

ONTARIO HOCKEY FEDERATION

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2026-2027 OHF Minimum Suspension List – Junior C Hockey

The following are minimum suspensions that shall be imposed for infractions, which occur in all OHF exhibition, league, and play-off games, during the current playing season for Junior competitive hockey. Note (1) that these suspensions are over and above any imposed by Hockey Canada rules.

Notice re: Clarifications

1. These are minimum suspensions. Additional suspensions will be imposed wherever conditions and circumstance warrant.
2. Any other Suspension of fewer than 7 games shall be final and not appealable.
3. If a Supplemental Suspension is assessed in addition to the minimum Suspension, the supplemental Suspension is appealable directly to the league.
4. It is the responsibility of each team manager and/or coach to ensure their players sit out the appropriate suspensions. When in doubt as to the relevant suspension, contact the league office.
5. If unable to contact the league office, sit player(s) in question until clarification can be obtained.
6. These suspensions are in addition to the game incurred.
7. Any Game Misconduct or Gross Misconduct assessed in the last ten (10) minutes of regular playing time or overtime will result in an additional automatic one (1) game suspension under Rules 4.8 (c) [Game Ejection & Game Misconduct Penalties] or 4.9 (b) [Gross Misconducts Penalties].

SECTION 1 – MALTREATMENT

Rule #	Type	Penalty	Suspension/Fine	Last 10 Minutes
11.1 (e)	Game Misconduct	Unsportsmanlike Conduct	n/a	n/a
11.2(e)	Game Misconduct	Abusive Behavior - COACH	1 st = 1 game + \$500	2 games
			2 nd = 2 games + \$750	n/a
			3 rd = 2 games + \$1000 + Hearing	n/a
		Abusive Behavior - PLAYER	1 ST = 2 games + \$150	n/a
			2 nd = 4 games + \$300	n/a
			3 rd = 6 games + \$450 + Hearing	n/a
11.2(f)	Gross Misconduct	Abusive Behavior	3 games	n/a
11.3(c)	Match	Spitting	5 games	n/a
11.4	Gross Misconduct	Discrimination	Indefinite Suspension – League to determine (Minimum 5 Games)	n/a
11.5(c)	Match	Physical Harassment of Officials	Indefinite Suspension – League to determine	n/a
11.5(e)	Game Misconduct	Physical Harassment of Officials	2 games	n/a

Progressive Suspensions – Player or Team Official

Rule #	Penalty	Suspension	Last 10 Minutes
2 Game Misconducts in a season under any of Rules 11.1 (e), 11.2 (e) or 11.5 (e)		3 games	n/a
3 or more Game Misconducts in a season under any of Rules 11.1 (e), 11.2 (e) or 11.5 (e)		Indefinite Suspension – League to determine	n/a
2 Gross Misconducts in a season under any of Rules 11.2 (f) or 11.4		Indefinite Suspension – League to determine	n/a
3 or more Gross Misconducts in a season under any of Rules 11.2 (f) or 11.4		Indefinite Suspension – League to determine	n/a



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SECTION 2 – MAJOR PENALTIES

Rule #	Type	Penalty	Suspension/Fine	Last 10 Minutes
7.1 (b)	Major	Grabbing hair, facial protector, helmet, chin strap or throat protector.	1 game	2 games
7.2 (b)	Major	Boarding	1 game	2 games
7.4 (b)	Major	Charging	1 game	2 games
7.5 (b)	Major	Checking from Behind *	2 games	n/a
7.7 (b)	Major	Head Contact *	2 games	n/a
7.8 (b)	Major	Kneeing **	2 games	n/a
8.5 (b)	Major	Interference with the Goaltender	2 games	n/a
8.7 (b)	Major	Clipping	2 games	n/a
9.2 (b)	Major	Cross-Checking	1 game	2 games
9.3 (b)	Major	Slashing	1 game	2 games
10.5 (b)	Major	Throwing or Shooting Stick or Object	1 game	2 games
Progressive Suspension - Player				
* A player shall receive a minimum 2 game suspension upon receiving his 3rd minor penalty for Checking from Behind & Head Contact in the same season. An additional 2 game suspension shall result for each subsequent minor in the same season.				
** A player shall receive a minimum 2 game suspension upon receiving their 3rd double minor penalty for Kneeing in the same season. An additional 2 game suspension shall result for each subsequent double minor in the same season.				
Any player receiving 2 Majors in same season for any of the above infractions			2 games	3 games
Any player receiving 3 Majors in same season for any of the above infractions			4 games	5 games
Any player receiving 4 Majors in same season for any of the above infractions			Indefinite Suspension – League to determine	n/a

