



OFFICIAL HOME OF

NORALTA JUNIOR C HOCKEY LEAGUE

Providing organized recreational hockey with a competitive spirit



INFORMATION BULLETIN 25-01 New Accumulation Suspensions September 16, 2025

In previous seasons, the NJHL enforced a Sportsmanship Policy based on total penalty minutes to promote respectful conduct and fair play. While that approach helped guide player behavior, we are now shifting our focus to prioritize safety by specifically targeting **dangerous infractions** that have a higher risk of causing serious injury.

Effective immediately, the **previous milestone-based penalty minute policy is no longer in use.**

What's Changing

We are now implementing a **Penalty Accumulation System** focused on the following **high-risk penalties**:

Targeted Penalties & Consequences

- **Spearing**
 - 3 two-minute penalties in a season = **2-game suspension**
- **Butt-Ending**
 - 3 two-minute penalties in a season = **2-game suspension**
- **Slew-Footing**
 - 3 two-minute penalties in a season = **2-game suspension**
- **Hits to the Head**
 - 3 two-minute penalties in a season = **1-game suspension**
- **Head Check**
 - 3 two-minute penalties in a season = **1-game suspension**

Mandatory Disciplinary Meeting

Any player serving a **2-game suspension** under this policy is **required to attend a discipline meeting online**. This session will be used to:

- Clarify the player's understanding of the rules
- Review the player's conduct and decisions
- Reinforce the NJHL's commitment to player safety

Purpose of the Policy

This revised approach emphasizes the NJHL's commitment to:

- Reducing dangerous play
- Protecting the health and safety of all players
- Maintaining a high standard of sportsmanship

We ask all players, coaches, and teams to support this updated policy to help foster a safe, competitive, and respectful environment in the NJHL.

If you have questions or need clarification, please contact the League President or Disciplinary Chairman.