



**2025 – 2026 Season
Minor Hockey
Suspension Handbook**

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Purpose

The purpose of this Handbook is to provide detailed examples and explanations for the application of suspensions. It is not the intention of the NOHA to supersede the OHF Minimum Suspension List, but rather to provide additional documentation and education to our Membership.

We highly recommend that Leagues, Coaches, and Managers keep a copy of this document and become familiar with it so they can work more effectively within the rules and regulations of hockey in the NOHA.

General Guidelines

The NOHA can issue discipline for any action on and off the ice by any NOHA-registered participant that is not covered by Hockey Canada/OHF/NOHA Playing Rules.

The NOHA/OHF Minimum Suspension Guidelines are minimum suspensions. Additional suspensions will be imposed wherever conditions and circumstances warrant.

It is the responsibility of each Team Manager and/or Coach to ensure that their Players serve their appropriate suspensions. If you are in doubt as to the relevant suspension, please get in touch with the NOHA Office ([Grant Love](#)). If you are unable to contact the NOHA, sit the player(s) in question out until clarification can be obtained. These suspensions are in addition to the game incurred.

Disciplinary offences on game sheets for any sanctioned NOHA game may only be altered with the approval of the approved process through the Officiating Program Coordinator.

The NOHA shall only address offences occurring in NOHA Regular Season games, NOHA Exhibition games, NOHA Tournaments, and NOHA Playoff games.

The Minimum Suspension guidelines in the NOHA/OHF Minimum Suspension List are the minimum guidelines for the application of a suspension to Team Members.

Example:

A Player receives a 7.6 (c) (Match Penalty for Head Contact) in the second period of a game. The Player will receive a minimum five (5) game suspension; no fewer.

Leagues and Associations may extend the basic suspension(s); however, they shall not reduce the NOHA/OHF Minimum Suspension guideline.

Example:

A Player receives an 8.5 (b) (Major and Game Misconduct for Interference with the Goaltender) in the first period of a League game. It is this player's 2nd Major for 8.5 (b) this season, so the minimum suspension is four (4) games. The League has an extra game for a total of five (5) games as per their policy.

The League decides to add one (1) game suspension to the total to try to curb this type of behaviour in League play. The League is well within their rights to add additional games; however, they cannot reduce the NOHA/OHF Minimum Suspension guideline.

These Minimum Suspension guidelines are to be applied to all Minor Hockey in the NOHA.

The game in which any of the penalties assessed fall under NOHA/OHF Minimum Suspension guidelines shall not be counted in the length of suspension.

Example:

A Player receives a Major Penalty and a Game Misconduct for cross-checking in the second period of a game. The Player is removed from the game and is given a minimum one (1) game suspension. The game the Player is removed from does not count towards the suspension, as the Game Misconduct removed the Player for the remainder of the game in which the infraction occurred.

A Coach receives an 11.2 (e) (Game Misconduct for Abuse of Officials) with four(4) minutes remaining in the third period. The Coach is removed from the game and is given a minimum three (3) game suspension. The game in which the Coach is removed does not count towards the suspension, as the Game Misconduct removed the Coach for the remainder of the game in which the infraction occurred.

It is the responsibility of each Team Manager and/or Coach to ensure the Team Member(s) sit out their appropriate suspensions. It is best to review the code on the game sheet and compare it with the NOHA/OHF Minimum Suspension List. If in doubt as to the relevant suspension, contact the NOHA Officiating Program Coordinator.

Example:

A U13 Team is attending a weekend tournament. On Saturday morning in Game #2 of the Tournament, one of their Players receives a Major Penalty and a Game Misconduct for Slashing in the first period. The Team plays another game that same afternoon. It is the responsibility of the Team Manager/Coach to understand that the Player receives a two (2) game suspension for the infraction.

Suspensions Received in Non-OHF Member Partners (affiliated with HC)

A Participant suspended while playing in an event governed by a non-OHF Hockey Canada partner (e.g., USA, Quebec, HEO, HNO) must serve that suspension during the event, even if it exceeds NOHA/OHF minimums.

Upon returning to the NOHA, a Team **will report** any suspension received outside of the OHF jurisdiction. The affected Player/Team Official **will not be eligible to participate until the report has been received** by the NOHA and the NOHA rules on the Player/Team Official's eligibility based upon the NOHA/OHF Minimum Suspension List. It is the responsibility of the Coach/Manager to submit a copy of the game sheet to the NOHA office.

