

HOCKEY



School Hockey By Laws

Version 1.0

FORWARD

The Hockey NL School Hockey Program (SHP) Governing Documents have been developed to provide guidance and assistance to Program Executive, School and Team Management, and Hockey NL for the successful operation of the Program. Interested parties must understand that it is impossible to cover every aspect of School Hockey within this document. Therefore, readers should be aware that the Program Commission, supported by the Executive Director of Hockey NL who may engage the appropriate Hockey NL Division Council, will be responsible for dealing with unusual occurrences that are not covered in this manual in a fair and dutiful manner that upholds the principles and objectives of the Program. All those involved with the Program should remember that everyone involved is working for the benefit of those who play the game, representing their School, and to enjoy playing the game we all love.

WHEREAS the Hockey NL School Hockey Program (SHP) is a program within Hockey NL, a registered not-for-profit corporation, and is made up of members and individuals established to foster a learning environment within the province of Newfoundland and Labrador for School based hockey players to develop the skills required to achieve their hockey, personal, and educational goals. This will be achieved under the auspice of Hockey NL, a branch of Hockey Canada, in accordance with prescribed practices and standards.

BE IT ENACTED as the By-Laws of the Hockey NL School Hockey Program (SHP):

1.0 GENERAL

1.1 Purpose - These By-Laws relate to the general conduct of the affairs of the School Hockey Program (SHP).

1.2 Definitions – The following terms are defined as such within these By-Laws and the accompanying Rules and Regulations. Unless the context otherwise requires, words importing the singular include the plural and vice versa. Words importing gender shall include all genders.

1.2.1 ADMINISTRATOR – Any individual appointed by Hockey NL to manage the day-to-day operations of SHP.

1.2.2 BOARD of DIRECTORS (BOD) – The BOD shall consist of the League Executive and a representative from each zone participating in SHP.

1.2.3 BY-LAWS – These By-Laws, including any schedules attached, which are, from time to time amended, are in force.

1.2.4 DELEGATE – Any individual appointed by a School Team to attend meetings of the SHP.

1.2.5 EXECUTIVE – The Commissioner and between four (4) and six (6) Representatives as determined by the Board of Hockey NL in consultation with Female and Minor Councils, with at least one representative having links to NL Schools.

1.2.6 HOCKEY CANADA (HC) – The Governing body of all amateur hockey in Canada

1.2.7 HOCKEY NL (HNL) – The Governing body of amateur hockey in Newfoundland and Labrador

1.2.8 LEAGUE – Newfoundland and Labrador School Hockey League

- 1.2.9 REVIEW MEETING** – A Review Meeting shall be held at the end of each season involving the Commission, Minor Council Representatives and Female Council Representatives.
 - 1.2.10 ROSTER** – The number of players a “School Team” is permitted to carry as determined by the Commission and approved by Minor and Female Council of Hockey NL
 - 1.2.11 RULES and REGULATIONS** – The regulations and operating rules of the League as amended from time to time.
 - 1.2.12 SPECIAL MEETING** - A meeting outside the AGM called by at least 50% of the Board of Directors.
 - 1.2.13 SCHOOL** – Any site designated by NL Schools that participates in the School Hockey Program
 - 1.2.14 NL SCHOOLS** – The designated administrator of Schools within the Province of Newfoundland and Labrador as defined by the Government of Newfoundland Labrador
 - 1.2.15 SCHOOL TEAM** – A defined “Roster” of players within a “School” as determined by “NL Schools”.
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- 1.3 Registered Office** – The registered office of the School Hockey Program will be the civic address of Hockey NL.
 - 1.4 Ruling on By-Laws** – The Board of Directors of Hockey NL will have the authority to interpret any SHP By-Laws.
 - 1.5 Ruling on Regulations** – The Executive Director of Hockey NL will have the authority to interpret any and all Regulations.
 - 1.6 Conduct of Meetings** – Unless otherwise specified, meetings of the Executive will be conducted according to Robert’s Rules of Order.

