

NPHL Player Discipline & Suspension Guide

Purpose

The NPHL Player Discipline & Suspension Policies outline the expectations for player conduct and identify actions that result in automatic suspensions or disciplinary review within the Northern Premier Hockey League.

These guidelines exist to protect player safety, maintain respect for officials, and preserve the integrity of the game. All players are responsible for understanding these expectations before participating in league play.

Player Conduct Expectations

All players are expected to compete with sportsmanship, respect, and control.

Players must:

- Respect officials and their decisions
- Compete within the rules of the game
- Avoid dangerous or reckless actions
- Maintain professional behavior on and off the ice
- Represent their team and the league respectfully

Discipline Review Notice

Players should understand that receiving one of the above penalties during a game does not automatically mean a suspension will be applied exactly as listed. All major penalties, match penalties, and serious misconducts are automatically reviewed by the NPHL Disciplinary Committee.

The committee will review the official reports and available game footage to determine whether supplemental discipline is warranted. If discipline is required, the committee will determine the appropriate length of suspension based on the circumstances of the play, intent, injury involved, and the player's disciplinary history.

The minimum suspension guidelines listed above serve as a framework for review, but the final decision on discipline is determined by the league following this review process.

Automatic Suspension Situations

Fighting & Altercations

- One-Man Fight – Minimum 3 game suspension

- Second Fight in the Same Game – Game misconduct + minimum 1 game suspension
- Third Man In – Minimum 3 game suspension
- Instigator/Aggression Penalty – Automatic game misconduct and review
- Leaving the Bench or Penalty Box to Fight – Indefinite suspension pending review

Fighting Outside Gameplay

Pre-game or post-game altercations will result in a minimum 2 game suspension with possible additional discipline.

Gross Misconduct

A gross misconduct penalty may lead to suspension and disciplinary review.

If a gross misconduct occurs during the final ten minutes of a game or in overtime:

- Minimum 3 game suspension pending review

Examples may include:

- Throwing objects from the bench
- Spitting
- Racial or discriminatory remarks
- Actions that bring the game into disrepute

Abuse of Officials

Respect for officials is mandatory.

Verbal Abuse:

- Game misconduct – minimum 1 game suspension
- Gross misconduct – minimum 2 game suspension

Physical Abuse:

- Indefinite suspension pending disciplinary review
- Minimum 10 game suspension
- May result in season-ending suspension or permanent ban

Dangerous Plays Resulting in Suspensions

The following actions may result in automatic suspensions when assessed major or match penalties:

- Head Contact – minimum 1 game
- Spearing – minimum 1 game
- Butt-Ending – minimum 1 game
- Headbutting – minimum 2 games
- Kneeing – minimum 1 game
- Slashing – minimum 1 game
- Slewfooting – minimum 1 game
- Checking From Behind – minimum 1 game
- Boarding – minimum 1 game
- Charging – minimum 3 games
- Elbowing – minimum 1 game
- Kicking – minimum 3 games
- Biting – minimum 3 games

Goaltender Discipline

Goaltenders are subject to additional restrictions.

- Goalie crossing the red line to fight – game misconduct
- Goalie crossing the offensive blue line to fight – minimum 1 game suspension

Alcohol & Drug Policy

Players participating in league activities while under the influence of drugs or alcohol will receive a minimum 5 game suspension. A second offense may result in indefinite suspension pending review.

Suspension Eligibility Rules

If a player is suspended:

- The player may not participate in games until the suspension is served
- Suspended players may not serve on the bench in any capacity
- Indefinite suspensions require disciplinary board approval before returning

Disciplinary Review

All suspensions remain subject to review by the NPHL Disciplinary Committee, which may increase or extend suspensions depending on severity, injury, intent, or a player's disciplinary history.

Player Responsibility

By participating in the NPHL, players agree to follow league discipline policies and compete with respect for opponents, officials, teammates, and the game of hockey.