Application Guidelines for Suspensions

Suspensions by the NOHA of any registered Referee, Player, Coach or Team Official may include a provision that will not allow the suspended person to participate in the game of hockey in any capacity. The following guidelines apply:

The suspensions from all aspects of hockey games would apply to all suspensions issued for breach of the NOHA Bylaws and Regulations, as well as all suspensions issued under Hockey Canada/OHF/NOHA Playing Rules 11.2; 11.3; 11.4; 11.5 i), ii), iii), and iv).

Example:

A Player receives a five-game (5) suspension for an 11.4 Discrimination offence. The same Player is also a registered Official. They cannot officiate any hockey games until their five (5) game suspension as a Player is served.

Unless specified otherwise, suspensions resulting from a violation of Hockey Canada/OHF/NOHA Playing Rules will suspend the Referee, Player, or Team Official from participating in the game of hockey in any capacity until the suspension has been served.

While a Player or Team Official is serving their suspension, they may not participate with the Team in any capacity during games.

A suspended Player cannot be present on the Player's bench; however, they are allowed in the Team's dressing room.

A suspended Team Official cannot be present in their Team's dressing room before, during, or following the game(s) they are suspended from or be on the Player's bench.

A Player making a multiple consecutive game commitment of two (2) or more games to the higher-category Team will be allowed to use the remaining games of the commitment as games served for a suspension incurred while participating with this Team. Games shall be served consecutively. The District Council Director is to be advised of the AP Player's commitment before the first game of the commitment.

Match Penalties shall be served with the Player's registered Team.

An Affiliate Player may serve a suspension with the Affiliate Team if their regular Team's season is over, if the following conditions are met.

- The Player is to be listed on the game sheet of the Affiliate Team as serving the number of games suspended.
- They must play in the first game after they have served their full suspension;
- If the Player does not play in the first game, the games that they were listed as an Affiliate Player on the game sheets do not count towards their suspension.

The NOHA will deal with Team Officials who violate this through the appropriate Discipline Guidelines.

A Player/Team Official is suspended until the suspension is served with the team where the

infraction occurred (certified, carded, or Affiliate Team).

Example:

A U15 Player is registered on a U15 team and affiliated with a U18 team. While playing as an Affiliate in a U18 game on Saturday night, they receive a Major Penalty and Game Misconduct for boarding, resulting in a one (1) game suspension. Their U15 Team has a game the next day and on Tuesday. The Player cannot participate in any games with the U15 Team until their suspension is served, as U15 games do not count towards their suspension. The U18 team does not play again until Wednesday, so they will have to miss both U15 games and then sit out the U18 game on Wednesday to serve their one (1) game suspension.

Example:

A U15 Player is registered on a U15 Team in their hometown. They have also been registered on the NOHA U16 team. On February 10th, while playing with Team NOHA, they receive a Major Penalty and Game Misconduct for Head Contact, resulting in a one (1) game suspension. The next Team NOHA game is not until February 18th; however, their hometown team has two League games on February 13th and 15th. The Player cannot participate in any games with their hometown Team until their suspension with the Team NOHA is served, and the hometown games do not count towards their suspension. The player will miss both League games and then sit out the Team NOHA game on the 18th to serve their one (1) game suspension.

If the Team where the infraction occurred has played its last game of the season, then the suspension may be completed with the other Team.

Example:

A U18 Player is registered on the U18 AA Team and affiliated with the U18 AAA Team. On March 3rd, while playing a Playoff game as an Affiliate for the U18 AAA Team, they receive a Gross Misconduct 11.2 (f) resulting in a five (5) game suspension. The Player cannot play any games with the U18 AA Team until they serve the suspension with the U18 AAA team. However, the U18 AAA team lost in the Playoffs on March 6th, ending their season. The Player has served one (1) of the five (5) games necessary for their suspension but can now serve the remaining four (4) games with the U18 AA Team in Playoffs because the Team where the suspension occurred has played its last game of the season.

The Player/Team Official suspension must be listed on game sheets.

The Player/Team Official shall not be included in the maximum number of Players.

Unless noted elsewhere in this document, suspensions cannot be served in Exhibition,

Cancelled, or Forfeited Games.