2.0 MISSION STATEMENT

The mission statement will be achieved through the following objectives:

- 2.1** To provide School based hockey teams in the province of Newfoundland & Labrador with the opportunity to develop to the highest skill level.

- 2.2 To encourage School based players to continue to play high level hockey in Newfoundland and Labrador.
- 2.3 To administer the playing of the game of hockey within the NL Schools system in accordance with the rules, regulations, and etiquette of the game.
- 2.4 To foster and encourage good sportsmanship in players, coaches and team officials who participate in the SHP.
- 2.5 To recognize those players, coaches and team officials who participate in the League through annual awards.
- 2.6 To foster safe, fun, and inclusive hockey experiences within the School Hockey Program in the province of Newfoundland and Labrador.

3.0 MEMBERSHIP

Membership in the SHP shall consist of any School based team approved under NL Schools policy and by the respective Minor or Female Council. Teams shall belong to either a zone or league as determined in conjunction between the Commission and the respective Council of Hockey NL. Participation in the SHP is voluntary. Member teams accept the authority, rulings and decisions of the SHP Executive Committee, Hockey NL and Hockey Canada upon entry into the Program. Members are accountable for their conduct on and off the ice in accordance with the rules and regulations of NL Schools and Hockey NL.

Leagues may exist within a zone as approved by the Commission. These leagues may have their own Executive but shall be under the authority, rulings, and decisions of the SHP Executive Committee.

4.0 SUSPENSION AND APPEAL PROCEDURES

- 4.1 ALL MATCH PENALTIES AND GROSS MISCONDUCTS assessed in SHP, and all other divisions of Hockey NL, will be ruled on by Hockey NL appropriate Division Council.

- 4.2** Suspensions for all other infractions will be in accordance with the minimum suspensions determined and approved by Hockey NL. A listing of suspension guidelines is attached (Appendix A) and must be adhered to by all coaching staff. School teams and leagues also have the authority to address the application of suspension provided no reductions exist in the number of games and/or time allotment assessed. All suspensions are subject to those sanctions set forth by School Sport NL and/or NL Schools.
- 4.3** Every player has the right to appeal their suspension. Procedure for appeal is in accordance with Hockey NL By-Law 12. Any suspension or ruling given by a school team or NL Schools, the appeal must be made via the NL Schools processes.
- 4.4** Suspensions must be served in applicable league and or tournament games and will follow the same rules as set forth by Hockey NL.
- 4.5** The day on which any infraction or suspension occurred shall NOT be counted as a day of suspension.
- 4.6** When a school player is suspended by Hockey NL the following individuals will be notified in writing.
- Player and/or Parent/Guardian
 - Team manager
 - League Administrator/Convenor (if applicable)
 - Branch Referee in Chief
 - Minor or Female Area Member
 - Local Minor Hockey Association or Junior Team (if applicable)
 - Principal of School
 - President of Hockey NL
- 4.7** As per Hockey NL Bylaws, Regulations and Policies, participation of unregistered players is not permitted. Violations shall be subject to discipline as per Hockey NL Sanctions.
- 4.8** Participation in game play against unregistered teams and/or in unsanctioned games is not permitted. Violations shall be subject to discipline as per Hockey NL Sanctions.

4.9 At no time, shall a game be undertaken without the express approval of the Commission and/or League in which the team permits. Should travel be required for game play, the appropriate Hockey NL travel sanctioning MUST be adhered to. Violations shall be subject to discipline as per Hockey NL Sanctions.

5.0 MEETINGS

5.1 An Season Review Meeting for SHP will be held on or before the AGM for Hockey NL. This meeting shall be virtual. All proposed amendments from the School Hockey Program Commission to the Governing Documents must be submitted to both Minor and Female Council and will require a majority vote of the Board of Directors of Hockey NL in attendance at the Hockey NL AGM for ratification. Any proposed amendment must be provided by the Commission to Hockey NL at least 90 days in advance of the Hockey NL AGM.

