

Yellowknife Rec League Minimum Suspensions

Based off of Hockey Canada's Minimum Suspensions - Updated Sept. 2024

SECTION 1 - MALTREATMENT

Rule #	Type	Penalty	Suspension	Last 10 Minutes
11.1(e)	Game Misconduct	Unsportsmanlike Conduct	2 games	3 games
11.2(e)	Game Misconduct	Abusive Behavior	3 games	4 games
11.2(f)	Gross Misconduct	Abusive Behavior	4 games	5 games
11.3(c)	Match	Spitting	8 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	10 games	12 games
Progressive Suspensions - Player or Team Official				
Rule #	Penalty		Suspension	Last 10 Minutes
11.1(e)	Receives 2 Game Misconducts under Rule 11.1 in a season		3 games	4 games
11.1(e)	Receives 3 or more Game Misconducts under Rule 11.1 in a season		Indefinite Suspension	n/a
11.2(e)	Receives 2 Game Misconducts under Rule 11.2 in a season		6 games	7 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 Note: May include but not limited to head-butting, hair pulling, grabbing face mask and kicking.	4 games	5 games
7.2(b)	Major	Boarding	3 games	4 games
7.3(b)	Major	Body Checking	3 games	4 games
7.4(b)	Major	Charging	3 games	4 games
7.5(b)	Major	Checking from Behind	3 games	4 games
7.6(b)	Major	Head Contact	4 games	5 games
7.8(b)	Major	Kneeing	4 games	5 games
7.9(b)	Major	Roughing	3 games	4 games
8.3(b)	Major	Interference	3 games	4 games
8.4(b)	Major	Interference from the Bench	4 games	5 games
8.5(b)	Major	Interference with the Goaltender	3 games	4 games
8.7(b)	Major	Clipping	3 games	4 games
9.2(b)	Major	Cross-Checking	3 games	4 games
9.3(b)	Major	Slashing	3 games	4 games
10.5(b)	Major	Throwing or Shooting Stick or Object	3 games	4 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	3 games	4 games
Any player receiving 3 Majors in same season for any of the above infractions	6 games	7 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 <i>Note: May include but not limited to head-butting, hair pulling, grabbing face mask and kicking, and goalie using equipment to attack and/or inflict pain on another player</i>	7 games	n/a
7.2(c)	Match	Boarding	7 games	n/a
7.3(c)	Match	Body Checking	7 games	n/a
7.4(c)	Match	Charging	7 games	n/a
7.5(c)	Match	Checking from Behind	7 games	n/a
7.6(c)	Match	Head Contact	7 games	n/a
7.8(c)	Match	Kneeing	7 games	n/a
7.9(c)	Match	Roughing	7 games	n/a
8.3(c)	Match	Interference	7 games	n/a
8.4(c)	Match	Interference from the Bench	7 games	n/a
8.5(c)	Match	Interference with the Goaltender	7 games	n/a
8.7(c)	Match	Clipping	7 games	n/a
8.8(c)	Match	Slew Footing	7 games	n/a
9.1(c)	Match	Butt-Ending	7 games	n/a
9.2(c)	Match	Cross Checking	7 games	n/a
9.3(c)	Match	Slashing	7 games	n/a
9.4(c)	Match	Spearing	7 games	n/a
10.5(c)	Match	Throwing or Shooting Stick or Object	7 games	n/a
Progressive Suspensions - Player				
Any player receiving 2 Match penalties in same season for any of the above infractions			10 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 - First Offence	5 games	6 games
		Fighting - Second Offence	8 games	9 games
		Fighting - Third Offence	Rest of Season	Rest of Season
7.10(b)	Pre/Post Game Altercations			
	Major + GM	Any player involved where Majors and Game Misconducts are assessed.	4 games	5 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.	6 games	n/a
7.10(e)	Game Misc.	Player who joins in a fight or acts as a peacemaker.	3 games	4 games

7.10(e)	Game Misc.	Player who takes part in another or secondary fight during the same stoppage of play.	3 games	4 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	3 game	n/a
	Minor	Second Offense	6 games	n/a
	Minor	Third Offense	Rest of Season	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(a)(e)(f)	Game Misc.	Player leaving the penalty box early/Player identified as first to leave the players' or penalty bench during a fight or for the purpose of fighting.	15 games	16 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
4.8(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.	2 games	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.	2 games	n/a
4.9	Gross Misc.	Any gross misconduct assessed to a player or team official not otherwise covered within these guidelines	5 games	6 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