Example:

A U11 Player receives a two (2) game suspension for a Major Penalty and Game Misconduct for Slashing. The U11 Team's next scheduled League game is a week later; however, after the Player received the suspension, the Coach has scheduled an Exhibition game before that. The Player cannot participate in the Exhibition game, and it does not count towards their suspension. They must miss the Exhibition game and then sit out the next two League game to serve their suspension.

NOTE: Suspended Players can participate in pre-season games during the Development Phase, in accordance with NOHA Regulation 10.2.h.

Example:

A U15 AA Player receives a four (4) game suspension for a Match Penalty in their last game of the season. The following fall, they are trying out for their hometown U15 AA Team. They are allowed to participate in try-outs as well as any Preseason games the Team has scheduled before the Team is rostered and registered with the NOHA. The U15 AA Team's first regular season game is scheduled for October 1st, with two Exhibition games before that. The Player cannot participate in the Exhibition games, and their four (4) game suspension will start on the October 1st League game.

Suspensions may only be served in regular-scheduled League games, NOHA Playoff games or League Playoff games; Exhibition games, and sanctioned Tournaments where entry or scheduling is made before the suspension.

Example:

A U18 Player receives a six (6) game suspension on December 21st for their third Major Penalty and Game Misconduct. Over the Christmas break, the U18 Coach discovers an additional Tournament for the Team to attend on January 8-10. The Team has three League games between Christmas and January 8th. The Player will be able to serve three (3) of their six (6) game suspensions. However, because this Tournament was not scheduled before the Player received their suspension and has not yet served the entirety of it, they are unable to participate in the Tournament. The games do not count towards their suspension.

Suspensions for violations of the Hockey Canada/OHF/NOHA rules and regulations must be served in the next game or games the Player/Team Official participates in.

Suspension for violation of League/Tournament rules (i.e. accumulation of penalty minutes; misconduct; game misconducts; fighting majors; CFBs; HC's; etc.) may be implemented at the discretion of the League/Tournament.

Example:

The Minor Hockey League has a League rule in the U15 and U18 divisions that states, “Any Player that reaches fifty (50) penalty minutes in the season will receive an automatic one (1) game suspension”. The League can implement this suspension in addition to any NOHA minimum guidelines.

Any suspension imposed upon any Player, Coach, or Team Official by the Officials of any League, Association, or Tournament registered with NOHA shall be given full recognition by the NOHA.

Record Keeping of Suspensions

All registered Teams under the NOHA must submit a copy of all correspondence involving suspensions received when playing outside the NOHA to the NOHA Office ([Grant Love](#)). within 24 hours of the suspension.

All registered Teams under the NOHA must submit a copy of all correspondence involving suspensions received when playing a game within the NOHA to the NOHA office ([Grant Love](#)) that is not recorded in the Gamesheet program.

All Teams must abide by the NOHA/OHF Minimum Suspension guidelines.

It is the responsibility of Teams to ensure they track suspensions. Do not rely on the Gamesheet program.

Rule 11 – Maltreatment

Discrimination 11.4

Any Player, Coach, Manager, or Team Staff assessed a penalty under Rule 11.4 of the Hockey Canada Rule Book is to be indefinitely suspended until the outcome of a hearing with the NOHA.

Policy:

Physical Abuse of Officials 11.5

Any Player, Coach, Manager, or Team Staff assessed a penalty under Rule 11.5 of the Hockey Canada Rule Book is to be indefinitely suspended until the NOHA Chair of Discipline deals with the matter.

Accumulation Sanctions

Any Player, Coach, Manager, or Team Staff assessed a second (or additional) Rule 11(Maltreatment) penalty in the same season of the Hockey Canada Rule Book is to be indefinitely suspended until the outcome of a hearing with the NOHA. The exception to this is Rule 11.1(e). For 11.1(e), the indefinite suspension and hearing are for the third (or additional) offence.

Rule 11 – Maltreatment	Type	Rule / Code	Offense Count		
			1 st	2 nd	3 rd
Unsportsmanlike Conduct	Game Misconduct	11.1 (e)	2 Games	Minimum +4 Games	Indefinite**
Disrespectful and Abusive Behaviour		11.2 (e)	3 Games		
Physical Harassment of Officials	Game Misconduct	11.5 (e)	3 Games	Indefinite**	Indefinite**
Disrespectful and Abusive Behaviour	GRM	11.2 (f)	5 Games	Indefinite**	Indefinite**
Spitting	Match	11.3 (c)	5 Games	Indefinite**	Indefinite**
Discrimination	GRM	11.4	Indefinite**	Indefinite**	Indefinite**
Physical Harassment of an Official	Match	11.5 (c)	Indefinite**	Indefinite**	Indefinite**
** All Indefinite Suspensions are subject to a hearing. The Member may establish a set number of games, which must be at least 5 games.					

