

PENALTY RULES

1. Penalties, in increasing order of severity, are as follows:
 - a) Minor Penalty: two minutes
 - b) Unsportsmanlike Conduct Penalty: two minutes, fully served.
 - c) Misconduct Penalty: game ejection, suspension from the next game, and a teammate serves an Unsportsmanlike Conduct penalty.
 - d) Major Penalty: four minutes, fully served.
 - e) Match Penalty: game ejection, suspension from the next 2 games, and a teammate serves a Major penalty.
 - f) Penalty Shot
2. Players must enter or leave the penalty bench by way of the ice surface. Penalized players may leave the penalty bench between periods but must return to it prior to the start of the next period. Penalized players are not permitted to leave the penalty bench during a timeout.
3. Multiple Penalties
 - a) All penalties assessed to a participant at the same stoppage in play shall be served consecutively, in decreasing order of severity, in the order in which the penalties occurred, and without interruption by penalties to teammates.
 - b) If a penalized player is assessed additional penalties at a subsequent stoppage in play, the additional penalties shall be served immediately after the player's remaining penalties.
4. Excess Penalty Minutes.
 - a) A player who receives ten (10) minutes in accumulated penalty time, overtime included, shall be ejected from the remainder of the game. The player shall be suspended from the next regularly scheduled game. The ejected player's remaining penalty time shall be served by a teammate.
 - b) A Head Coach whose team receives thirty (30) minutes in accumulated penalty time in regulation play (overtime is exempt) shall be suspended from the next regularly scheduled game. Should that person be the coach on more than one team, the one game suspension must be served with the team that received the excessive penalties.

All excessive penalties (Ten (10) minutes in a game for a player or thirty (30) minutes in a game for a coach) must be reported within 24 hours by both teams and prior to the next scheduled game (whichever is sooner) as follows:

- i. GAARA League Play: to the appropriate Division Director*
- ii. Tournament: to the Tournament Host Chair and Ringette Ontario Operations Director (or designated Program Coordinator)*

NOTE: *Delayed Penalties wiped out because of a goal being scored must be recorded on the game sheet and count toward accumulated penalty time.*

5. A maximum of two players per team can serve penalties simultaneously. Additional penalized players must proceed to the penalty bench and remain there until their penalties are served.
6. When a team has two players serving penalties and additional penalized players in the penalty bench:
 - a) the additional penalized players will serve their penalties only after a teammate's penalties have expired.
 - b) the additional penalized players will serve their penalties in turn, in the order that their penalties were assessed.
 - c) the players who have finished serving their penalties must remain in the penalty bench until play is stopped.
7. For disciplinary purposes, a curfewed game will be considered a complete game and all disciplinary actions will be taken in the manner warranted within the current Ringette Ontario policies as well as those within the Ringette Canada Rule Book.
8. Any penalties assessed to a participant after they have been ejected from the game (including penalty accumulation ejection) shall be deemed to have been committed after the game.
9. If a suspension penalty is assessed against a player who participates on more than one (1) team, then the secondary position will never be more severely punished than the position held when the penalty was assessed. The suspended player must sit out the number of suspended games in the next regularly scheduled games with whichever team has regularly scheduled games first. After sitting the number of suspended games, the player may participate in all ringette activities. The player must also sit the number of suspended games with whichever team the penalty was assessed during their next regularly scheduled

game(s) but may participate in ringette activities with this team as soon as the suspension has been served with any team. The player serving a suspension is ineligible to substitute for another team until they have properly served their suspension and are thus cleared to participate in all ringette activities.

10. Match and Misconduct Penalties

- 10.1 All match and misconduct penalties must be reported by the Head Coach or Manager within twenty-four (24) hours, or before the next scheduled game – whichever is sooner - by both teams as follows
- i. GAARA League Play: to the appropriate Division Director
 - ii. Tournament: to the Tournament Host Chair and Ringette Ontario Operations Director (or designated Program Coordinator)

10.2 Game Definition:

10.2.1 Regularly scheduled games shall be defined as any game during Ringette Ontario sanctioned play, Interprovincial play, organized league, and prescheduled exhibition play. A game consists of two (2) fifteen (15) or two (2) twenty (20) or four (4) ten (10) minute periods of regulation time. Games are not to be scheduled to speed up suspensions.

10.2.2 Exhibition games must be scheduled in RAMP prior to the game where the suspension occurs.

NOTE: Suspensions assessed by Ringette Ontario member associations for Match or Misconduct Penalties will be honoured in sanctioned events so long as proper notification is provided by the player's/coach's Home Association and the Tournament Committee in sufficient time to affect such action.

10.3. All match and misconduct penalties will be subject to an automatic review.

10.3.1 If a match or misconduct penalty is assessed against a bench staff member, then that person shall not participate on any other team in a bench staff capacity until the suspension has been fully served.

