

**APPENDIX "VIII"**  
**MINIMUM SUSPENSIONS**

RULE #	INFRACTION	SUSPENSION LENGTH			
		MINOR	JUNIOR MALE	SR./JR. FEMALE	SENIOR MALE
<b><i>Minimum Suspensions for Players</i></b>					
Any Player or Team Official who, in the last ten (10) minutes of regular time, at any time in overtime, or at the conclusion of the game and prior to the Player or Team Official entering his/her dressing room, is assessed a Minor Penalty and a Game Misconduct, a Major and a Game Misconduct, or any other infraction resulting in a Game Misconduct or Gross Misconduct, shall automatically be suspended for a minimum of the next regular League / Playoff / Pre-Season / Tournament / Provincial Game. This is in addition to any other suspensions directed by HA Minimum Suspensions.					
3.6	<b><i>Removing Helmet Infractions</i></b> Any player who removes their chinstrap before or during a fight and a Game Misconduct is assessed.  If a player removes his/her helmet and releases the chinstrap to fight, and the opposing player does not, and the former is assessed an additional two minute minor penalty and a Game Misconduct.  If the player removes his/her opponent's helmet or releases the chinstrap before or during a fight. Game Misconduct is assessed.	1 Game  1 Game  1 Game	1 Game  1 Game  1 Game	1 Game  1 Game  1 Game	1 Game  1 Game  1 Game
4.1	<b><i>Pre/Post Game Altercations</i></b> Any Player involved where Majors, Game Misconducts and Match Penalties are assessed.  Any Team involved in a pre or post game brawl.	2 Games  Indefinite	1 Game  Indefinite	2 Games  Indefinite	1 Game (Max 5/Team)  Indefinite
4.6	<b><i>Game Ejection/Game Misconduct</i></b> A Player assessed two (2) Game Misconducts in the same stoppage of play.  A player assessed three (3) or more Game Misconducts in the same stoppage of play.	N/A  N/A	N/A  N/A	N/A  N/A	1 Game  Indefinite
4.7	<b><i>Gross Misconduct</i></b>	2 Games	2 Games	2 Games	2 Games
6.1	<b><i>Attempt to Injure (Match)</i></b>				
(a)	Deliberate Injury	Indefinite	Indefinite	Indefinite	Indefinite
(b)	Head Butting	2 Games	2 Games	3 Games	2 Games
(c)	Kicking	3 Games	2 Games	3 Games	2 Games
(d)	Hair Pulling / Grabbing Equipment	3 Games	2 Games	3 Games	2 Games
(e)	Using Facial Protector as a Weapon	3 Games	2 Games	2 Games	2 Games
	Kneeing	3 Games	N/A	3 Games	N/A
	Use of Blocker	3 Games	3 Games	3 Games	3 Games
6.2	<b><i>Boarding and Body Checking</i></b> Boarding or Body Checking where a five (5) minute major penalty plus a Game Misconduct is assessed.  Boarding or Body Checking when a Match penalty is assessed.	1 Game  3 Games	N/A  N/A	1 Game  3 Games	N/A  N/A

