

## DISCIPLINES CHEAT SHEET FOR MAJOR AND MINOR INFRACTIONS

- Almost all **MAJOR** infractions (5-minute majors) come with a minimum suspension of one (1) game.
  - (Fighting penalties are different, but I won't get into those)
- All MAJOR infractions come with an automatic Game Misconduct.
  - Player is removed from the game.
  - If the major infraction is called BEFORE the last 10 minutes of the game, it is a minimum of one game suspension.
    - This suspension is for the actual infraction (the penalty called like Checking from behind).
    - The Game misconduct (It is a 10-minute penalty) in this case has been served.
  - If the major infraction is called IN THE LAST 10 MINUTES of the game, it is a minimum of a two (2) game suspension.
    - This suspension is for the actual infraction, (the penalty called like Checking from behind) is one (1) game suspension.
    - The Game misconduct in this case has NOT been served. (it is a 10 minute penalty) and it too is a one (1) game suspension
- MATCH penalties are also 5 minutes in length.
  - Player is removed from the game.
  - Match penalties **start** at three (3) game suspensions.
  - Match infraction does not have an automatic GAME MISCONDUCT
- The only **MINOR** infraction that can come with a minimum suspension is CHECKING FROM BEHIND
  - Even MINOR CFB have an automatic Game Misconduct
    - Player is removed from the game.
  - If the MINOR CFB is called anytime in the game BEFORE the last 10 minutes of the game, there is no suspension to the player.
    - In this case, the infraction is a minor, but the GM being a 10-minute penalty has been served.
  - If the MINOR CFB is called in the LAST 10 minutes of the game, it is a one (1) game suspension.
    - This suspension is for the GAME MISCONDUCT.
- Other points to note:
  - **When in doubt, sit the player/bench staff out.**
    - **Especially if you have not heard from discipline.**
  - **Do NOT** ask the refs what suspensions will be issued.
  - Suspensions can be served in league games, sanctioned tournaments and even Minor Hockey Week.
  - They cannot be "served" when the team has an exhibition game. Players cannot play in an exhibition game and the exhibition game does not count toward a suspension.
  - Suspension is to be served with the team player/bench staff are rostered too.
    - Affiliates – if player is playing game as an affiliate and is suspended for an in-game infraction, he/she can serve his suspension with his "home" team ---please touch base with discipline to confirm.

This is a good cheat sheet for you in case you are at a tournament or have not heard from DISCIPLINE in a timely fashion.

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