- 10.3.2 If a match or misconduct penalty is assessed against a player who is participating on a two (2) team player agreement, they shall be suspended from any team until the full suspension is served with, they were a member of when the penalty occurred.
- 10.3.3 If a match or misconduct penalty is assessed against a person who participates in ringette as both a bench staff and a player when they are performing the role of a bench staff, then that person shall not participate on any other team in a bench staff capacity until the suspension has been fully served. If the penalty is assessed when they are participating as a player, then that person shall not participate on any other team as a player until the suspension has been fully served.
- 10.3.4 If a misconduct penalty is assessed against a player or a member of the bench staff during play, the player or member of the bench staff shall receive an automatic one (1) game suspension to be served in the next regularly scheduled game.
- 10.3.5 See GAARA [Operational Procedures Manual](#) – League Rules and Regulations for additional disciplinary actions.
- 10.4 Coaching Suspensions for Misconduct penalties should be:
- a) First offense = one (1) game
 - b) Second offense = three (3) games
 - c) Third offense = five (5) games
 - d) Fourth offense = ten (10) games
 - e) Fifth offense = lifetime suspension.
 - f) Clock will be reset after two (2) years of zero (0) offenses.
 - g) No reset for lifetime offenses.
- 10.5 If a match penalty is assessed against a player or Bench Staff in Ringette Ontario sanctioned play, the player/bench staff shall receive an automatic two (2) game suspension for a match penalty assessed during play, to be served in the next two (2) regularly scheduled games, and an automatic three (3) game suspension for a match penalty assessed after the game, to be served in the next three (3) regularly scheduled games. The player/bench staff shall be suspended from any team until the full suspension is served with the team, they were a member of when the penalty occurred.

NOTE: Ringette Canada's one game suspension is included in the number of games to be missed. (i.e. if a player receives a match after the game, they must sit out one (1) game, Ringette Canada's suspension, and two (2) games, Ringette Ontario's suspension)

See GAARA's [Operational Procedures Manual](#) – League Rules and Regulations for any additional disciplinary actions.

- 10.6 If there is a second match penalty of the season assessed against the same player or Bench Staff in Ringette Ontario sanctioned play, that player/bench staff shall receive an automatic five (5) game suspension for a match penalty assessed during play, to be served in the next five (5) regularly scheduled games, and an automatic six (6) game suspension for a match penalty assessed after the game to be served in the next six (6) regularly scheduled games. The player/bench staff shall be suspended from any team until the full suspension is served with the team, they were a member of when the penalty occurred.
- 10.7 If a third match penalty of the season is assessed against the same player/bench staff during Ringette Ontario sanctioned play, that player/bench staff shall serve a ten (10) game suspension or the remainder of the season, whichever is greater. If the match penalty is assessed after the Ringette Ontario sanctioned play, that player/bench staff shall serve a twelve (12) game suspension or the remainder of the season, whichever is greater. Suspension shall be served in regularly scheduled games. The player/bench staff shall be suspended from any team until the full suspension is served with the team, they were a member when the penalty occurred.
- 10.8 When a bench staff is asked to leave a game and no penalty is recorded on the game sheet, they are considered to have been assessed a misconduct penalty and they will be suspended for the next regularly scheduled game.
- 10.9 Bench Staff member that has been issued a misconduct but is not identifiable by the game Officials shall be identified by the first Team Official requested to do so by a game Official. Failure to do so will result in the suspension of all Team Officials for not less than two games. This suspension shall be in addition to any suspensions incurred in the game.

- 10.10 It shall be the responsibility of the home association of the individuals involved to ensure that ALL game suspensions are served.
- 10.11 Persons participating in regularly scheduled games while under Ringette Ontario suspension shall be considered use of an illegal player and will be subject to penalties stipulated under Ringette Ontario Violation of Sanction Rules. Note: Exhibition games are not considered regularly scheduled games unless they were previously scheduled in RAMP before the suspension took place. PROOF OF SCHEDULING IS REQUIRED.
- 10.12 Suspensions stemming from a match or misconduct penalty assessment shall carry over across seasons (within Ringette Ontario) and across governing bodies (Ringette Ontario - Ringette Canada) Provincials/Nationals, and vice versa.
- 10.13 A player may participate in exhibition games which are incorporated as a requirement for tryouts. However, if the player incurs another match penalty during those exhibition games, the player shall be immediately suspended and they shall not participate in any games, exhibition or otherwise, until the suspensions have been served in their entirety.
- 10.14 Where a player or bench staff receives a suspension and is unable to fulfill the suspension with that team or their assigned team for the following season, the Ringette Ontario Operations Director and Executive Director will rule on terms of the suspension.
- 10.15 While under suspension stemming from a misconduct or match penalty, a participant cannot participate in regularly scheduled games until the suspension has been fully served.
- 10.15.1 A suspended athlete or coach is not permitted to be on the bench while under suspension.
- 10.15.2 A suspended athlete or coach is permitted to be at practices and team events, unless stipulated in the suspension notice.
- 10.16 The head coach is responsible for ensuring a suspension is served. A player or coach participating in a game while under suspension is subject to the penalty outlined in the Violation of Sanctioned Rules.