



CAPITAL RECREATION HOCKEY LEAGUE INC.

SUSPENSION GUIDELINES

The following are minimum suspensions that shall be imposed for infractions, which occur in all CRHL Alignment, Regular Season and Play-off Games, during the current playing season for League play. Additional suspensions will be imposed wherever conditional and circumstance warrant by the League Convenor. It is the responsibility of each team captain to ensure their players sit out their appropriate suspensions with 24 hours. When in doubt as to the relevant suspension, contact the League office. If unable to contact the League office, sit player(s) in question out until clarification can be obtained. Match Penalty reports will be forwarded to the Member.

Misconducts & Game Misconducts

Rule #

Suspension

Throwing stick over boards	82 (d)	0 games
Refusing to surrender stick for measurement	21 (e)	0 games
Player interference/distraction during penalty shot	35 (f)	0 games
Goalkeeper violation/infraction during penalty shot	35 (f)	0 games
Equipment/facemask worn incorrectly	24 (d & f)	0 games
Disputing call of official	47 (a)	0 games
Harassment of official/unsportsmanlike conduct	47 (b)	0 games
Inciting	47 (e)	0 games
Entering officials crease	47 (g)	0 games
Failure to go to player's bench or neutral area	59 (a (v))	0 games
Failure to go directly to penalty bench	47 (d)	0 games
Checking to the head (minor + 10 minutes)	86 (a)	0 games
Disputing call of official	47 (a)	1 game
Disputing call with official: verbal abuse of a game official	47 (b)	3 games
Second misconduct – same game	31	1 game
Interference from the bench	66	2 games
Fighting	59	Season
2 nd fight, same stoppage of play (3 rd , 4 th , etc...)	59	Season
Player(s) 3 rd , 4 th , 5 th man into fight	59	Season
Leaving the players bench or penalty box	70	2 games
Instigator	59	Season
Aggressor	59	Season
Hairpulling, grab face mask/helmet/chin strap (major + game)	49 (d)	1 game
Checking from behind (major + game)	53 (a)	1 game
High sticking (major + game)	62	1 game
Cross checking (major + game)	79	1 game
Game ejections	32	0 games
Boarding/body checking (major + game)	50	1 game
Elbowing/kneeing (major + game)	56	1 game
Charging (major + game)	52	1 game
Discriminatory slur	47 (f)	2 games

Trash talking	47 (a)	1 game
Checking to the head (major + game)	86 (b)	2 games
Tripping (major + game)	85 (a/b)	1 game
Interference (major + game)	66 (a/b/c)	1 game
Holding (major + game)	63 (a/b)	1 game
Hooking (major + game)	64 (a/b)	1 game
Roughing (major + game)	59 (f & g)	1 game
Refusing to start play (team captain – major + game)	78 (a)	Indefinite
3 rd misconduct in league play		1 game

Gross Misconducts

Travesty of the game	33	3 games
Obscene gesture	33	2 games
Removing helmet	24	1 game
Discriminatory slur	47 (f)	3 games
Engaging in fighting in hallway		Season
Breaking stick over boards		1 game

Match Penalties

Threatening an official	71	5 games
Physical abuse of an official	71	Indefinite
Spitting	80	3 games
Attempt to injure	49	3 games
Deliberate injury	49	5 games
Butt ending	49	3 games
Grabbing face mask/helmet/chin strap	49	3 games
Hair pulling	49	3 games
Kicking	49	5 games
Spearing	49	2 games
Head butting	49	3 games
Checking from behind	53	3 games
Checking to the head	86 (b & c)	3 games