



HOCKEY CANADA JUNIOR MINIMUM SUSPENSIONS

Updated: June 2024



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.

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				
Rule #	Penalty		Suspension	Last 10 Minutes
11.2(e)	Receives 2 Game Misconducts under Rule 11.2 in a season		2 games	3 games
11.2(e)	Receives 3 or more Game Misconducts under Rule 11.2 in a season		Indefinite Suspension	n/a
11.2(f)	Receives 2 Gross Misconducts under Rule 11.2 in a season		Indefinite Suspension	n/a
11.4	Receives 2 or more Gross Misconducts under Rule 11.4 in a season		Indefinite Suspension	n/a
11.5(e)	Receives 2 or more Game Misconducts under Rule 11.5(e) in a season		Indefinite Suspension	n/a

SECTION 2 - MAJOR PENALTIES

Rule #	Type	Penalty	Suspension	Last 10 Minutes
7.1(b)	Major	Attempt to injure or Deliberate Injury	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	See other (Section 5)	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	Indefinite Minimum Suspension	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			5 games	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)	Game Misc.	Player who joins in a fight or acts as a peacemaker.	1 game	2 games
7.10(e)	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 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
<i>Rule 7.11(a) Note: If a player is assessed both penalties in the same altercation, they would be suspended for both offences.</i>				
7.11(a)	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
<i>Rule 7.11(a) Note: If a player is assessed both penalties in the same altercation, they would be suspended for both offences.</i>				
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
4.8(c)	Game Misc.	Any player or team official who is assessed a Game Misconduct penalty in the last 10 minutes of regular playing time, at any time in overtime, or after the conclusion of the game will automatically be suspended for a minimum of the next regular league/play-off game or seven days. Note: The 1 game suspension under Rule 4.8(c) is in addition to any suspensions applied under the minimum guidelines.	1 game	n/a
4.9(b)	Gross Misc.	Any player or team official who is assessed a Gross Misconduct penalty in the last 10 minutes of regular playing time, at any time in overtime, or after the conclusion of the game will automatically be suspended for a minimum of the next regular league/play-off game or seven days. Note: The 1 game suspension under Rule 4.9(b) is in addition to any suspensions applied under the minimum guidelines.	1 game	n/a
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	n/a	Refusing to Start Play	Indefinite Suspension	n/a