



2025-2026 OWHA Minimum Suspension List



The following are minimum suspensions that shall be imposed for infractions, which occur in all OWHA Exhibition, League, Championships, Tournament, Playdown and Play-off games, during the current playing season. Note that these suspensions are over and above any imposed by Hockey Canada rules.

Notice re: Clarifications

- These are minimum suspensions. Additional suspensions will be imposed wherever conditions and circumstances warrant, including Code of Conduct violations.
- Teams must report all suspensions to the OWHA within 24 hours of the game or prior to the team's next game, whichever comes first. The OWHA will advise the team on the number of games that the member must serve. All suspensions must be reported to stats@owha.on.ca
- 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 suspension, contact the OWHA office via stats@owha.on.ca. If you cannot reach anyone, please sit player(s) / participant(s) in question out until clarification can be obtained. These suspensions are in addition to the game in which the infraction occurred.
- A participant who is suspended while playing in an event that is outside the Province of Ontario (i.e., USA or out of Province) must serve the suspension or portion thereof in the participant teams remaining games in that event even if it is for a greater number of games than under the OWHA Minimum Suspension List. A team must report any suspension received at any time including those received outside the Province of Ontario. The affected player and or team official will not be eligible to participate until the report has been received by the OWHA, notification of the number of games to be served has been provided, and all games have been served.

M= Misconduct

GM=Game Misconduct

GE= Game Ejection

MP=Match Penalty

GRM=Gross Misconduct

AS=Accumulation Sanction

OWHA reserves the right to add additional suspensions, and if so, a hearing may be held.

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

Game Misconducts	Rule / Code	Suspension
Second Misconduct – Same Game	4.7 (c)	2 Games
Game Ejections	4.8 (b)	0 Games
2 nd Fight, Same stoppage of play (3 rd , 4 th , etc.)	7.10 (e) iii	6 Games
Player(s) 3 rd , 4 th , 5 th Player into Fight	7.10 (e) ii	6 Games
Checking from Behind (Minor + Game Misconduct)	7.5 (a)	2 Games
Holding Injury (Major + Game Misconduct)	8.1 (b)	2 Games
Hooking Injury (Major + Game Misconduct)	8.2 (b)	2 Games
Interference from the Bench (Bench Minor + Game Misconduct, if identifiable)	8.4 (a)	2 Games
Tripping Injury (Major + Game Misconduct)	8.6 (b)	2 Games
Bench Official on the Ice Without Permission of Official	10.4 (a) v	2 Games
Leaving the Players bench or Penalty Box	10.4 (e) i	4 Games
Leaving the Players bench or Penalty Box and incurring subsequent penalty	10.4 (e) ii	5 Games
Leaving the Bench without Clearance from the Referee (Assessed to coach if altercation results in penalties at end of any period)	10.4 (e)	3 Games
¹ Coach whose player is penalized under 10.4 (e)	10.4 (e)	4 Games
Refusing to Start Play (Coach – Major + Game Misconduct)- coach refusing to start play and then returns to the bench and the game resumes	10.8 (b) i	Indefinite *
Refusing to Start Play (Coach – Major + Game Misconduct)- coach does not return, and the game is suspended.	10.8 (b) i	Indefinite*
Refusing to Leave the Players Bench (Major + Game Misconduct)	10.8 (b) ii	2 Games
¹ 10.4 (e) – Coaches' penalty will be noted on the game sheet, and the officials will be required to provide a report to the OWHA. 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.		
* OWHA will establish a set number of games that will not be lower than 4.		

Player Accumulation Sanctions OWHA Accumulation Sanctions apply to infractions and Code of Conduct infractions of any nature. Suspensions will not be less than the minimum for each category below and will likely be increased as part of our efforts to provide a positive hockey environment.	Rule/Code	Offense Count			
		1 st MAJOR	2 nd MAJOR	3 rd MAJOR	4 th MAJOR
Attempt to Injure or Deliberate Injury	7.1 (b)	2 Games	+4 Games	+6 Games	Indefinite*
Boarding (Major + Game Misconduct)	7.2 (b)	2 Games			
Body Checking (Major + Game Misconduct)	7.3 (b)	2 Games			
Charging (Major + Game Misconduct)	7.4 (b)	2 Games			
Checking from Behind (Major + Game Misconduct)	7.5 (b)	3 Games			
Head Contact (Major + Game Misconduct)	7.6 (b)	3 Games			
Kneeing (Major + Game Misconduct)	7.8 (b)	2 Games			
Roughing (Major + Game Misconduct)	7.9 (b)	2 Games			
Interference (Major + Game Misconduct)	8.3 (b)	2 Games			
Interference from the Bench (Major + Game Misconduct)	8.4 (b)	2 Games			
Interference with Goaltender (Major + Game Misconduct)	8.5 (b)	2 Games			
Clipping (Major + Game Misconduct)	8.7 (b)	2 Games			
Cross Checking (Major + Game Misconduct)	9.2 (b)	2 Games			
Slashing (Major + Game Misconduct)	9.3 (b)	2 Games			
Throwing or Shooting Stick or Object	10.5 (b)	2 Games			
*OWHA will establish a set number of games that will not be lower than 2+.					
Coaches Accumulation Sanctions					Suspension
Any team receiving a combination equaling 3 x 5 minute or more time penalties in the same game for a major penalty, match penalty or fighting infractions.					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					Indefinite*
For a 3rd violation of a team receiving a combination equaling 3 or more x 5-minute time penalties in the same game					Indefinite*
*OWHA will establish a set number of games that will not be lower than 1. The absolute minimum for a 2 nd offense is 3 games.					

