



Noralta Junior C Hockey League (v1.1)

The following chart shows the minimum suspensions that must be assessed to all Players and Team Officials for a violation of the corresponding Playing Rule. Game Misconduct or Gross Misconduct infractions that occur within the last ten (10) minutes of a game will automatically have one (1) additional game added to the suspension for both Players and Team Officials.

Infractions showing the number of games for the length of suspension are automatic based on the Referee's call and are not subject to appeal. Infractions that carry an 'indefinite' suspension result in an investigation of the incident taking place prior to Hockey Alberta rendering a decision on the length of suspension. Indefinite Suspension decisions can be subject to appeal.

RULE#	INFRACTION	SUSPENSION LENGTH
		JUNIOR C
2.2	Ineligible Players / Team Officials	
	Team Official who is party to or had knowledge of playing a Player not properly registered with that team or properly affiliated with that team and/or allowing a Team Official who is not properly registered to that team to participate in the bench. Team Official who is party to or had knowledge of playing a player or allows a Team Official to participate on the bench who is under suspension.	Indefinite Indefinite
4.8	Game Ejection / Game Misconduct	
	Any Player assessed multiple Game Misconducts in the same stoppage of play. 2 Game Misconducts 3 or More Game Misconducts	1 Game (2 Games in the last 10 mins) Indefinite
4.9	Gross Misconduct	
	Any Gross Misconduct assessed to a Player or Team Official not otherwise covered within these guidelines.	3 Games (4 games in the last 10 mins)
7.1	Attempt to Injure	
	Attempt to Injure where a five (5) minute major penalty plus, a Game Misconduct is assessed Attempt to Injure when a Match penalty is assessed	1 Game (2 Games in the last 10 mins) Indefinite (min 3 games)

RULE#	INFRACTION	SUSPENSION LENGTH
		JUNIOR C,
7.3	Body Checking Body Checking where a five (5) minute major penalty plus a Game Misconduct is assessed. Body Checking when a Match penalty is assessed	1 Game (2 Games in the last 10 mins) 3 Games
7.4	Charging Charging where a five (5) minute major penalty plus a Game Misconduct is assessed. Charging when a Match penalty is assessed.	1 Game (2 Games in the last 10 mins) 3 Games
7.5	Checking from Behind Checking from behind where a five (5) minute major penalty plus a Game Misconduct is assessed. Checking from behind when Match penalty is assessed.	1 Game (2 Games in the last 10 mins) 3 Games
7.6 & 7.7	Head Contact Head Contact where a five (5) minute major penalty plus a Game Misconduct is assessed. Head contact when Match penalty is assessed.	1 Game (2 Games in the last 10 mins) 3 Games
7.8	Kneeing Kneeing where a five (5) minute major penalty plus a Game Misconduct is assessed. Kneeing when a Match penalty is assessed.	1 Game (2 Games in the last 10 mins) 3 Games
7.9	Roughing Roughing where a five (5) minute major penalty plus a Game Misconduct is assessed. Roughing when a Match penalty is assessed.	1 Game (2 Games in the last 10 mins) 3 Games
7.10	Fighting Any player who engages in their 1 st fight in a season and is assessed a Major and a Game Misconduct. Any player who engages in their 2 st fight in a season and is assessed a Major and a Game Misconduct	(1 Games in the last 10 mins) 1 Game (2 Games in the last 10 mins)