Minor Penalties

Game Misconducts	Rule / Code	Suspension
Checking from Behind (Minor + Game Misconduct)	7.5 (a)	2 Games
Interference from the Bench (Bench Minor + Game Misconduct, if identifiable)	8.4 (a)	2 Games

Major Penalties

Game Misconducts	Rule / Code	Suspension
Holding Injury (Major + Game Misconduct)	8.1 (b)	2 Games
Hooking Injury (Major + Game Misconduct)	8.2 (b)	2 Games
Tripping Injury (Major + Game Misconduct)	8.6 (b)	2 Games

Player Accumulation Sanctions Accumulation Sanctions apply for any collective accumulation of the below MAJORS in the same season.	Rule/Code	Offense Count			
		<u>1st</u> <u>MAJOR</u>	<u>2nd</u> <u>MAJOR</u>	<u>3rd</u> <u>MAJOR</u>	<u>4th</u> <u>MAJOR</u>
Grabbing hair, facial protector, helmet, chin strap or throat protector	7.1 (b)	2 Games	4 Games	6 Games	Indefinite*
Boarding (Major + Game Misconduct)	7.2 (b)				
Body Checking (Major + Game Misconduct)	7.3 (b)				
Charging (Major + Game Misconduct)	7.4 (b)				
Checking from Behind (Major + Game Misconduct)	7.5 (b)	3 games			
Head Contact (Major + Game Misconduct)	7.6 (b)				
Kneeing (Major + Game Misconduct)	7.8 (b)	2 games			
Roughing (Major + Game Misconduct)	7.9 (b)				
Interference (Major + Game Misconduct)	8.3 (b)				
Interference from the Bench (Major + Game Misconduct)	8.4 (b)				
Interference with the Goaltender (Major + Game Misconduct)	8.5 (b)				
Clipping (Major + Game Misconduct)	8.7 (b)				
Cross Checking (Major + Game Misconduct)	9.2 (b)				
Slashing (Major + Game Misconduct)	9.3 (b)				
Throwing or Shooting Stick or Object	10.5 (b)				
*All Indefinite Suspensions are subject to a hearing.					

Fighting

<u>Fighting</u>	<u>H.C. Rule</u>	<u>Offense Count</u>			
		<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
Fighting	7.10 (b)	2 Games	3 Games	5 Games	Indefinite*
2 nd Fight, Same stoppage of play (3 rd , 4 th , etc.)	7.10 (e) iii	3 Games			
Player(s) 3 rd , 4 th , 5 th Player into Fight	7.10 (e) ii	3 Games			

Instigator/Aggressor

<u>Instigator / Aggressor</u>	<u>H.C. Rule</u>	<u>Offense Count</u>		
		<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Instigator / Aggressor of a fight	7.11 (a)	1 Game	3 Games	Indefinite*
The Coach of team whose player is penalized for a third offence of Instigator or Aggressor	n/a	3 games	n/a	n/a
Rule 7.11 (a) Note: If a player is assessed both penalties in the same altercation, they would receive a suspension for each offence. *All Indefinite Suspensions are subject to a hearing. The Member may establish a set number of games, which must be at least 4 games.				

Match Penalties

<u>Match Penalties</u>	<u>Rule / Code</u>	<u>Offense Count</u>		
		<u>1st</u> MATCH	<u>2nd</u> MATCH	<u>3rd</u> MATCH
Attempt to Injure or Deliberate Injury	7.1 (c)	4 Games	Minimum + 2 Games	Indefinite±
Head Butting	7.1 (c) i			
Grabbing hair, throat protector or any part of the helmet	7.1 (c) ii			
Kicking	7.1 (c) iii			
Using equipment as a weapon	7.1 (c) iv			
Boarding	7.2 (c)			
Body Checking	7.3 (c)			
Charging	7.4 (c)			
Kneeing	7.8 (c)			
Roughing	7.9 (c)			
Fighting – Ring or Tape on Hand(s)	7.10 (c)			
Interference	8.3 (c)			
Interference from the Bench	8.4 (c)			
Interference with the Goaltender	8.5 (c)			
Clipping	8.7 (c)			
Slew Footing	8.8 (c)			
Butt Ending	9.1 (c)			
Cross-Checking	9.2 (c)			
Slashing	9.3 (c)			
Spearing	9.4 (c)			
Throwing or Shooting Stick or Object	10.5 (c)			
Checking from Behind	7.5 (c)	5 Games	Minimum + 4 Games	
Head Contact	7.6 (c)			
± All Indefinite Suspensions are subject to a hearing. It may not be lower than five games.				