5.2 A Special Meeting may be called when at least 50% of the teams participating in SHP request such a meeting. Any amendment must be circulated to the SHP Commission within 24 hours of the special meeting.

5.3 The SHP will endeavor to hold bi-monthly meetings in season to discuss ongoing operational issues and any other business as submitted by members of the SHP Commission. Meetings may be called at the request of the Commissioner providing reasonable notice has been given to all members of the Commission Executive.

5.4 All members of the SHP Commission will have one vote for all matters under consideration at meetings. When a vote is called, all members of the Executive are required to vote, except for the Commissioner. In the event of a tie, the Commissioner will cast a final deciding vote.

5.5 All teams are entitled to attend the SHP Review Meeting. Failure to attend 2 consecutive Review Meetings by a team will terminate the team.

5.6 Participation at a Special Meeting, or any other meeting, notwithstanding 5.5, will be done via a virtual platform that will allow participants to communicate adequately. A person so participating in a meeting is deemed to be present at the meeting.

- 5.7** A quorum for any meeting will be 51% of the Executive and teams who are in good standing with the league.

6.0 AUTHORITY

The SHP derives its authority from its association with Hockey NL and Hockey Canada, as well as NL Schools. The SHP will maintain membership in good standing with Hockey NL. All rules, regulations and policies outlined within the governing documents of the SHP shall be approved by Hockey NL as the operating principles of the SHP.

7.0 GOVERNANCE

- 7.1** The SHP shall be administered by a Commission. The Commission shall consist of the Commissioner, and between four (4) and six (6) other members. At least one (1) representative must be affiliated with NL Schools.
- 7.2** Hockey NL shall appoint one liaison from Open Hockey (Minor Council) and one from Female Hockey (Female Council). These are non-voting positions and shall be invited to all SHP meetings.
- 7.3** To be eligible to serve as an Commission Member, an individual must:
- 7.3.1** be nineteen (19) years of age or older;
 - 7.3.2** not have been found to be mentally incompetent by a court in Canada or elsewhere;
 - 7.3.3** have the power under law to contract;
 - 7.3.4** not have the status of bankrupt;
 - 7.3.5** not be a Director, Officer, or Council Member within Hockey NL or be directly affiliated with any school hockey team.
- 7.4** The Commission for the SHP shall be appointed by Hockey NL in consultation with Female Council, Minor Council, and NL Schools.
- 7.5** The Commission shall have the authority to make policies, procedures, and supervise or manage the affairs of the SHP in accordance with these By-Laws and the accompanying Rules and Regulations. All operational policies shall be ratified by the respective Council (Minor or Female). The Hockey NL Board of Directors shall ratify the Governance of SHP and hold responsibility for

interpretation of the Bylaws of SHP. Interpretation of the Regulations shall be undertaken by the Executive Director of Hockey NL.

7.6 Commission Authority – The Commission has the authority to:

7.6.1 appoint an Administrator for a maximum 3-year term with no limit to the number of terms, who shall be approved by the Female and Minor Council and ratified by the Board of Directors of Hockey NL.

7.6.2 authorize spending under the approved budget.

7.6.3 administer discipline as set forth within the Regulations and Suspension guidelines of NL Schools, Hockey NL and Hockey Canada.

7.7 Duties of the Commission

7.7.1 The Commissioner shall be the chair of the Commission, will preside at meetings of the SHP Commission, and will perform other such duties as may be necessary from time to time as determined by the Board of Directors of Hockey NL.

7.7.2 The Representatives shall, in the absence or disability of the Commissioner, perform the duties and exercise the powers of the Commissioner for their respective Divisions of SHP, and will perform other such duties as may from time to time be established by the Board of Directors of Hockey NL.

7.7.3 The Administrator shall provide support to the Commission and SHP Teams on all matters with respect to administration and operations of the program.

