



AUTOMATIC MINIMUM SUSPENSIONS

FOR INFRACTIONS WHICH OCCUR IN MINOR & FEMALE HOCKEY

#1. MATCH PENALTIES

Molesting Officials	Indefinite Suspension
Deliberate Injury	Indefinite Suspension
Deliberate Attempt to Injure	4 games
Hair Pulling (when match penalty is assessed)	5 games
Grabbing the Facemask (when Match penalty is assessed)	5 games
Spitting at an Opponent, team official or game official	5 games
Spearing (when Match penalty is assessed)	4 games
Butt Ending (when Match penalty is assessed)	4 games
Head Butting	5 games
Checking From Behind (when Match penalty is assessed)	4 games
Checking to The Head (when a Match penalty is assessed)	4 games
Kicking	5 games

#2. CHECKING FROM BEHIND WHERE A MAJOR PENALTY PLUS GAME MISCONDUCT PENALTY IS ASSESSED

3 games

Note: Any player receiving a 5 minute Major Checking From Behind infraction in the last ten minutes of regular time, or any time in overtime, or at the conclusion of the game and prior to the player entering the dressing room, shall be suspended for 1 game in addition to the guideline listed above.

I.e. A player receives a 5-minute major for checking from behind for the first time in a season with 2:00 minutes remaining in the game shall be suspended for the next 4 regular scheduled games.

#3. CHECKING TO THE HEAD WHERE A MAJOR PENALTY PLUS A GAME MISCONDUCT PENALTY IS ASSESSED

3 games

#4. CHECKING TO THE HEAD WHERE A MATCH PENALTY IS ASSESSED

5 games

#5. GROSS MISCONDUCT

3 games

#6. GAME MISCONDUCT

Verbal Abuse of Officials (RULE 9.2)

3 games

Any player or team official who is assessed a Game Misconduct Penalty in the last ten minutes of regular time, or any time in overtime, or at the conclusion of the game and prior to the player or team official entering his dressing room, shall automatically be suspended for one game.

#7. FIGHTING (PLAYING RULE 6.7):

1st Time – 2 Games in Not Less Than 7 Days

2nd Time – 4 Games in Not Less Than 14 Days

3rd Time – Indefinite

Note: Any player receiving a fighting infraction in the last ten minutes of regular time, or any time in overtime, or at the conclusion of the game and prior to the player or team official entering the dressing room, shall be suspended for 1 game in addition to the guideline listed above.

I.e. A player receives their second fighting infraction of the season with 2:00 minutes remaining in the game shall be suspended for the next 5 regular scheduled games in not less than 14 days.

Third Man in a Fight

3 games

Any Player Receiving a Fighting Major Penalty, which is as a Result of a Second or Subsequent Fight During the Same Stoppage of Play

3 games

INSTIGATOR OR AGGRESSOR OF A FIGHT

1st Offence

2 games

2nd Offence

3 games

3rd Offence

5 games

The Coach of the Team Whose Player is Penalized for a Third Offence of Instigator Or Aggressor

4 games

8 Leaving the Players Bench 9.5

Player Identified as First to Leave the Players' Bench During a Fight or For the Purpose of Starting a Fight

4 games

Player Identified as First to Leave the Penalty Box During a Fight or For the Purpose of Starting a Fight

4 games

Coach of a Team Whose Player is Penalized Under the Above Two Points 4 games

Coach Whose Player is Not Identified as The First to Leave The Player's or Penalty Bench During an On-Ice Altercation 3 games

9 REMOVING THE HELMET INFRACTIONS

Any player who removes their chinstraps before or during fights 1 game

If a player removes his helmet and releases his chinstrap to fight and the opposing player doesn't, the former gets an additional two minute minor penalty 1 game

If the player removes his opponent's helmet or releases the chinstrap before or during a fight 1 game

#10. PRE/POST GAME ALTERCATIONS

Any Player Involved Where Majors and Game Misconducts are Assessed 4 games

Coach of a Team Whose Players are so Penalized Indefinite suspension

Any Team Involved in a Pre or Post Game Brawl Indefinite suspension

#10. REFUSING TO START PLAYER

To be referred to the President of Hockey Newfoundland & Labrador for Ruling

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 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 until the suspension has been ruled on.

NOTE #7: A high school player who is also a registered minor or junior hockey player, who receives a suspension for a Gross Misconduct or Match Penalty from HNL, must serve his suspension by applying games and/or time allotment in the division of which the infraction occurred, however, the player is suspended from all HNL sanctioned games until the suspension is served.

NOTE #8: A high school player who is also a registered minor or junior hockey player, who receives a suspension for all other infractions, must serve his suspension by applying games and/or time

allotment in the division of which the infraction occurred however, the player is not suspended from all other HNL sanctioned games.

NOTE #9: 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 #10: 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 #11: 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 14 days of the suspension and this appeal must be accompanied with a \$200.00 appeal fee made payable to Hockey Newfoundland and Labrador. \$100.00 will be refundable if you are successful with your appeal.

NOTE #12: Any member of a coaching staff not wearing a CSA certified hockey helmet with chin strap during on ice functions except games will receive a one (1) game suspension.