



Gateway Adult Hockey League

“Guidelines & Protocols”

These guidelines are subject to change with any new information or update from the Canadian Government on COVID-19 protocols.

All players must complete a COVID-19 waiver on-line before they will be allowed to step onto the ice.

Team Reps are responsible to make sure all players are aware of these guidelines and that the COVID-19 waiver has been filled out.

Players cannot attend any games if they or anyone in their household are exhibiting symptoms of COVID-19. If a player who is sick arrives at the rink, their team mates should encourage him/her to go home. If that player comes on the ice showing obvious signs of sickness, the referees are authorized to send him/her home as a precaution for everyone in the Arena.

Remember everybody is responsible for preventing the spread of COVID-19.

Team fee:

Team fee is \$5000.00 + HST = \$5650.00

We will be using a payment process for this season as we do not want any teams to pay in full in case there is a second wave of COVID-19 and we are forced to shut down. Also, this will give all Teams the option to drop out if they are unhappy with the guidelines. They will be able to opt out before their next payment is required.

September - \$1000.00 (First Game)

October - \$1000.00

November - \$1000.00

December - \$1000.00

January - 1000.00

February - \$650.00

No Cash or cheque please. You can pay by Credit/Debit or e-transfer.

Facility Entry/Exit:

All players must enter through the front doors.

Do not enter the facility until 20 minutes before your scheduled game time and vacate your assigned dressing room no later than 20 minutes upon the conclusion of your game. It is recommended that players arrive at the facility dressed to play to their respective comfort level. Face coverings are mandatory at all times inside the facilities, except during the time frame of their scheduled game.

We will have a table set up at the front door to check temperature if you want and provide hand sanitizer.

At this time there will be no spectators allowed at any games.

No Mask Rule.

Please make sure any player who cannot wear a Mask because of a medical reason are aware of this rule.

Any player/players who are not able to wear a mask due to medical reasons while in the arena will not be allowed in the dressing room with their Team.

A - They must come fully dressed.

B - They will not be allowed in the arena until 5 minutes before their game time.

C - They will be allowed to put their skates on in the arena at one of the chairs outside of the dressing rooms.

D - After the game they will be allowed to remove their skates but then they must exit the arena to remove the remainder of their equipment.

No Coach will be allowed on the bench with their team. If they are unable to wear a mask because of a medical reason.

Dressing Rooms and Bench Areas

Enhanced and frequent cleaning as well as disinfection of Team Dressing rooms and bench areas will be completed after every game. Use of dressing room showers will not be permitted at this time. Physical distancing must be adhered to in the dressing room. Each Team will be assigned a dressing room and we are asking all players to come partly dressed and only bring a duffle bag to keep their personal belonging in.

Equipment

The use of hockey sticks and any form of player equipment will be limited to just the individual players. Shared equipment is not permitted. We will not be able to the lend a piece of equipment during this time so make sure you bring all of your equipment.

Hygiene, Hand Washing, Touching Face, Laundering

Players must practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), and practice proper cough and sneeze etiquette. Our Facilities will provide hand washing and/or hand sanitizer stations at the entrance and throughout the facility. All clothing, uniform and gear must be washed, cleaned and disinfected between each use.

Water Bottles

Players will be required to bring their own water bottles to all games to help reduce transmission risk. Individuals will take their own water bottles home each night for cleaning and sanitation. Recycling bins will be made available for disposable water bottles.

We will not be able to lend out water bottles to any Team at this time.

Game Play rules:

- **4 on 4**
- **Roster.** Recommended roster size of each team is 12 players and a goalie per game. (Note: additional players can be added to your roster but only a maximum of 12 players and a goalie will be permitted to play in a game)
- **A three second rule for players in the crease will result in a whistle and a face-off outside the blue line. Any contact with the goalie will result in a minor penalty.**
- **Players must refrain from post-game handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.**
- **Stick salutes to your opponent will replace the traditional post-game hand shake at the end of the game**
- **Players must practice physical distancing on the bench during game play. It is understood this will not always apply as there will be some brief exchanges while players are entering and leaving the bench area during game play.**
- **It will be at the referee's discretion to blow the play down along the boards if they feel there is prolonged engagement that may bring additional players into the fray. The same action could be taken in front of the net when a large gathering happens in loose puck situations. Quick whistles will be encouraged.**
- **Spitting is prohibited and will result in a minor penalty. Each team will get one warning and after that, the minor penalty will apply on every instance.**
- **Penalties.** To create physical distance, the following will apply. only one player will be permitted to be in the penalty box at a time. Any subsequent penalty calls would result in those players serving their time on their player bench sitting adjacent to the penalty box.
- **If a Team receives a penalty, they will reduce by one player (4 on 3). If the same team receives another penalty, this penalty will be on hold until the first one is finished. So, this means the least number of players any Team could have on the ice is 3.**
- **Face Masks.** It is strongly recommended that all players wear a full-face shield. The league recommends and endorses the use

of the Bauer Concept Three with Splash Guard for maximum protection.

PERIOD FORMAT:

1st Period:

The clock will be set at 22 minutes and will start to run as soon as the Zamboni door is closed and the Referees are on the ice.

Referees will blow their whistle to start the game.

If a Team is not ready by the 20-minute mark, they will receive a minor penalty for delay of game.

2nd Period:

The clock will be set at 20 minutes and it will start to run at the drop of the puck.

The last 2 minutes of the 2nd period will be stop time if the game is within 2 goals or Tied.

One time out per Team per game. (30 seconds)

All minor penalties are 3 minutes not 2 minutes.

Penalty times will not start until the puck is dropped

The Only time the clock will stop other than what has been indicated in the period format is if a player is injured or at the request of the Referee.

Player Conduct

We remind all players that we are still in a pandemic. Players must follow specific guidelines regarding unnecessary engagement and contact with opposing players.

The league will be taking all the necessary measures to protect players, referees and timekeepers

The leagues goal is to minimize any unnecessary physical contact and verbal engagement that involves close contact with opposing players and referees.

Any situation with two or more players in a VERBAL ALTERCATION will be addressed by the referees in the following manner:

- **The referee will blow the whistle with a verbal warning to separate.**
- **If the players refuse to comply, a minor penalty will be called.**
- **If players persist, game ejection may be enforced. If players persist other penalties up to and including expulsion from the game will be enforced. When one player is clearly the aggressor and moved into the other players "space," only that player will be penalized if the other player did not retaliate. When this action is aggressive, that player will be given at least a Game Ejection plus any other penalties that might apply.**
- **Players are reminded to respect physical distancing between them and the referee, especially after a whistle. Any player that intentionally does not follow these guidelines will be issued a Game Ejection plus any other penalties that might apply at the referee's discretion.**
- **A minor unsportsmanlike penalty will be assessed immediately. If the player persist, game ejection will be enforced.**
- **Any Major penalty will lead to no less than a 3 game suspension with the possibility of their season ending.**

Thank you Gateway Ice Centre