SECTION 3 – MATCH PENALTIES

Rule #	Type	Penalty	Suspension/Fine	Last 10 Minutes
7.1 (c)	Match	Attempt to Injure or Deliberate Injury	Indefinite Suspension – League to determine	n/a
7.1 (c) i.	Match	Head Butting	3 games	n/a
7.1 (c) ii.	Match	Grabbing hair, throat protector or any part of the helmet	3 games	n/a
7.1 (c) iii.	Match	Kicking	3 games	n/a
7.1 (c) iv.	Match	Using equipment as a weapon	3 games	n/a
7.2 (c)	Match	Boarding	3 games	n/a
7.4 (c)	Match	Charging	3 games	n/a
7.5 (c)	Match	Checking from Behind	3 games	n/a
7.7 (c)	Match	Head Contact	3 games	n/a
7.8 (c)	Match	Kneeing	3 games	n/a
8.5 (c)	Match	Interference with the Goaltender	3 games	n/a
8.7 (c)	Match	Clipping	3 games	n/a
8.8 (c)	Match	Slew Footing	3 games	n/a
9.1 (c)	Match	Butt-Ending	3 games	n/a
9.2 (b)	Match	Cross-Checking	3 games	n/a

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9.3 (b)	Match	Slashing	3 games	n/a
9.4 (c)	Match	Spearing	3 games	n/a
10.5 (c)	Match	Throwing or Shooting Stick or Object	3 games	n/a
Progressive Suspension - Player				
Any player receiving 2 Match penalties in same season for any of the above infractions			Indefinite Suspension – League to determine	n/a
Any player receiving 3 Match penalties in same season for any of the above infractions			Indefinite Suspension – League to determine	n/a

Progressive Suspension Continued– Player - Game Misconducts		
Incident	Suspension/Fine	Last 10 Minutes
6 th offence	1 game + \$500	n/a
7 th offence	2 games + \$750	n/a
8 th offence	3 games + \$1000	n/a
9 th offence	4 games + \$1250	n/a
10 th offence and thereafter	Indefinite Suspension – League to determine	n/a

SECTION 4 – FIGHTING PENALTIES				
Rule #	Type	Penalty	Suspension/Fine	Last 10 Minutes
7.10 (b)	Major	Fighting - Third (3 rd) Offence	1 game	2 games
		Fighting - Fourth (4 th) Offence	2 games	3 games
		Fighting – Fifth (5 th) Offence	3 games	4 games
		Fighting – Sixth (6 th) Offence and thereafter	Indefinite Suspension- League to determine	n/a
7.10 (b)	Pre/Post Game Altercations			
	Major + GM	Any player involved where Majors and Game Misconducts are assessed.	2 games	n/a
	Major + GM	Coach of team whose players are penalized	3 games	4 games
7.10 (c)	Match	Fighting – wearing rings or tape to inflict punishment.	3 games	n/a
7.10 (e) ii.	Game Misc.	Player who joins in a fight or acts as a peacemaker.	2 games	n/a
7.10 (e) iii.	Game Misc.	Player who takes part in another or secondary fight during the same stoppage of play.	2 games	n/a
Rule 7.10 - Staged Fights				
Incident			Suspension/Fine	Last 10 Minutes
Players participating in staged fight (No Instigator)			3 games	n/a
2nd occurrence in the same game (No Instigator)			3 games minimum to players involved.	n/a

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	Coaches shall be ejected + \$600	
Staged fight where an instigator is identified	2 games minimum to Coach + \$600	n/a
Staged fight where an instigator is identified	5 games minimum to offending Player	n/a

Rule 7.10 - Pre-Game Fights or End or beginning of period		
Who is Penalized:	Suspension/Fine	Last 10 Minutes
Instigating player(s)	5 games	n/a
Instigating coach (if identified)	3 games + \$1500	4 Games
Rule 7.10 - Fights Involving Goaltenders		
Incident	Suspension/Fine	Last 10 Minutes
Any fights between goaltenders	3 games	n/a
Goaltender travels down the ice inside the other club's blue line to fight opposing goalkeeper	5 games	n/a
2nd offence with an opposing goalkeeper	6 games	n/a
Goaltender who leaves the crease to engage in a fight with any player other than a goaltender	2 games	n/a

