

2025-26 MINIMUM SUSPENSION LIST

The following are minimum suspensions that shall be imposed for infractions which occur in all OMHA sanctioned games during the current playing season for minor hockey.

Notice re: Clarifications

Discipline applied in accordance with any minimum suspension(s) within these guidelines are not subject to appeal. These are minimum suspensions. Additional suspensions will be imposed wherever conditions and circumstances warrant.

It is the responsibility of each team manager and/or coach to ensure their players serve their appropriate suspensions. When in doubt as to the relevant suspension, contact the Association office. If unable to contact the Association office, sit player(s) in question out until clarification can be obtained. These suspensions are in addition to game incurred.

Match Penalty reports will be forwarded to the appropriate OMHA Regional Director for review and suspension assessment.

A participant who is suspended while playing in an out of OHF jurisdiction event (i.e. USA or out of Member) must serve that governing body's suspension or portion thereof in the participant teams remaining games in that event even if for a greater number of games than under the OHF Minimum Suspension List.

Upon returning to the OHF, a team will report any suspension received outside of the OHF jurisdiction and the affected Player/Team Official will not be eligible to participate until the report has been received by the Member and the Member rules on the Player/Team Official's eligibility based upon the OHF Minimum Suspension List.

Suspensions List

* All indefinite suspensions may be subject to a hearing.

The Coach or in the absence of the Head Coach the Coach in Charge, of any OMHA team whose team accumulates more than the allowable minutes in penalties in any game shall be automatically suspended per **Regulation 6.2** Serving Suspensions, according to the chart below:

Division	Penalty Minutes (Including Overtime)	Suspension
U13 and Below	27-51 Minutes	1 Game
	52-77 Minutes	3 Games
	78+ Minutes	5 Games
U14 and Above	37-71 Minutes	1 Game
	72-107 Minutes	3 Games
	108+ Minutes	5 Games

Note: For the purpose of the Regulation the time of misconducts, gross misconducts and game misconducts assessed to players shall not be counted, but any such penalties assessed to Team Officials and the five (5) minutes charged to a player for a match penalty shall be counted. Any game misconduct or gross misconduct penalty assessed to Team Officials will automatically add ten (10) minutes to the team's penalty minutes in each case.

Suspensions List

MISCONDUCTS

Rule/Code	Penalty Description	Suspension
7.10 (d)	Failure to go to the Player's Bench or Neutral Area	0 Games
10.5 (d)	Throwing Stick Over Boards	0 Games
10.6 (d)	Illegal Equipment	0 Games
11.1 (d) i	Unsportsmanlike Conduct	0 Games
11.1 (d) ii	Interference/Distraction During Penalty Shot	0 Games
11.1 (d) iii	Intentionally Knocks or Shoots the Puck out of Reach of an Official	0 Games
11.1 (d) iv	Failure to go directly to Penalty Bench	0 Games
11.1 (d) v	Entering Referee's Crease	0 Games
11.2 (d)	Disrespectful and Abusive Behaviour (includes Inciting)	0 Games

Suspensions List

GAME MISCONDUCTS

Rule/Code	Penalty Description	Suspension
4.7 (c)	Second Misconduct – Same Game	2 Games
4.8 (b)	Game Ejections	0 Games
7.5 (a)	Checking from Behind (Minor + Game Misconduct)	2 Games
7.10 (e) ii	Player(s) 3 rd , 4 th , 5 th Player into Fight	3 Games
7.10 (e) iii	2 nd Fight, Same stoppage of play (3 rd , 4 th , etc.)	3 Games
8.1 (b)	Holding Injury (Major + Game Misconduct)	2 Games
8.2 (b)	Hooking Injury (Major + Game Misconduct)	2 Games
8.4 (a)	Interference from the Bench (Bench Minor + Game Misconduct, if identifiable)	2 Games
8.6 (b)	Tripping Injury (Major + Game Misconduct)	2 Games
10.4 (a)	Bench Official on the Ice Without Permission of Official	2 Games
10.4 (e)	¹ Coach whose player is penalized under 10.4 (e)	4 Games
10.4 (e)	Leaving the Bench without Clearance from the Referee (Assessed to coach if altercation results in penalties at end of any period)	2 Games
10.4 (e) i	Leaving the Players bench or Penalty Box	4 Games
10.4 (e) ii	Leaving the Players bench or Penalty Box and incurring subsequent penalty	5 Games
10.8 (b) i	Refusing to Start Play (Coach – Major + Game Misconduct) Coach refusing to start play and then returns to the bench and the game resumes.	4 Games
10.8 (b) i	Refusing to Start Play (Coach – Major + Game Misconduct) Coach does not return, and the game is suspended.	Indefinite*
10.8 (b) ii	Refusing to Leave the Players Bench (Major + Game Misconduct)	2 Games

Suspensions List

¹ 10.4 (e) – Coaches' penalty will be noted on the front and back of the game sheet of the Officials' copy only. Penalty to coach is automatic as a result of player receiving 10.4 (e), coach not to be ejected as a result of this penalty being assessed.

PLAYER ACCUMULATION SANCTIONS

Accumulation Sanctions apply for any collective accumulation of the below **MAJORS** in the same season.

