shooter tutor – keep pucks in your pocket or on top of the net so you don't have to dig them out after each goal so play can keep moving*

Penalties

- Governed by Hockey Canada rules with these exceptions:
 - Penalty shots will be awarded for minor penalties
 - Shooter begins at the red line while all other players take up position on the far blue line



- Once the shooter reaches the near blueline all players may chase, and the play is live
- Major penalties = player ejection
- The time clock will continue to run during a penalty shot