



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
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NOHA 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, 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

U11 and below – 1.5-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.

U13 and above – teams will change on the fly.



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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.

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).



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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

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.