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6.3	<b>Charging</b> Charging where a five (5) minute major penalty plus a Game Misconduct is assessed.	1 Game	N/A	1 Game	N/A	
	Charging when a Match penalty is assessed.	3 Games	N/A	3 Games	N/A	
6.4	<b>Checking from Behind</b> Checking from behind where a five (5) minute major penalty plus a Game Misconduct is assessed.	1 Game	1 Game	1 Game	1 Game	
	Checking from behind when Match penalty is assessed.	4 Games	4 Games	4 Games	2 Games	
6.5	<b>Head Contact</b> Head Contact where a five (5) minute major penalty plus a Game Misconduct is assessed.	1 Game	1 Game	1 Game	1 Game	
	Head Contact when Match penalty is assessed.	4 Games	4 Games	4 Games	2 Games	
6.6	<b>Elbowing and Kneeing</b> Elbowing or Kneeing where a five (5) minute major penalty plus a Game Misconduct is assessed.	1 Game	N/A	1 Game	N/A	
6.7	<b>Fighting</b>					
	Any player who engages in their 1 <sup>st</sup> fight in a season. Game Misconduct is assessed.	1 Game	N/A	1 Game	N/A	
	Any player who engages in their 2 <sup>nd</sup> fight in a season. Game Misconduct is assessed.	2 Games	N/A	2 Games	N/A	
	Any player who engages in their 3 <sup>rd</sup> fight in a season. Game Misconduct is assessed.	Indefinite	1 Game	Indefinite	1 Game	
	Any player who engages in their 4 <sup>th</sup> fight in a season. Game Misconduct is assessed.	N/A	2 Games	N/A	2 Games	
	Any player who engages in their 5 <sup>th</sup> fight in a season. Game Misconduct is assessed.	N/A	3 Games	N/A	3 Games	
	Any player who engages in their 6 <sup>th</sup> fight in a season. Game Misconduct is assessed.	N/A	Indefinite	N/A	Indefinite	
	Instigator or Aggressor of a Fight.	First Offence Second Offence Third Offence	1 Game 2 Games 3 Games	Game Misc. 1 Game 3 Games	Game Misc. 1 Game 3 Games	Game Misc. 1 Game 3 Games
	Any Player wearing a ring or rings, tape or any other material on his/her hands who becomes involved in a fight and who uses such to gain an advantage or to inflict punishment and/or injury shall be assessed a Match Penalty in addition to any other penalties he/she may incur.		2 Games	2 Games	2 Games	2 Games
	Third man in a fight that is assessed a Game Misconduct.		2 Games	1 Game	2 Games	1 Game
	Any Player receiving a fighting major and Game Misconduct penalty which is a result of a second or subsequent fight during the same stoppage of play.		2 Game	1 Game	2 Games	1 Game

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7.4	<b>Tripping</b> Slew Footing / Tripping where a five (5) minute major penalty plus a Game Misconduct is assessed.	1 Game	N/A	1 Game	N/A
8.1	<b>Butt Ending</b> Butt Ending where a Match penalty is assessed.	3 Games	2 Games	2 Games	2 Games
8.2	<b>Cross Checking</b> Cross Checking where a five (5) minute major penalty plus a Game Misconduct is assessed.  Cross Checking where a Match penalty is assessed.	1 Game  3 Games	N/A  2 Games	1 Game  2 Games	N/A  2 Games
8.3	<b>High Sticking</b> High Sticking where a Match penalty is assessed.	3 Games	2 Games	2 Games	2 Games
8.4	<b>Slashing</b> Slashing where a five (5) minute major penalty plus a Game Misconduct is assessed.  Slashing where a Match penalty is assessed.	1 Game  3 Games	N/A  2 Games	1 Game  2 Games	N/A  2 Games
8.5	<b>Spearing</b> Spearing where a Match penalty is assessed.	3 Games	2 Games	3 Games	2 Games
9.2	<b>Harassment of Officials/Unsportsmanlike Conduct</b>  Verbal Abuse of Officials or Unsportsmanlike Conduct when a Game Misconduct is assessed.  Verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) when a Gross Misconduct is assessed.	2 Games  Indefinite	1 Game  Indefinite	2 Games  Indefinite	1 Game  Indefinite
9.5	<b>Leaving a bench for the Purpose of Fighting</b>  Any player identified as the first to leave the players' bench during a fight or for the purpose of fighting.  Any player identified as the first to leave the penalty bench during a fight or for the purpose of fighting.	3 Games  4 Games	2 Games  3 Games	3 Games  4 Games	2 Games  3 Games
9.6	<b>Physical Harassment of Official (Match)</b>  Threaten or attempt to strike  Intentionally touches, holds or pushes  Intentionally strike, trip or body check	Indefinite (6-10 games)*  Indefinite (11-30 games)*  Indefinite (1 Year)*	Indefinite (6-10 games)*  Indefinite (11-30 games)*  Indefinite (1 Year)*	Indefinite (6-10 games)*  Indefinite (11-30 games)*  Indefinite (1 Year)*	Indefinite (6-10 games)*  Indefinite (11-30 games)*  Indefinite (1 Year)*
* Length of suspension may be within the identified range.					
9.7	<b>Spitting (Match)</b>  Spitting on or at an Official or Team Official  Spitting on or at an Opponent	Indefinite  3 Games	Indefinite  2 Games	Indefinite  2 Games	Indefinite  2 Games