HOCKEY NL MINOR / FEMALE / SCHOOL HOCKEY

Minimum Suspensions

Updated: June 2026

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.

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 or seven (7) days under Rules 4.8 (c) [Game Ejection & Game Misconduct Penalties] or 4.9 (b) [Gross Misconducts Penalties]. The application of the (7) "seven days" is at the discretion of the Member.

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	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
7.3(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
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	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
7.3(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			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 - First Offence	1 game	2 games
		Fighting - Second Offence	2 games	3 games
		Fighting - Third Offence	4 games	5 games
		Fighting - Fourth 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) ii.	Game Misc.	Player who joins in a fight or acts as a peacemaker.	2 games	3 games
7.10(e) iii.	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 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.	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

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
10.8(e)	Game Misc.	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.
