

**ADULT RECREATIONAL HOCKEY LEAGUE  
SUSPENSION GUIDELINES**

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**ADULT RECREATIONAL HOCKEY LEAGUE  
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SECTION ONE  
DEFINITIONS

The definitions as set out in Article One of the League's Constitution shall apply to these Suspension Guidelines, as amended from time to time.

SECTION TWO  
GENERAL

The League fully adheres to the CARHA Hockey Official Rule Book and the game referees in each League game shall have the power to assess, as they see fit, penalties that may lead to suspensions. The League may assess such further and other suspensions as it deems fit and without consultation with other parties.

All Members, while present on the property of any arena where a League game or practice is to be held, shall be subject to the jurisdiction of the League. All Members are subject to the provisions of these Suspension Guidelines and the League expects Members to be fully acquainted with the CARHA Hockey Official Rule Book and to abide by any suspensions assessed by the League.

SECTION THREE  
CONDUCT OF MEMBERS

The League is committed to providing an environment in which all Members are treated fairly and with respect.

Members shall conduct themselves in a manner that is consistent with the Aims and Objectives of the League, as set out in the League's Constitution. Members shall not engage in any activity that negatively reflects on the League or negatively impacts on the play or preparation for play by a Member in a game or practice, including, but not limited to, activity that threatens public safety, that is disrespectful or offensive, that makes reference to race, gender, sexual orientation, intellectual disability or physical disability, or that constitutes harassment or abuse.

SECTION FOUR  
EJECTION FOR BALANCE OF GAME

A game referee may eject a Member for the balance of the game. In this instance, no further penalty shall apply and the penalized Member shall be fully eligible, subject to the League Constitution, to participate in the team's next game.

A Member who is assessed a total of three or more penalties of any kind in a single game shall be ejected from that game. In this instance, the Member remains subject to these Suspension Guidelines. A Member who is assessed a total of three or more penalties of any kind in a single game on more than one occasion shall be subject to further disciplinary action by the League.

SECTION FIVE  
DUTY OF MEMBER IF EJECTED FROM A GAME

A Member who is ejected from a game must immediately leave the ice surface, proceed directly and quietly to his team's dressing room and must then proceed directly and quietly to leave the Players' Area.

A Member who is ejected from a game is to be escorted to the dressing room by an employee of the arena, the Team Director or an Officer.

A Member who is ejected from a game is not permitted to return to the Players' Area or to the spectator area that immediately surrounds the ice surface for the duration of the day on which the ejection occurred.

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A Member who is ejected from a game and who does not immediately leave the ice surface, proceed directly and quietly to his team's dressing room or proceed directly and quietly to leave the Players' Area is subject to further disciplinary action by the League.

A Member who becomes subject to suspension while playing with an affiliated team must serve his suspension with the team with which he is registered to play in the League.

### SECTION SIX SUSPENSIONS

All suspensions shall be in accordance with the CARHA Hockey Official Rule Book or as otherwise indicated in these Suspension Guidelines. The duration of the suspension assessed to a Member may be increased if the Executive Committee decides to do so. The League shall advise the Member being assessed a suspension of the duration of the Member's suspension no later than two (2) days after the Executive Committee has rendered its decision in the matter. In instances where the Executive Committee has decided to assess a suspension with a duration that is greater than that set out in the CARHA Hockey Official Rule Book, the Executive Committee shall provide to the assessed Member its reasons for increasing the duration of the suspension.

Where a Member receives more than one suspension in a single game, the suspensions must be served consecutively and not concurrently, subject to the Member's right to appeal a suspension, as set out below.

A Member who incurs a second Game Misconduct penalty in the same season may be subject to further disciplinary action by the League.

