



2020/2021 Orangeville Minor Hockey Association

Return to Hockey Plan

Phase 2 Stage 3b as approved by OMHA September 14, 2020

On behalf of the board, we would like to thank you for your patience during these unprecedented times. Over the past few months we have been working closely with the Ontario Hockey Federation (OHF), Ontario Minor Hockey Association (OMHA) and the Town of Orangeville to work within the guidelines on how we can return to hockey, keeping the safety of all involved our top priority.

On July 29, the OHF released their Plan and Return to play Protocols, this can be found on their website. Based on these policies, the Orangeville MHA has come up with a plan to create a season that would best adapt to operating within these policies and guidelines.

As we move through each phase of the Return to Hockey Framework, the safety of our players is guiding our decision making ahead. We support the direction from the OMHA and the OHF and our goal is getting players back on the ice, providing opportunities to promote physical health and supporting the mental wellbeing of our players. Additionally, we are committed to engaging our players and keeping our skills and love of the game ready for traditional programming when the OHF, OMHA and our public health partners advise us it's safe to do so.

The OHF return to play is based on a multi-stage approach. We are currently in phase 2, stage 3b and will be building our program based on current stage and progressing into subsequent stages along the way. Once we are ready to move to stage 4 (traditional 5 on 5 hockey) we will update our program accordingly.

Staying Healthy

Everyone entering the rink will be required to complete the contact tracing and screening practice that are aligned with the PHU requirements, OMHA, OHF and Town facility accessibility. A screener will be set up in the main entrances and will be required prior to entering the facility. We will be using a tracking document sent out by the OHF <https://www.ohf.on.ca/media/lphf5rv4/health-screening-questionnaire.pdf> which will be performed manually (see below) or digitally.

Future state (once app is approved). Everyone entering the rink will be required to complete an online wellness check (this is including all players, parents, volunteers, coaches and officials). The coach/trainer will receive notification that the wellness check has been completed and will do a short follow up screening at the rink. This will be through an online app that will need to be completed two hours before arrival at the rink. (soon to be released)

Coaches, team officials must complete the "[Hockey University: Planning a Safe Return to Hockey Course](#)" as mandated by OMHA.

Due to restrictions of number of people allowed in the rinks (currently at 50 maximum), only players and **ONE** parent/guardian will be allowed in the rink. No siblings or additional family will be allowed at the rink. It will be just the player and one parent only, no exceptions.

All skaters are expected to come to the arena fully dressed except for their skates, helmets, and gloves – goalies can wear as much equipment as they're comfortable with, so long as they are able to get dressed and undressed in the allotted time before and after their session. Players must bring their own FILLED water bottle (with player's name clearly marked on the bottle) from home.

Players and one parent/guardian must arrive at the rink NO MORE than 15 minutes prior to their game/practice and must leave the rink NO MORE than 15 minutes after their game/practice. This will allow time for proper cleaning and disinfecting from previous teams.

Face masks (covering nose and mouth) must be worn by **EVERYONE** entering the rink including the players. If wearing a face shield, there must also be a face mask worn underneath. Once the player's

helmet is on the face mask can be removed and must be placed in a Ziploc bag with their name noted on the bag.

Entry will not be allowed into the rinks without a face mask...no exceptions. Face masks are MANDATORY. Hand sanitizer stations will be located at the rink and must also be used by each person upon entry to the rink.

If a participant or coach has traveled outside the country and not cleared 14 days of self-quarantine or is experiencing any Covid-19 symptoms or has been in contact with anyone with Covid-19 symptoms DO NOT PARTICIPATE OR ENTER THE FACILITY

Social distancing in the common areas and seating areas of the rink MUST be adhered to. Entering and exiting the facility along with other details regarding accessing the facilities can be found attached.

These changes will coincide with the Municipal, Provincial and Federal rules and regulations surrounding COVID-19. Changes can and will happen based on information provided by OMHA, OHF and Hockey Canada. This information document will become policy prior to the start of our hockey season

2020-21 Competitive and Non-Competitive level Return to Hockey Programming

The season will be set up in stages in accordance with the Return to Hockey Framework and guidelines provided in the OMHA and OHF. The program outlines that we use the registration that is based on last seasons registered members of the association. In the current Phase 2 Stage 3b we will adapt a development program that will allow participants to return to the ice safely. All persons must follow the return to play protocols and screening requirements as outlined in the "Accessing the facility and check in requirement" under the staying Healthy section above.