Game Misconducts

Game Misconducts	Rule / Code	Suspension
Second Misconduct – Same Game	4.7 (e)	2 Games
Game Ejections	4.8 (b)	0 Games
Bench Official on the Ice Without Permission of Official	10.4 (a) v	2 Games
Leaving the Players bench or Penalty Box	10.4 (e) i	4 Games
Leaving the Players bench or Penalty Box and incurring subsequent penalty	10.4 (e) ii	5 Games
Leaving the Bench without Clearance from the Referee (Assessed to coach if altercation results in penalties at end of any period)	10.4 (e)	2 Games
¹ Coach whose player is penalized under 10.4 (e)	10.4 (e)	4 Games
Refusing to Start Play (Coach – Major + Game Misconduct) - Coach refusing to start play and then returns to the bench and the game resumes	10.8 (b) i	4 Games
Refusing to Start Play (Coach – Major + Game Misconduct) - Coach does not return, and the game is suspended	10.8 (b) i	Indefinite*
Refusing to Leave the Players Bench (Major + Game Misconduct)	10.8 (b) ii	2 Games
¹ 10.4 (e) – Coaches' penalty will be noted on the front and back of the game sheet of the Officials' copy only. Penalty to coach is automatic as a result of player receiving 10.4 (e), coach not to be ejected as a result of this penalty being assessed.		
*All Indefinite Suspensions are subject pending a hearing. It may not be lower than 4 games.		

Gross Misconduct

Gross Misconducts	Rule / Code	Suspension
Head-butting (minimal degree of violence)	7.1 (f)	Indefinite**
Fighting with Team Official	7.10 (f)	Indefinite**
Interference from bench (Team Official)	8.4 (f)	Indefinite**
Disrupts game after having been removed	10.4 (f)	Indefinite**
Illegal Equipment	10.6 (f) i	Indefinite**
Refusing to remove helmet or facial protector for identification	10.6 (f) ii	Indefinite**
Removing Helmet and/or Chinstrap	10.6 (f) iii / iv	Indefinite**
** All Indefinite Suspensions are subject to a hearing. It may not be lower than 4 games.		

Coach's Accumulation Sanctions

Multiple Game Misconducts

Coaches Accumulation Sanctions	Suspension
Any team receiving a combination equaling 3 or more x 5-minute time penalties in the same game	1 Game
For a 2nd violation of a team receiving a combination equaling 3 or more x 5-minute time penalties in the same game	3 Games
For a 3rd violation of a team receiving a combination equaling 3 or more x 5-minute time in the same game	Indefinite*
*All Indefinite Suspensions are subject to a hearing.	

Pre or Post Game Alterations

Pre or Post Game Alterations	Suspension
Any player involved where Major and Game Misconducts are assessed	3 Games
Coach of team whose players are so penalized	Indefinite*
Any team involved in a pre or post game brawl	Indefinite*
*All Indefinite Suspensions are subject to a hearing.	

Misconducts

Misconducts	Rule/Code	Suspension
Failure to go to the Player's Bench or Neutral Area	7.10 (d)	n/a
Throwing Stick Over Boards	10.5 (d)	n/a
Illegal Equipment	10.6 (d)	n/a
Unsportsmanlike Conduct	11.1 (d) i	n/a
Interference/Distracton During Penalty Shot	11.1 (d) ii	n/a
Intentionally Knocks or Shoots Puck Out of Reach of an Official	11.1 (d) iii	n/a
Failure to go directly to Penalty Bench	11.1 (d) iv	n/a
Entering Referee's Crease	11.1 (d) v	n/a
Disrespectful and Abusive Behaviour (includes Inciting)	11.2 (d)	n/a

The above Misconduct penalties do not have additional suspensions.

Unsanctioned Event Participation

Teams, Leagues, and Associations that participate in unsanctioned events or allow unsanctioned Teams to participate with them will be dealt with by the NOHA.

Requests for further information and questions can be directed to:

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