### SECTION SEVEN DUTY OF MEMBER IF SUSPENDED

A Member who is suspended may not, during the entire period of his suspension:

- a) enter the Players' Area;
- b) communicate in any way with the players or officials of his team while the suspended Member is in the arena;
- c) coach, play for or otherwise be involved with any other team in the League;
- d) act as a referee, game official, arena official or official of the League

### SECTION EIGHT FULFILLING A SUSPENSION

A Member who is suspended shall be deemed to have served a suspension period equal to one game if the Member is properly listed as suspended on the roster of the team with which he is registered on a League game sheet. Suspensions must be served in the League regular season game(s) or playoff game(s) that immediately follow(s) the game in which the Member was suspended.

A Member who is suspended may not play for another team in a League game and will not receive credit toward the serving of a suspension by refraining from playing for another team in a League game.

A Member who is suspended may not play in a non-League game and will not receive credit toward the serving of a suspension by refraining from playing in a non-League game.

A Member who participates in a League game or non-league game prior to fully serving his suspension may be subject to further disciplinary action by the League.

A Member who is assessed an aggregate suspension in excess of ten (10) games must return his Member pass(es) to the League prior to the commencement of his suspension.

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A suspension that is not served fully by the end of the season shall be deemed to carry over to the next season regardless of the team for which the suspended player plays.

SECTION NINE  
PENALTIES ASSESSED AFTER END OF GAME

Penalties may be assessed by the game referees after the final period has expired. Each such penalty is to be recorded on the game sheet as being assessed at the time of expiration of the game in which the penalty was assessed and each such penalty is to be reported by the game referees to the Discipline Director.

SECTION TEN  
GROSS MISCONDUCT PENALTY / MATCH PENALTY

When a Gross Misconduct penalty or a Match Penalty is called by a game referee, the game referees and the League shall follow the procedures found in the CARHA Hockey Official Rule Book, as amended from time to time, and the provisions of these Suspension Guidelines.

SECTION ELEVEN  
REPORTING OF PENALTIES

The game referees shall prepare a written report in the prescribed form of each penalty that results in a Member being ejected from a game. Such report is to be attached to the game sheet for the game in which the penalty was assessed. The game sheet and such report are to be forwarded to the Discipline Director by either the game referees or the Team Director for the non-offending team.

A Member or Team Director shall report to the Discipline Director each penalty that results in a Member being ejected from a game which is incurred by a Member in a game, whether it is a League, exhibition or tournament game, no later than two (2) days after the date of the game in which the penalty is assessed. If a Member or Team Director fails to report such a penalty to the Discipline Director as described above, the League may impose a fine on the Member's / Team Director's team of an amount not to exceed \$100.00 dollars.

SECTION TWELVE  
DELIVERY OF GAME SHEETS

The home team shall ensure that the game sheet for each regular season and playoff game is delivered to the League, subject to Section Eleven above.

SECTION THIRTEEN  
GAME CLOCK WHEN PENALTIES ASSESSED OR TO BE ASSESSED

The referees may, at their discretion and following the assessment of a penalty or penalties that result in the ejection of a Member(s) from a game, instruct the timekeeper to run the game clock during stoppages of play for the duration of the game, except at the end of a period, or until the referees deem it fit to have the timekeeper stop the clock after each whistle.

The referees may, at their discretion and following the assessment of a penalty or penalties that result in the ejection of a Member(s) from a game, declare the game to be at an end. In this instance, the game clock shall be deemed to have run properly for the duration of each period remaining in the game and to have fully reached the time allowed for each period remaining in the game.

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**SECTION FOURTEEN**  
**APPEAL OF SUSPENSION**

A Member may file with the Discipline Director an appeal of a suspension that is greater than the number of games as stated in the CARHA Hockey Official Rule Book for the infraction committed; provided that no Member may appeal a suspension or suspensions that he receives in a single game when the Member is suspended for a total number of games that is equal to or less than six (6) games.

The appeal shall be by way of Notice of Appeal in the prescribed form.