8.0 **DISPUTE RESOLUTION**

8.1 The Commission may delegate its decision-making authority to an independent arm's length Dispute Resolution (DR) Committee whose decisions will be final at the SHP Level.

- 8.2** The DR Committee will be composed of three (3) individuals appointed by the Commission in consultation with Female and Minor Councils. It will be the duty of the DR Committee to rule upon disputes submitted to it in accordance with the Regulations and Guidelines of Hockey NL and Hockey Canada.
- 8.3** Prior to the start of the season, the three (3) DR Committee members will decide who will be the Chairperson of the Committee.
- 8.4** Any member of any team – player or team staff - who files a dispute with the DR Committee must do so within 48 hours of the egregious decision. There will be a \$400 fee which will be considered remuneration to the three (3) DR Committee members. In the event the appellant wins their appeal, \$100 will be returned to them.
- 8.5** Any member of any team – player or team staff - who files a dispute with the DR Committee has been incorrectly imposed on them, has the right to appeal that decision to as per the Appeals Policy and Procedures of Hockey NL and Hockey Canada.

9.0 NL SCHOOLS ATHLETIC CONTRACT

- 9.1** All student athletes, parents/guardians, school staff and volunteers involved in school athletics are expected to adhere to the NL Schools Athletic Contract.
- 9.2** All student athletes must have an NL Schools Athletic Contract on file prior to participating in any school athletics.
- 9.3** A student athlete will be subject to disciplinary measures, which may include a suspension from the team for non-compliance with the NL Schools Athletic Contract.
- 9.4** Prior to any athletic programs beginning or the end of September (which ever is first), the school administrator will meet with all coaches and/or volunteers to outline school expectations with respect to the NL Schools Athletic Contract, student conduct, communication, financial guidelines, travel, etc., and all associated policies and regulations. In the event that new coaches/volunteers are required throughout the school year, the school administrator is responsible for the above.

10.0 USE OF INSTRUCTIONAL TIME

- 10.1** School administrators will ensure that instructional time is protected when planning cocurricular and extra-curricular activities. As per Administrative Procedure 4.1 (e) of the Use of Instructional Time Policy, school-sponsored

sports tournaments and other school sponsored events/activities begin after the instructional day whenever possible, with allowances for reasonable travel time for distant schools

11.0 STUDENT SAFETY – ATHLETICS

- 11.1** Schools will ensure that student safety is the priority when students are involved in athletic events. The safety of players, coaches, and volunteers during game play is determined by the Officials actively supervising the SHP/Hockey NL sanctioned game.
- 11.2** School teams are required to follow the Student Travel Policy and Administrative Regulations and the Field Trip Protocol as it pertains to the use of school buses versus motor coaches.
- 11.3** All participants are required to complete co-curricular and extra-curricular consent forms, including medical consent, prior to participation in any extra-curricular activities. It is the responsibility of school administration to inform teacher sponsors/coaches/parent volunteers of any relevant medical concerns/issues of student athletes.
- 11.4** It is incumbent on the parent/guardian to provide accurate and applicable medical information regarding their child.
- 11.5** The parent/guardian must sign a medical declaration before a student can participate in the school's athletic program.
- 11.6** It is important that parents/guardians are informed of participation levels of children, and that they inform teachers/coaches and/or administration of medical concerns that may limit participation.
- 11.7** It is the responsibility of the parent/guardian to ensure the proper medical clearance is arranged before participation occurs.
- 11.8** When travelling with student athletes, teacher-sponsors must have contact/medical information in case of emergency. This information should be shared with the team first responder/trainer to reduce the risk to the student athlete. Both the teacher-sponsor and the first responder/trainer must respect the confidentiality of this information (e.g., Allergies – EpiPen).
- 11.9** In a situation where a student becomes ill or is injured, every First Aid precaution must be taken, and the parent/guardian contacted at the earliest possible opportunity.
- 11.10** In a situation where an accident occurs, whether at the school or participating in SHP, the teacher-sponsor must ensure that an accident report is filed and inform administration. A copy of the report must be sent to: **accidentreports@nlschools.ca** - forms must be typed and signed by the school's Administrator. Forms completed by hand or not signed will not be accepted.
- 11.11** All schools and travelling teams must have adequate First Aid supplies readily available for athletic competition. Each host school must have a person who is certified in First Aid/CPR.



