HOCKEY NL JUNIOR
MINIMUM SUSPENSIONS

Updated: June 2025

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 Junior Leagues excluding the CJHL.

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.

6. Any Game Misconduct or Gross Misconduct assessed in the last ten (10) minutes of regular playing time or overtime will result in an additional automatic one (1) game suspension under Rules 4.8 (c) [Game Ejection & Game Misconduct Penalties] or 4.9 (b) [Gross Misconducts Penalties].

SECTION 1 - MALTREATMENT

Rule #	Type	Penalty	Suspension	Last 10 Minutes
11.1(e)	Game Misconduct	Unsportsmanlike Conduct	n/a	n/a
11.2(e)	Game Misconduct	Abusive Behavior	1 game	2 games
11.2(f)	Gross Misconduct	Abusive Behavior	2 games	3 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	Accumulation Suspension
2 Game Misconducts in a season under any of Rules 11.1 (e), 11.2 (e) or 11.5 (e)	**2 additional games**
3 or more Game Misconducts in a season under any of Rules 11.1 (e), 11.2 (e) or 11.5 (e)	**Indefinite Suspension**
2 Gross Misconducts in a season under any of Rules 11.2 (f) or 11.4	**Indefinite Suspension**
3 or more Gross Misconducts in a season under any of Rules 11.2 (f) or 11.4	**Indefinite Suspension**

SECTION 2 - MAJOR PENALTIES

Rule #	Type	Penalty	Suspension	Last 10 Minutes
7.1(b)	**Major**	**Grabbing hair, facial protector, helmet, chin strap or throat protector.**	**1 game**	**2 games**
7.2(b)	Major	Boarding	1 game	2 games
7.4(b)	Major	Charging	1 game	2 games
7.5(b)	Major	Checking from Behind	1 game	2 games
7.7(b)	Major	Head Contact	1 game	2 games
7.8(b)	Major	Kneeing	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 – Play Resumed**	**Indefinite Suspension**	**n/a**
		Refusing to Start Play – Game is Suspended	**Indefinite Suspension**	**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

SECTION 3 - MATCH PENALTIES

Rule #	Type	Penalty	Suspension	Last 10 Minutes
7.1(c)	**Match**	**Attempt to Injure or Deliberate Injury**	**3 games**	**n/a**
7.1(c) i.	**Match**	**Head Butting**	**3 games**	**n/a**
7.1(c) ii.	**Match**	**Grabbing hair, throat protector or any part of the helmet**	**3 games**	**n/a**
7.1(c) iii.	**Match**	**Kicking**	**3 games**	**n/a**
7.1(c) iv.	**Match**	**Using equipment as a weapon**	**3 games**	**n/a**
7.2(c)	Match	Boarding	3 games	n/a
7.4(c)	Match	Charging	3 games	n/a
7.5(c)	Match	Checking from Behind	3 games	n/a
7.7(c)	Match	Head Contact	3 games	n/a
7.8(c)	Match	Kneeing	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			**Indefinite Suspension**	**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 - Third Offence	1 game	2 games
		Fighting - Fourth Offence	2 games	3 games
		Fighting - Fifth Offence	3 games	4 games
		Fighting - Sixth Offence	Indefinite Suspension	n/a
7.10(b)	**Pre/Post Game Altercations**			
	Major + GM	Any player involved where Majors and Game Misconducts are assessed.	1 game	2 games
	Major + GM	Coach of team whose players are so penalized.	3 games	4 games
7.10(c)	Match	Fighting – wearing rings or tape to inflict punishment.	3 games	n/a
7.10(e) ii	Game Misc.	Player who joins in a fight or acts as a peacemaker.	1 game	2 games
7.10(e)iii	Game Misc.	Player who takes part in another or secondary fight during the same stoppage of play.	1 game	2 games
7.11(a)	**Instigator or 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**
Rule 7.11(a) Note: If a player is assessed both penalties in the same altercation, they would be suspended for both offences.				
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.	Any player identified as the first to leave the players' or penalty bench during a fight.	3 games	4 games
10.4(e)	Game Misc.	The coach of team whose player is penalized under the above two points.	2 games	3 games
10.4(e)	Game Misc.	The coach whose player left the player bench but is not identified as the first to leave the players or penalty bench during an on-ice altercation.	1 game	2 games
10.6(f)	Gross Misc.	Any player who removes their chinstrap before or during a fight.	2 games	3 games
10.6(f)	Gross Misc.	If a player removes their helmet and releases their chinstrap to fight and the opposing player doesn't, the former will be assessed an additional two-minute Minor penalty.	2 games	3 games

10.6(f)	Gross Misc.	Any player who removes an opponent's helmet or releases an opponent's chinstrap before or during a fight.	2 games	3 games

SECTION 5 -OTHER				
Rule #	**Type**	**Penalty**	**Suspension**	**Last 10 Minutes**
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