Our program is subject to the continued approval of OMHA, our Local PHU and the Town of Orangeville, therefore changes may occur prior to our official start and as we move through the phases. We remain committed to sharing information with you as it becomes available. Please ensure you visit the website and follow us on social media for updates.

Thank you for your on-going support and commitment to our players and the game of hockey, we hope to see you in the rink soon!

Competitive Level program outline

The skills and development plan will commence the week of Sept 21 and will run for 4 weeks.

- Players must be registered in order to participate. The initial registration will be submitted online paying the base registration amount. Once the cohort/bubble teams are formed and additional Rep/Competitive fee will be collected by the association
- Competitive (Rep) level members will return to 2020-21 in the same groups (team) as they ended with from the 2019-20 season but will move to the next category higher.
 - Example: U12 Tier 1 (formerly Peewee AA) will be U13 Tier 1 (formerly Minor Bantam AA group)
 - Example: U12 Tier 2 (formerly Peewee AE) will be U13 Tier 2 (formerly Minor Bantam AE group)
- The association will work to maintain the competitive level of ice time per month for development, plus selected amount of home games
- Groups will be coached based on the 2020-21 selected coaches per category
- If additional coaches are required, they will be assigned by the Rep Executive/coaches committee
- NRP players who played for Orangeville Minor Hockey in the 2019-2020 season can choose to register with OMH or return to their home centre
- AAA players who played in the 2019-2020 season for AAA centre can remain with that centre or return to their home centre. NOTE: In order to return to OMH under these circumstances, you must register with OMH for the 2020-2021 Season.
- Players returning to their home centre from playing as an NRP or AAA centre will be placed in groups by the association

- There are no tryouts (as per the modified return to play program outline)
- Groups will be based on where they played last season and based on their skill level to allow for skill levels of players to be balanced.
- Vacancies in rosters will be reviewed in partnership with your OMH Executive and OMH coaches. OMHA has provided some guidelines with respect to vacant positions and these will be reviewed case by case under the approval of the OMHA directives
- Maximum of 25 people on the ice for individual training
- Strict physical distancing required – no contact allowed on the ice
- Limited or normal use of the bench
- Individual skills sessions for all participants from U9 Tier 1 through to U18
- Skills and development lead by current selected coaches for 2020-21 season

Non-competitive level return to Hockey Program

The skills and development plan will commence the week of Oct 3 and will run for approximately 5 weeks.

- Players must be registered in order to participate. The initial registration will be submitted online paying the base registration amount.
- Players will remain with the birth year they played with last season
- Players returning to their home centre from playing as an NRP or AAA centre will be placed in groups by the association
- Phase 1 will be skills and development 2 times a week for the month of October
- Phase 2 will introduce game play. Schedules will be created commencing in November and will run through to March
- House league grading may be required to assist in balancing groups. It will be conducted in no groups larger than 20
- Groups will be based on where they played last season and based on their skill level to allow for skill levels of players to be balanced.
- Maximum of 25 people on the ice for individual training
- Strict physical distancing required – no contact allowed on the ice
- Limited or normal use of the bench

Phase 2 Stage 3c (Oct 17 estimated and pending OMHA/OHF approval)

Following the development phase of the OMH return to hockey plan, we will begin to introduce modified game play of 3 on 3 or 4 on 4 format. Teams will be created in maximum roster of 10 including goalie. We will continue to monitor the progress of the return play procedures as well the operating centres around us in the same public health unit.

- Teams will place in cohorts/bubbles of maximum 50 that would play together
- Cohorts/Bubbles could be with other centres in the Public Health unit or in house
- Orangeville Minor Hockey Association along with Erin Hillsburgh Minor Hockey association will collaborate to create the cohort/bubble leagues
- EHMHA to add a combined age team to each major category for Non-competitive play (U15, U13, U11, U9)
- EHMHA to add a BB calibre team to each group for competitive play (U9 Tier through to U16)
- Season structure will be developed and communicated to our membership during the Stage 3b via our website, email and social media platforms.

OMH 3 vs 3 and 4 vs 4 Full-Ice Game Rules

Basic Structure

Game time length will be based on a 50-minute ice rental

5-minute warm-up

2 x 22-minute periods run time

1 intermission between 1st and 2nd period – (teams will switch ends)

No overtime / no shootout for tied games

No face-offs

Beginning of Periods

Period 1 – visiting team has first possession

Period 2 – home team has first possession

To begin the game, the visiting team will get first possession and a player on that team will place the puck at center ice with all visiting players standing behind the red line. The home team players must stand behind their blue line. The Referee will blow the whistle to start the game.