HOCKEY CANADA MINOR / FEMALE MINIMUM SUSPENSIONS

Updated: June 2024



1. The following minimum suspensions are not to be reduced; Members, Association and Leagues may strengthen any of the listed offences at their discretion.
2. These guidelines apply to all levels of Minor hockey and all divisions of Female hockey.
3. Indefinite Suspensions - Members shall establish a process for investigation or review to determine the appropriate length of suspension unless otherwise specified in the guidelines. Said processes shall include some form of communication and follow up with the individual(s) in question. This may include written submissions, phone or electronic communication, formal hearing, educational training etc. Any player or team official under indefinite suspension is deemed ineligible to participate until a decision has been rendered and the suspension is served in full.
4. All incidents resulting in multiple suspensions to a single participant must be served consecutively.
5. Discipline applied in accordance with any minimum suspension(s) within these guidelines are not subject to appeal.

SECTION 1 - MALTREATMENT

Rule #	Type	Penalty	Suspension	Last 10 Minutes
11.1(e)	Game Misconduct	Unsportsmanlike Conduct	1 game	2 games
11.2(e)	Game Misconduct	Abusive Behavior	2 games	3 games
11.2(f)	Gross Misconduct	Abusive Behavior	3 games	4 games
11.3(c)	Match	Spitting	5 games	n/a
11.4	Gross Misconduct	Discrimination	Indefinite Suspension (Minimum 5 Games)	n/a
11.5(c)	Match	Physical Harassment of Officials	Indefinite Suspension	n/a
11.5(e)	Game Misconduct	Physical Harassment of Officials	1 game	2 games
Progressive Suspensions - Player or Team Official				
Rule #	Penalty		Suspension	Last 10 Minutes
11.1(e)	Receives 2 Game Misconducts under Rule 11.1 in a season		2 games	3 games
11.1(e)	Receives 3 or more Game Misconducts under Rule 11.1 in a season		Indefinite Suspension	n/a
11.2(e)	Receives 2 Game Misconducts under Rule 11.2 in a season		4 games	5 games
11.2(e)	Receives 3 or more Game Misconducts under Rule 11.2 in a season		Indefinite Suspension	n/a
11.2(f)	Receives 2 Gross Misconducts under Rule 11.2 in a season		Indefinite Suspension	n/a
11.4	Receives 2 or more Gross Misconducts under Rule 11.4 in a season		Indefinite Suspension	n/a
11.5(e)	Receives 2 or more Game Misconducts under Rule 11.5(e) in a season		Indefinite Suspension	n/a

SECTION 2 - MAJOR PENALTIES

Rule #	Type	Penalty	Suspension	Last 10 Minutes
7.1(b)	Major	Attempt to injure or Deliberate Injury	1 game	2 games
7.2(b)	Major	Boarding	1 game	2 games
7.3(b)	Major	Body Checking	1 game	2 games
7.4(b)	Major	Charging	1 game	2 games
7.5(b)	Major	Checking from Behind	1 game	2 games
7.6(b)	Major	Head Contact	1 game	2 games
7.8(b)	Major	Kneeing	1 game	2 games
7.9(b)	Major	Roughing	1 game	2 games
8.3(b)	Major	Interference	1 game	2 games
8.4(b)	Major	Interference from the Bench	1 game	2 games
8.5(b)	Major	Interference with the Goaltender	1 game	2 games
8.7(b)	Major	Clipping	1 game	2 games
9.2(b)	Major	Cross-Checking	1 game	2 games
9.3(b)	Major	Slashing	1 game	2 games
10.5(b)	Major	Throwing or Shooting Stick or Object	1 game	2 games
10.8(b)	Major	Refusing to Start Play	See other (Section 5)	n/a
Progressive Suspensions - Player				
Any player receiving 2 Majors in same season for any of the above infractions			2 games	3 games
Any player receiving 3 Majors in same season for any of the above infractions			4 games	5 games
Any player receiving 4 Majors in same season for any of the above infractions			Indefinite Suspension	n/a
Progressive Suspensions - Coach				
Any team receiving a combination equaling 3 penalties in the same game from a Major penalty, Match penalty or fighting infraction.			1 game	n/a
For a 2nd violation of a team receiving a combination equaling 3 penalties in the same game from a Major penalty, Match penalty or fighting infraction.			3 games	n/a
For a 3rd violation of a team receiving a combination equaling 3 penalties in the same game from a Major penalty, Match penalty or fighting infraction.			Indefinite Suspension	n/a

