



HOCKEY CANADA MINOR / FEMALE

Minimum Suspensions

Updated: September 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 all levels of Minor hockey and all divisions of Female hockey.
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	1 game	2 games
11.2(e)	Game Misconduct	Abusive Behavior	2 games	3 games
11.2(f)	Gross Misconduct	Abusive Behavior	3 games	4 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
7.3(b)	Major	Body Checking	1 game	2 games
7.4(b)	Major	Charging	1 game	2 games
7.5(b)	Major	Checking from Behind	1 game	2 games
7.6(b)	Major	Head Contact	1 game	2 games
7.8(b)	Major	Kneeing	1 game	2 games
7.9(b)	Major	Roughing	1 game	2 games
8.3(b)	Major	Interference	1 game	2 games
8.4(b)	Major	Interference from the Bench	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
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	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

7.3(c)	Match	Body Checking	3 games	n/a
7.4(c)	Match	Charging	3 games	n/a
7.5(c)	Match	Checking from Behind	3 games	n/a
7.6(c)	Match	Head Contact	3 games	n/a
7.8(c)	Match	Kneeing	3 games	n/a
7.9(c)	Match	Roughing	3 games	n/a
8.3(c)	Match	Interference	3 games	n/a
8.4(c)	Match	Interference from the Bench	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			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				
Rule #	Type	Penalty	Suspension	Last 10 Minutes
7.10(b)	Major	Fighting - First Offence	1 game	2 games
		Fighting - Second Offence	2 games	3 games
		Fighting - Third Offence	4 games	5 games
		Fighting - Fourth Offence	Indefinite Suspension	n/a
7.10(b)	Pre/Post Game Altercations			
	Major + GM	Any player involved where Majors and Game Misconducts are assessed.	2 games	3 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.	3 games	n/a
7.10(e) ii.	Game Misc.	Player who joins in a fight or acts as a peacemaker.	2 games	3 games
7.10(e) iii.	Game Misc.	Player who takes part in another or secondary fight during the same stoppage of play.	2 games	3 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	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.	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
4.9	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