	Any player who engages in their 3rd fight in a season and is assessed a Major and a Game Misconduct Any player who engages in their 4th fight in a season and is assessed a Major and a Game Misconduct Any player who engages in their 5th fight in a season and is assessed a Major and a Game Misconduct Any player who engages in their 6th fight in a season and is assessed a Major and a Game Misconduct Pre/Post Game Altercations Any player involved where fighting Majors and Game Misconduct penalties are assessed. Any Coach of a Team whose players are so penalized Any player wearing a ring or rings, tape or any other material on his/her hands who becomes involved in a fight and is assessed a Match Penalty Any player who joins in a fight or acts as a peacemaker Any player who takes part in another or secondary fight during the same stoppage of play Any player fighting or joining a fight with a Team Official	Suspended – meet with board Removed from league Removed from league Removed from League 1 Game (2 Games if in Pre/Post Game) 3 Games (4 Games if in Pre/Post Game) 3 Games 1 Game (2 Games in the last 10 mins) 1 Game (2 Games in the last 10 mins) Meet with the board
7.11	Instigator & Aggressor of a Fight First Offence Second Offence Third Offence A Coach of a Team whose Player is penalized for a Third offence of Instigator or Aggressor *Rule 7.11 (a) Note: If a Player is assessed both Penalties in the same altercation, they would be Suspended for both offences	1 Game 3 Games Indefinite 3 Games
8.3	Interference Interference where a five (5) minute major plus a Game Misconduct is assessed	1 Game (2 Games in the last 10 mins)

8.4	Interference from the Bench Interference from the Bench where a five (5) minute major penalty plus a Game Misconduct is assessed. Interference from the Bench when a Match penalty is assessed	1 Game (2 Games in the last 10 mins) 3 Games
8.5	Interference with the Goaltender Interference on the goaltender where a five (5) minute major penalty plus a Game Misconduct is assessed. Interference from the Goaltender when a Match penalty is assessed	1 Game (2 Games in the last 10 mins) 3 Games
8.7	Clipping Clipping where a five (5) minute major penalty plus a Game Misconduct is assessed. Clipping when a Match penalty is assessed	1 Game (2 Games in the last 10 mins) 3 Games
8.8	Slew Footing Slew Footing when a Match penalty is assessed.	3 Games
9.1	Butt Ending Butt Ending when a Match penalty is assessed.	3 Games
9.2	Cross Checking Cross checking where a five (5) minute major penalty plus a Game Misconduct is assessed. Cross checking when a Match penalty is assessed	1 Game (2 Games in the last 10 mins) 3 Games
9.3	Slashing Slashing where a five (5) minute major penalty plus a Game Misconduct is assessed. Slashing when a Match penalty is assessed	1 Game (2 Games in the last 10 mins) 3 Games
9.4	Spearing Spearing when a Match penalty is assessed.	3 Games
9.5	High Sticking High Sticking where a five (5) minute major penalty plus a Game Misconduct is assessed.	1 Game (2 Games in the last 10 mins)

10.4	Leaving a Bench for the purpose of Fighting Any player assessed a Game Misconduct identified as First to leave the players bench or penalty bench during a fight or for the purpose of fighting. Any Coach whose is identified as first to leave the players bench or penalty bench during a fight or for the purpose of fighting. Any Coach whose is not identified as first to leave the players bench or penalty bench during a fight or for the purpose of fighting. 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.	3 Game (4 Games in the last 10 mins) 2 Game (3 Games in the last 10 mins) 1 Game (2 Games in the last 10 mins) Indefinite
10.5	Throwing or Shooting Stick or Object Throwing or shooting stick or object when a five (5) Minute major plus a game misconduct is assessed Throwing or shooting stick or object when a Match penalty is assessed.	1 Game (2 Games in the last 10 mins) 3 Games
10.6	Removing Equipment to Fight Any player who removes their chinstrap before or during a fight If a player removes their helmet and releases their chinstrap to fight and the opposing player doesn't , the former will be assessed and additional two-minute minor penalty Any player who removes an opponent's helmet or releases an opponent's chinstrap before or during a fight.	2 Game (3 Games in the last 10 mins) 2 Game (3 Games in the last 10 mins) 2 Game 3 Games in the last 10 mins
10.8	Refusing to Start Play Any team official assessed a Major penalty and a game misconduct under this rule	Indefinite
11.1	Unsportsmanlike Conduct Any player or team official assessed a game misconduct for Unsportsmanlike Conduct.	1 Game

