# HOCKEY NL SENIOR

## 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 Senior hockey Leagues.

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 | 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 |
| **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 | | | | |
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| **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 |

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|---|---|---|---|---|
| 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** | | | | |
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| **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 |

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| 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 | | | | |
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| **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 |