Rule #	Type	Penalty	Suspension Fine	Last 10 Minutes
7.11 (a)	Instigator or Aggressor of a Fight			
	Minor	First Offense	1 game	n/a
	Minor	Second Offense	3 games	n/a
	Minor	Third Offense	Indefinite Suspension – League to determine	n/a
	NA	The coach of team whose player is penalized for a third offence of Instigator or Aggressor.	3 games	n/a
<i>Rule 7.11(a) Note: If a player is assessed both penalties in the same altercation, they would be suspended for both offences.</i>				
Instigator & Aggressor – Rule 7.11				
Incident			Suspension/Fine	Last 10 Minutes
2nd offence (Instigator or Aggressor)			\$500	n/a
3rd offence (Instigator or Aggressor)			\$750	n/a
4th offence (Instigator or Aggressor)			\$1000	n/a
5th offence (Instigator or Aggressor)			\$1250	n/a
6th offence and thereafter (Instigator or Aggressor)			Indefinite Suspension – League to determine	n/a

Rule #	Type	Penalty	Suspension/Fine	Last 10 Minutes
10.4 (e)	Game Misc.	Player identified as first to leave the players' or penalty bench during a fight or for the purpose of fighting.	6 games + \$1500	n/a
10.4 (e)	Game Misc.	Any player identified as the first to leave the players' or penalty bench during a fight.	6 games + \$1500	n/a

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10.4 (e)	Game Misc.	The Coach of a team whose player is penalized under the above two points	2 games + \$500	3 games
10.4 (e)	Game Misc.	The coach whose player left the player bench but is not identified as the first to leave the players or penalty bench during an on-ice altercation.	1 game	2 games
10.4 (e)	Game Misc.	Leaving the Bench without Clearance from the Referee (assessed to Coach if altercation results in penalties at end of game)	2 games	n/a
10.6 (f)	Gross Misc.	Any player who removes their chinstrap before or during a fight.	2 games	3 games
10.6 (f)	Gross. Misc.	If a player removes their helmet and releases their chinstrap to fight and the opposing player doesn't, the former will be assessed an additional two-minute Minor penalty.	2 games	3 games
10.6 (f)	Gross Misc.	Any player who removes an opponent's helmet or releases an opponent's chinstrap before or during a fight.	2 games	3 games

Removing Equipment to Fight – Rule 10.6

Incident	Suspension/Fine	Last 10 Minutes
Removal of equipment on bench	1 game min. to Player 1 game min. to Coach	n/a
2nd occurrence – Coach and Player	2 games	n/a

Two Fights on the same stoppage:

Players involved in the second fight shall be subjected to an automatic suspension.

Incident	Suspension/Fine	Last 10 minutes
No instigator in 2nd fight	1 game minimum to each Player	n/a
Instigator in 2nd fight	2 games minimum to Instigating player. The non-instigating Player shall not be suspended + \$500 fine	n/a

Three or More Fights on the same stoppage:

When three or more fights occur during the same stoppage of play, players involved in the second fight and all subsequent fights shall be subjected to an automatic suspension.

If a team is identified as the instigator of the multiple fight situation, the following minimum penalties shall be applied:

Incident	Suspension/Fine	Last 10 minutes
Instigating player(s)	5 games	n/a
All players from instigating team who participated in multiple fight situation	2 games	n/a
Coach of the instigating team	1 game	n/a
Instigating Team	\$1000	n/a

If it is clear by the evidence that the multiple fights were instigated by one team, players from the non-instigating team shall not be suspended.

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If an instigator is not identified, the following minimum penalties shall be applied:

Incident	Suspension/Fine	Last 10 Minutes
All participating players	2 games	n/a
Coach from each team	1 game	n/a
Each team also receives \$1,000 Fine Players involved in the initial fight shall not be subject to the multiple fight penalties and suspensions.		

Fighting Last 10 minutes of Game

Incident	Suspension/Fine	Last 10 Minutes
First fight (last 10 mins of game)	Warning delivered to both benches	n/a
2nd fight (last 10 mins of game)	1 game suspension to each player	n/a
2nd fight (last 10 mins of game with Instigator)	2 games minimum to instigating player The non-instigating player shall not be suspended	n/a

SECTION 5 – OTHER

Rule #	Type	Penalty	Suspension/Fine	Last 10 Minutes
4.9	Gross Misc.	Any gross misconduct assessed to a player or team official not otherwise covered within these guidelines	3 games	4 games
10.4 (f)	Gross Misc.	Any player or team official who, having been removed from the game due to a Game Ejection, Game Misconduct, Gross Misconduct, or Match penalty, returns to the ice surface or becomes involved with or disrupts the game in any way.	Indefinite Suspension – League to determine	n/a
10.8 (e)	Game Misc.	Refusing to Start Play (Head Coach)	Indefinite Suspension	n/a

Coaches and Team Officials

Incident	Suspension/Fine	Last 10 Minutes
Team official making public derogatory remarks with respect to the Federation, any Director, Team Official or game official of the OHF or its Divisions	League to determine suspension + \$1000 (min. fine)	n/a

APPROVED BY THE OHF BOARD OF DIRECTORS



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