11.2	Abusive Behavior Any player or team official assessed a game misconduct for Disrespectful, Abusive and Harassing behavior. Any player or team official assessed a Gross misconduct for Disrespectful, Abusive and Harassing behavior.	1 Game (2 Games in the last 10 mins) 2 Games (3 Games in the last 10 mins)
11.3	Spitting Any player or team official assessed a Match penalty For deliberately spitting on or at an opponent, official Team official, or spectator.	5 Games
11.4	Discrimination Any player or team official assessed a Gross misconduct for discrimination	Indefinite (Minimum 5 games)
11.5	Physical Harassment of Officials Any player or team official assessed a Game Misconduct penalty for physical harassment of Officials Any player or team official assessed a match penalty for physical harassment of officials	1 Game (2 Games in the last 10 mins) Indefinite
Sportsmanship Policy	Milestone #1: Over 60 penalty minutes - written warning Milestone #2: Over 90 penalty minutes – 1 game suspension and required hearing with the Special Disciplinary Board Milestone #3: Over 120 penalty minutes – indefinite suspension and hearing with a Special Disciplinary Board	1 game Indefinite
Spearing Butt ending Slew Footing	2 two-minute penalties in a season 2 two-minute penalties in a season 2 two-minute penalties in a season Any player serving a 2 game suspension is required to attend a discipline meeting online.	2 games 2 games 2 games

Accumulation Sanctions for Junior & Senior Hockey Players

Players that incur multiple infractions of the same nature over the course of the season will be assessed the following accumulation suspensions in place of the minimum.

Any player accumulating multiple Game Misconducts or Gross Misconducts in the same season, for any of the infractions below, will be assessed the following suspension:

7.1	Attempt to Injure or Deliberate Injury		
7.5	Checking from Behind	2 Major Penalties	= 2 Games (3 Games in last 10 mins)
7.7	Head Contact	3 Major Penalties	= 4 Games (5 Games in last 10 mins)
7.8	Kneeing	4 Major Penalties	= Indefinite
8.5	Interference with the Goaltender		
8.7	Clipping		
9.2	Cross-Checking		
9.3	Slashing		
9.5	High Sticking		
10.5	Throwing or Shooting Stick or Object		

Any player accumulating multiple Match penalties in the same season, for any of the infractions below, will be assessed the following suspension:

7.1	Attempt to Injure or Deliberate Injury		
7.5	Checking from Behind	2 Match Penalties	= 5 Games
7.7	Head Contact	3 Match Penalties	= Indefinite
7.8	Kneeing		
8.5	Interference with the Goaltender		
8.7	Clipping		
8.8	Slew Footing		
9.1	Butt-Ending		
9.2	Cross Checking		
9.3	Slashing		
9.4	Spearing		
10.5	Throwing or Shooting Stick or Object		

11.2	Disrespectful, Abusive and Harassing	2 Game Misconducts =	2 Games (3 games in last 10 mins)
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	Behaviour	3 Game Misconducts =	Indefinite
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		2 or more Gross Misconducts	= Indefinite
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11.4	Discrimination	2 or more Gross Misconducts	= Indefinite
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11.5	Physical Harassment of Officials	2 or more Game Misconducts	= Indefinite
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Accumulation Sanctions for Hockey Coaches

Coaches that incur multiple infractions of the same nature over the course of the season will be assessed the following accumulation suspensions in place of the minimum.

The Coach of a Team that receives a combination of three (3) Major
(including Fighting) or Match penalties in the same game. 1 Game

The Coach of a Team that commits a second violation of receiving a combination
Major (including Fighting) or Match penalties in the same game. 3 Games of three (3)

The Coach of a Team that commits a third violation of receiving a combination of
Major (including Fighting) or Match penalties in the same game. Indefinite three (3)

Any Coach accumulating multiple Game or Gross Misconducts in the same season, for any of the infractions below, will be assessed an additional suspension as outlined here:

11.1	Unsportsmanlike Conduct / Misconduct	2 Game Misconducts	=	2 Games
		3 Game Misconducts	=	Indefinite
11.2	Disrespectful, Abusive and Harassing Behaviour	2 Game Misconducts	=	4 Games
		3 Game Misconducts	=	Indefinite
		2 or more Gross Misconducts	=	Indefinite
11.4	Discrimination	2 or more Gross Misconducts	=	Indefinite