SECTION 3 - MATCH PENALTIES

Rule #	Type	Penalty	Suspension	Last 10 Minutes
7.1(c)	Match	Attempt to Injure or Deliberate Injury	Indefinite Suspension	n/a
7.2(c)	Match	Boarding	3 games	n/a
7.3(c)	Match	Body Checking	3 games	n/a
7.4(c)	Match	Charging	3 games	n/a
7.5(c)	Match	Checking from Behind	3 games	n/a
7.6(c)	Match	Head Contact	3 games	n/a
7.8(c)	Match	Kneeing	3 games	n/a
7.9(c)	Match	Roughing	3 games	n/a
8.3(c)	Match	Interference	3 games	n/a
8.4(c)	Match	Interference from the Bench	3 games	n/a
8.5(c)	Match	Interference with the Goaltender	3 games	n/a
8.7(c)	Match	Clipping	3 games	n/a

8.8(c)	Match	Slew Footing	3 games	n/a
9.1(c)	Match	Butt-Ending	3 games	n/a
9.2(c)	Match	Cross Checking	3 games	n/a
9.3(c)	Match	Slashing	3 games	n/a
9.4(c)	Match	Spearing	3 games	n/a
10.5(c)	Match	Throwing or Shooting Stick or Object	3 games	n/a
Progressive Suspensions - Player				
Any player receiving 2 Match penalties in same season for any of the above infractions			5 games	n/a
Any player receiving 3 Match penalties in same season for any of the above infractions			Indefinite Suspension	n/a

SECTION 4 - FIGHTING PENALTIES

Rule #	Type	Penalty	Suspension	Last 10 Minutes
7.10(b)	Major	Fighting - First Offence	2 games	3 games
		Fighting - Second Offence	4 games	5 games
		Fighting - Third Offence	Indefinite Suspension	n/a
7.10(b)	Pre/Post Game Altercations			
	Major + GM	Any player involved where Majors and Game Misconducts are assessed.	2 games	3 games
	Major + GM	Coach of team whose players are so penalized.	Indefinite Suspension	n/a
7.10(c)	Match	Fighting – wearing rings or tape to inflict punishment.	3 games	n/a
7.10(e)	Game Misc.	Player who joins in a fight or acts as a peacemaker.	2 games	3 games
7.10(e)	Game Misc.	Player who takes part in another or secondary fight during the same stoppage of play.	2 games	3 games
7.10(f)	Gross Misc.	Fighting or joining a fight with or as a team official	3 games	4 games
7.11(a)	Instigator of a Fight			
	Minor	First Offense	1 game	n/a
	Minor	Second Offense	3 games	n/a
	Minor	Third Offense	Indefinite Suspension	n/a
	NA	The coach of team whose player is penalized for a third offence of Instigator or Aggressor.	3 games	n/a
<i>Rule 7.11(a) Note: If a player is assessed both penalties in the same altercation, they would be suspended for both offences.</i>				
7.11(a)	Aggressor of a Fight			
	Minor	First Offense	1 game	n/a
	Minor	Second Offense	3 games	n/a
	Minor	Third Offense	Indefinite Suspension	n/a
	NA	The coach of team whose player is penalized for a third offence of Instigator or Aggressor.	3 games	n/a
<i>Rule 7.11(a) Note: If a player is assessed both penalties in the same altercation, they would be suspended for both offences.</i>				
10.4(e)	Game Misc.	Player identified as first to leave the players' or penalty bench during a fight or for the purpose of fighting.	3 games	4 games
10.4(e)	Game Misc.	Coach of a team whose player is identified as first to leave the players' or penalty bench during a fight or for the purpose of fighting.	3 games	4 games