Match Penalties	Rule / Code	Offense Count		
		1 st MATCH	2 nd MATCH	3 rd MATCH
Attempt to Injure or Deliberate Injury	7.1 (c)	5 Games	Minimum + 3 Games	Indefinite±
Head Butting	7.1 (c) i	5 Games		
Grabbing Hair, Throat protector or any part of the helmet	7.1 (c) ii	5 Games		
Kicking	7.1 (c) iii	5 Games		
Using equipment as a weapon	7.1 (c) iv	5 Games		
Boarding	7.2 (c)	4 Games		
Body Checking	7.3 (c)	4 Games		
Charging	7.4 (c)	4 Games		
Kneeing	7.8 (c)	4 Games		
Roughing	7.9 (c)	4 Games		
Fighting – Ring or Tape on Hand(s)	7.10 (c)	5 Games		
Interference	8.3 (c)	4 Games		
Interference from the Bench	8.4 (c)	4 Games		
Interference with the Goaltender	8.5 (c)	4 Games		
Clipping	8.7 (c)	4 Games		
Slew Footing	8.8 (c)	5 Games		
Butt Ending	9.1 (c)	5 Games		
Cross-Checking	9.2 (c)	5 Games		
Slashing	9.3 (c)	4 Games		
Spearing	9.4 (c)	4 Games		
Throwing or Shooting Stick or Object	10.5 (c)	4 Games		
Checking from Behind	7.5 (c)	5 Games	Minimum + 4 Games	
Head Contact	7.6 (c)	5 Games		
*OWHA will establish a set number of games that will not be lower than the minimum outlined above.				
All indefinite suspensions cannot be lower than the minimum for the 1 st offence plus 2, and if increased, we will have a hearing.				

Gross Misconducts		Rule / Code	Suspension
Head-butting (minimal degree of violence)		7.1 (f)	Indefinite**
Fighting with Team Official		7.10 (f)	Indefinite**
Interference from bench (Team Official)		8.4 (f)	Indefinite**
Disrupts game after having been removed		10.4 (f)	Indefinite**
Illegal Equipment		10.6 (f) i	Indefinite**
Refusing to remove helmet or facial protector for identification		10.6 (f) ii	Indefinite**
Removing Helmet and/or Chinstrap		10.6 (f) iii / iv	Indefinite**
**OWHA will establish a set number of games that will not be lower than 4 games.			
Pre or Post Game Altercations			Suspension
Any player involved where Major and Game Misconducts are assessed			Indefinite*
Coach of team whose players are so penalized			Indefinite*
Any team involved in a pre or post-game brawl			Indefinite*
*OWHA will establish a set number of games that will not be less than 3.			

Fighting		H.C. Rule	Offense Count			
			1 st	2 nd	3 rd	4 th
Fighting		7.10 (b)	4 Games	Indefinite*	Indefinite*	Indefinite*
*OWHA Accumulation Sanctions apply to infractions and Code of Conduct infractions of any nature. The minimum for the 2 nd offence is 4+3 games and the minimum for the 3 rd offence is 4+5 games.						
Instigator / Aggressor		H.C. Rule	Offense Count			
			1 st	2 nd	3 rd	
Instigator / Aggressor of a fight		7.11 (a)	3 Games	Indefinite*	Indefinite*	
The coach of a team whose player is penalized for a 3 rd offence of Instigator / Aggressor		n/a	3 Games	n/a	n/a	
Rule 7.11 (a) Note: If a player is assessed with both penalties in the same altercation, they would receive a suspension for each offence. The absolute minimum for the 2 nd offence is 3+3 games.						

Rule 11 – Maltreatment		Type	Rule / Code	Offense Count		
				1 st MATCH	2 nd MATCH	3 rd MATCH
Unsportsmanlike Conduct		Game Misconduct	11.1 (e)	2 Games	Minimum +5 Games	Indefinite**
Disrespectful and Abusive Behaviour			11.2 (e)	3 Games		
Physical Harassment of Officials		Game Misconduct	11.5 (e)	3 Games	Indefinite**	Indefinite**
Disrespectful and Abusive Behaviour		GRM	11.2 (f)	5 Games	Indefinite**	Indefinite**
Spitting		Match	11.3 (c)	5 Games	Indefinite**	Indefinite**
Discrimination		GRM	11.4	Indefinite**	Indefinite**	Indefinite**
Physical Harassment of an Official		Match	11.5 (c)	Indefinite**	Indefinite**	Indefinite**
**OWHA will establish a set number of games that will not be lower than the minimum.						

OWHA reserves the right to add additional suspensions, and if so, a hearing may be held.

Any questions or concerns are to be emailed to discipline@owha.on.ca