Same procedure will occur at the beginning of the 2nd but with the home team having first possession.

Physical Contact

Physical contact will not be permitted (players must remain one stick length apart).

A player can lift an opponent's stick to obtain the puck, however, a penalty will be assessed for any intentional body contact.

Intentional Body Contact - Intentional contact of two opposing players in pursuit of the puck on the ice in the same direction.

Accidental/incidental contact may occur, but body checking is not permitted.

Player Scrums

Officials will not separate players unless required to do so. They will communicate with them to disengage their opponent. Play will be stopped for any, and all player scrums. When a scrum or gathering of three or more players 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.

Line Changes (recommended)

U9 and below – 1-minute shifts (timekeeper 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 be given possession and the attacking team will retreat until all players are in simultaneous contact with the red line.

U11 and above – teams will change on the fly.

Icing

Icing the puck results in a change of possession. After the whistle signaling icing, all attacking players must leave the end-zone and be in simultaneous contact with the red line prior to re-entry into the end-zone.

Off-sides

Off-sides will result in a change of possession. After the whistle, all attacking players must leave the end-zone and be in simultaneous contact with the red line prior to re-entry into the end-zone.

Goals

Goals, after the whistle, all attacking players must leave the end-zone and be in simultaneous contact with the red line prior to re-entry into the end-zone.

Goaltender Freezes the Puck

When the goaltender freezes the puck, after the whistle, all attacking players must leave the end-zone and be simultaneously in contact with the blue line prior to re-entry into the end-zone.

Penalties

Penalty shots will be awarded for penalties as per:

2-minute penalties = 1 penalty shot

4-minute penalties = 2 penalty shots

5-minute penalties = 2 penalty shots and game ejection penalty

Intentionally entering the goaltenders' crease = 1 penalty shot

Playing without a glove = 1 penalty shot

Intentional body contact or body checking = 2 penalty shots and may result in removal from the game at the discretion of the referee

When a player is assessed a Misconduct, there is no penalty shot. The timekeeper will put 10-minutes on the penalty clock and the player must remain on his player's bench until 10-minutes is expired. If there is no timekeeper, it will be the responsibility of the coach to keep the player on the bench until the Misconduct is expired.

If/When a player makes contact with a goaltender in their crease, a penalty shot will be assessed. If they position themselves in the crease with no contact, the referee is to communicate to leave the crease, if they do not assess a penalty shot.

A player that loses a glove must immediately retrieve the glove and put it on or leave the ice. If they get involved in the play assess a penalty shot.

Coincidental Penalties

Coincidental penalties will result in no penalty shots being awarded, players must leave the ice and be replaced by a player on the bench. If one team is assessed a minor and the opposing team a double-minor, the only team awarded a penalty shot is the team who would have the player advantage (team assessed the minor).

Penalty Shot Procedure

The time clock will continue to run during a penalty shot.

If a delayed penalty shot is called near the end of the first period and the clock runs out the penalty shot will be taken. If a delayed penalty shot is called near the end of the game and the clock runs out

and where the result of the penalty shot could change the outcome of the game the penalty shot will be taken.

If the buzzer sounds while the penalty shot is in progress, the shot will be allowed to be completed.

When two penalty shots are assessed because of a penalty that is 4+minutes, two goals can be scored at the same stoppage, this is a change from traditional hockey.

The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury or has received a Game Ejection, Game Misconduct, Match Penalty, or Gross Misconduct. Someone who was on the ice will take the penalty shot for bench minors, too many players etc. (where the victim can not be identified).

The player taking the penalty shot and the players on his team will line up at centre. All the players of the opposing team will line up at either side of their blue line and must be between the boards and face-off dot. Once the penalty shot is completed whether there is a goal or not, the defending players can enter their end-zone to retrieve the puck. The player taking the shot must skate to the red line and all attacking players must be in simultaneous contact with the red line prior to re-entry into the end-zone.

Rosters

Maximum 9 players plus 1 goaltender (per team).

Both teams must start the game with a minimum of 5 players and 1 goaltender or 6 players. If a team has no goaltender and a penalty shot is assessed, the opposing team will be awarded a goal for each penalty shot.