A Member who has filed with the Discipline Director an appeal, by way of Notice of Appeal in the prescribed form, of a suspension that is greater than the number of games as stated in the CARHA Hockey Official Rule Book for the infraction committed and is not satisfied with the result of his appeal may file a further appeal with CARHA Hockey; provided that no Member may file an appeal with CARHA Hockey for a suspension or suspensions that he receives in a single game when the Member is suspended for a total number games that is equal to or less than six (6) games.

The appeal to CARHA Hockey shall be by way of Notice of Appeal in the prescribed form.

SAMPLE

**ADULT RECREATIONAL HOCKEY LEAGUE  
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NOTICE OF APPEAL  
FOR REVIEW OF ASSESSMENT OF SUSPENSION

The Member who has been assessed a suspension and his contact information:

Name \_\_\_\_\_  
Team \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_  
Email \_\_\_\_\_

Description of the incident that resulted in the suspension:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reasons why the suspension ruling should be reviewed and reconsidered:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed:

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

This Notice of Appeal is to be delivered to the Discipline Director of the Adult Recreational Hockey League.

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NOTICE OF APPEAL TO CARHA HOCKEY  
FOR REVIEW OF ASSESSMENT OF SUSPENSION

The Member who has been assessed a suspension and his contact information:

Name \_\_\_\_\_  
Team \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_  
Email \_\_\_\_\_

Description of the incident that resulted in the suspension:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reasons why the suspension ruling should be reviewed and reconsidered:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed:

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

This Notice of Appeal is to be delivered to CARHA Hockey.

# CARHA HOCKEY

## Suspension Guidelines \*Leagues have the right to assign different length suspensions

Rule	DESCRIPTION	Type of Penalty	1ST TIME	2ND TIME	3RD TIME
46 b)	Abusive and/or profane language and/or disputing call with an Official	Game Misc	2 games	Review	Review
31 c)	2 misconduct penalties (same game)	Game Misc	1 game	3 games	Review
59 a)	5 minute fighting major	Match	5 games	Review	1 year
59 b)	Player(s) involved in the 2nd, 3rd, or subsequent fight during the same stoppage of play	Game Misc	1 game	3 games	Review
59 b)	Player(s) 3rd, 4th, 5th, etc. man into a fight	Game Misc	1 game	3 games	Review
69 b)	First player leaving player's bench or penalty bench during fight or for the purpose of starting a fight	4 min + Game Misc	1 game	3 games	Review
53 a)	Checking from behind (Major)	Game Misc	1 game	3 games	Review
Various	GMs not listed	Game Misc	1 game	3 games	Review
71 c)	Threatening an Official	Match	Review	1 year	Removal
71 b)	Physical abuse of an official	Match	Review	1 year	Removal
48 a)	Deliberate Injury	Match	Review	1 year	Removal
48 a)	Deliberate attempt to injure	Match	5 games	Review	1 year
81	Spitting	Match	5 games	Review	1 year
58 a)	Fighting – Ring or Tape on Hands	Additional Match	5 games	Review	1 year
48 f)	Butt-ending	Match	5 games	Review	1 year
48 d)	Grabbing Face Mask/Visor	Match	5 games	Review	1 year
48 d)	Hair Pulling	Match	5 games	Review	1 year
48 c)	Kicking	Match	5 games	Review	1 year
48 g)	Spearing	Match	5 games	Review	1 year
48 b)	Head Butting	Match	5 games	Review	1 year
53 a)	Checking from behind	Match	5 games	Review	1 year
33 b)	Making a travesty of the game	Gross Misconduct	3 games	Review	Removal
46 b)	Making obscene gestures	Misconduct	No games	Review	Review
46 g)	Discriminatory slurs	Game Misc/Gross	3 games	Review	Removal
32 a)	Game ejection(e.g. 3 penalties)	Game Ejection	No games	1 Game	Review
50 b)	Deliberate Head Contact	Match	Review	1 year	Removal
n/a	Penalty Minutes in season reached	Proposed	Proposed	Proposed	Proposed