10.4(e)	Game Misc.	Coach whose player is not identified as the first to leave the players' or penalty bench during an on-ice altercation.	1 game	2 games
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SECTION 5 - OTHER

Rule #	Type	Penalty	Suspension	Last 10 Minutes
4.8(c)	Game Misc.	Any player or team official who is assessed a Game Misconduct penalty in the last 10 minutes of regular playing time, at any time in overtime, or after the conclusion of the game will automatically be suspended for a minimum of the next regular league/play-off game or seven days. Note: The 1 game suspension under Rule 4.8(c) is in addition to any suspensions applied under the minimum guidelines.	1 game	n/a
4.9(b)	Gross Misc.	Any player or team official who is assessed a Gross Misconduct penalty in the last 10 minutes of regular playing time, at any time in overtime, or after the conclusion of the game will automatically be suspended for a minimum of the next regular league/play-off game or seven days. Note: The 1 game suspension under Rule 4.9(b) is in addition to any suspensions applied under the minimum guidelines.	1 game	n/a
4.9	Gross Misc.	Any gross misconduct assessed to a player or team official not otherwise covered within these guidelines	3 games	4 games
10.4(f)	Gross Misc.	Any player or team official who, having been removed from the game due to a Game Ejection, Game Misconduct, Gross Misconduct, or Match penalty, returns to the ice surface or becomes involved with or disrupts the game in any way.	Indefinite Suspension	n/a
10.8	n/a	Refusing to Start Play	Indefinite Suspension	n/a

NOTE #1: Applicable in League games and tournament games.

NOTE #2: Suspensions for all infractions will begin to be served immediately after the assessment of the penalty in accordance with the suspension guidelines above.

NOTE #3: When the suspension carries a time frame (i.e. 7 days), the player will serve the full 7 days. For example, if an infraction occurs during a game on Saturday, the player **cannot** return until the following Sunday. In no case can the day on which the infraction occurred be counted as a day of suspension.

NOTE #4: Players who are under suspension other than a Match Penalty or Gross Misconduct can practice only with their League teams.

NOTE #5: In all cases where the infractions result in bodily injury, the suspensions will be of a longer duration.

NOTE #6: Players receiving Gross Misconducts or Match Penalties **are not** eligible to play or practice until the suspension has been ruled on.

NOTE #7: Any Coach or Team Official who provides wine, beer or any other alcoholic beverage, or knowingly allows these beverages to be consumed by legally under aged members of their team, while they are responsible for these players shall receive a suspension of not less than two (2) years.

NOTE #8: Team/League/Association Presidents have the authority to give out a more severe suspension. All suspensions **must** be reported to the Provincial Office by the President.

NOTE #9: The above procedures would also allow for a player to first make an appeal to his/her League and further appeal to the HNL Appeals Committee, if necessary. All appeals to the HNL Appeals Committee must be made by the player in writing within 7 working days of the suspension and this appeal must be accompanied with a \$200.00 appeal fee made payable to Hockey Newfoundland and Labrador.

NOTE #10: Any member of a coaching staff not wearing a CSA certified hockey helmet with chin strap securely fastened under the chin during on ice functions except games will receive a one (1) game suspension.

NOTE #11: The Minor & Female Council Discipline Committees reserve the right to look at any major penalty to determine whether additional supplemental discipline is warranted.