		Offense Count			
Rule/Code	Penalty Description	1st Major	2nd Major	3rd Major	4th Major
7.1 (b)	Grabbing Hair, Facial Protector, Helmet, Chin Strap or Throat Protector	2 Games	4 Games	6 Games	Indefinite*
7.2 (b)	Boarding (Major + Game Misconduct)				
7.3 (b)	Body Checking (Major + Game Misconduct)				
7.4 (b)	Charging (Major + Game Misconduct)				
7.5 (b)	Checking from Behind (Major + Game Misconduct)	3 Games			
7.6 (b)	Head Contact (Major + Game Misconduct)				
7.8 (b)	Kneeing (Major + Game Misconduct)	2 Games			
7.9 (b)	Roughing (Major + Game Misconduct)				
8.3 (b)	Interference (Major + Game Misconduct)				

* All indefinite suspensions may be subject to a hearing. (Continued on Next Page)

Suspensions List

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Rule/Code	Penalty Description	Offense Count			
		1st Major	2nd Major	3rd Major	4th Major
8.4 (b)	Interference from the Bench (Major + Game Misconduct)	2 Games	4 Games	6 Games	Indefinite*
8.5 (b)	Interference with the Goaltender (Major + Game Misconduct)				
8.7 (b)	Clipping (Major + Game Misconduct)				
9.2 (b)	Cross Checking (Major + Game Misconduct)				
9.3 (b)	Slashing (Major + Game Misconduct)				
10.5 (b)	Throwing or Shooting Stick or Object				

COACHES ACCUMULATION SANCTIONS

Penalty Description	Suspension
Any team receiving a combination equaling 3 or more x 5-minute time penalties in the same game	1 Game
For a 2nd violation of a team receiving a combination equaling 3 or more x 5-minute time penalties in the same game	3 Games
For a 3rd violation of a team receiving a combination equaling 3 or more x 5-minute time penalties in the same game	Indefinite*

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Suspensions List

MATCH PENALTIES		Offense Count		
Rule/Code	Penalty Description	1st Match	2nd Match	3rd Match
7.1 (c)	Attempt to Injure or Deliberate Injury.	Indefinite*	Indefinite*	Indefinite*
7.1 (c) i	Head Butting			
7.1 (c) ii	Grabbing Hair, Throat Protector or Any Part of the Helmet			
7.1 (c) iii	Kicking			
7.1 (c) iv	Using Equipment as a Weapon			
7.2 (c)	Boarding			
7.3 (c)	Body Checking			
7.4 (c)	Charging			
7.5 (c)	Checking from Behind			
7.6 (c)	Head Contact			
7.8 (c)	Kneeing			
7.9 (c)	Roughing			
7.10 (c)	Fighting – Ring or Tape on Hand(s)			
8.3 (c)	Interference			
8.4 (c)	Interference from the Bench			
8.5 (c)	Interference with the Goaltender			
8.7 (c)	Clipping			
8.8 (c)	Slew Footing			
9.1 (c)	Butt Ending			
9.2 (c)	Cross-Checking			
9.3 (c)	Slashing			
9.4 (c)	Spearing			
10.5 (c)	Throwing or Shooting Stick or Object			

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Suspensions List

GROSS MISCONDUCT

Rule/Code	Penalty Description	Suspension
7.1 (f)	Headbutting (Minimal Degree of Violence)	Indefinite*
7.10 (f)	Fighting with Team Official	Indefinite*
8.4 (f)	Interference from Bench (Team Official)	Indefinite*
10.4 (f)	Disrupts Game After Having Been Removed	Indefinite*
10.6 (f) i	Illegal Equipment	Indefinite*
10.6 (f) ii	Refusing to Remove Helmet or Facial Protector for Identification	Indefinite*
10.6 (f) iii/iv	Removing Helmet and/or Chinstrap	Indefinite*

PRE OR POST GAME ALTERCATIONS

Penalty Description	Suspension
Any Player Involved Where Major and Game Misconducts are Assessed	3 Games
Coach of Team Whose Players are so Penalized	Indefinite*
Any Team Involved in a Pre or Post Game Brawl	Indefinite*

FIGHTING

		Offense Count			
Rule/Code	Penalty Description	1st Major	2nd Major	3rd Major	4th Major
7.10 (b)	Fighting	2 Games	3 Games	5 Games	Indefinite*

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Suspensions List

INSTIGATOR/AGGRESSOR		Offense Count		
Rule/Code	Penalty Description	1st Offense	2nd Offense	3rd Offense
7.11 (a)	Instigator/Aggressor of a Fight <i>Note: If a player is assessed both penalties in the same altercation, they would receive a suspension for each offence.</i>	1 Game	3 Games	Indefinite*
N/A	Coach of Team Whose Player is Penalized for a Third Offense of Instigator or Aggressor	3 Games	N/A	N/A

RULE 11 - MALTREATMENT			Offense Count		
Rule/Code	Penalty Description	Type	1st Offense	2nd Offense	3rd Offense
11.1 (e)	Unsportsmanlike Conduct	Game Misconduct	2 Games	Minimum +4 Games	Indefinite*
11.2 (e)	Disrespectful and Abusive Behaviour	Game Misconduct	3 Games		Indefinite*
11.2 (f)	Disrespectful and Abusive Behaviour	Gross Misconduct	5 Games	Indefinite*	Indefinite*

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Rule/Code	Penalty Description	Type	Offense Count		
			1st Offense	2nd Offense	3rd Offense
11.3 (c)	Spitting	Match	Indefinite*	Indefinite*	Indefinite*
11.4	Discrimination	Gross Misconduct	Indefinite**	Indefinite*	Indefinite*
11.5 (c)	Physical Harassment of Officials	Match	Indefinite*	Indefinite*	Indefinite*
11.5 (e)	Physical Harassment of Officials	Game Misconduct	3 Games	Indefinite*	Indefinite*

* All indefinite suspensions may be subject to a hearing.

**11.4 Discrimination - First Offense: Minimum 7 Games and not subject to appeal.