HOCKEY NOVA SCOTIA

# CODE OF DISCIPLINE

REVISED OCTOBER 2026

HOCKEY NOVA SCOTIA

# Code of Discipline and Minimum Suspensions

2026-27 · REVISED OCTOBER 2026

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| **About** | The Code of Discipline applies to all players, teams, leagues, associations and officials registered with Hockey Nova Scotia. The minimum suspensions for Minor and Female hockey are the Hockey Canada Minimum Suspension Guidelines (Minor/Female), updated June 2026, adopted by the Board of Directors on September 10, 2026. Junior and Senior hockey follow the Hockey Canada Junior and Senior guidelines, with the additions in 25.14 to 25.18. |
| **Companion documents** | Minor Regulations; Female Regulations; History of Award Winners and Champions; Memorandum of Association and By-Laws. All are published at hockeynovascotia.ca. |
| **Questions** | Hockey Nova Scotia office, info@hockeynovascotia.ca. Suspension notices: suspensions@hockeynovascotia.ca. |

**HOW TO USE THIS DOCUMENT**

The Contents page is clickable, and the bookmarks panel in your PDF reader lists the four parts of the Code. Rule numbers in the suspension charts are Hockey Canada playing-rule numbers.

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PART ONE

# Code of Discipline

**25.1 The Association has a Code of Discipline Policy to:**

a. ensure that its members are aware of the serious nature of certain rule violations and to protect every players right to compete in hockey without fear of violence or abuse.

b. apply a common minimum standard of discipline across the Branch, for offences that are similar in nature. That discipline may be in the form of a suspension, fine, expulsion or other sanction.

c. make team, league and association officials, more aware of their responsibilities in controlling the conduct of their teams and applying discipline where warranted.

**25.2.**

a. The Code of Discipline Policy applies to all players, teams, leagues, associations, organization and club officials who are registered members of the Association.

b. The Code of Discipline applies to all hockey games, be they league, tournament, play-off, or exhibition, in which HNS players and team officials from HNS registered clubs are participating, including games outside the boundaries of HNS Branch.

c. A team playing in an out of Branch tournament shall abide by the out of Branch code of discipline for the duration of the tournament only. Games that players or team officials have outstanding as per the HNS Code of Discipline must be served immediately upon return to HNS.

**25.3 Types Of Suspensions**

a. GAME SPECIFIED: The offender is removed from specified games and shall not participate in any games, including exhibition, as a player, on ice or off ice official until the suspension is served in full.

b. SUSPENSIONS: The offender is removed for a specified number of games from all hockey excluding practices and tryouts. Suspended players may participate in skills competition unless under indefinite suspension.

**25.4 When And Where For Suspensions**

a. Suspensions shall commence immediately.

b. Teams that are members of sanctioned leagues, who have their season schedule and playoffs approved by the HNS, shall be subject to game specified suspensions. Game specified suspensions result in the offender being suspended immediately from the game the penalty was assessed. The specified games begin with the team's next meaningful game.

c. Sanctioned tournaments may, at their discretion, use either time specified or game specified suspensions during the tournament. Suspensions extending beyond the

tournament will revert to the normal disposition of suspensions the team normally plays under.

**d.** In the event the team has completed all league, playoff and tournament games for the season, a time specified suspension and/or game specified suspension shall be issued for the following season by the respective HNS officials.

**e.** However, any player under a game specified suspension, other than that assessed for a violation of Hockey Canada Rule 11.5, that has been carried over from a previous season shall not be prohibited from participating in pre-season tryout activities (not including exhibition games). Carry over suspensions from previous season will start being served on October 15th or when the league starts whichever occurs first. Coaches and players who are suspended indefinitely, shall not be eligible to take part in practices or other team activities until deemed eligible by HNSMC Discipline Committee.

**f.** (1) Meaningful games are regularly scheduled games, sanctioned tournament games and pre-approved exhibition games verified on the Hockey Canada Registry (HCR) by the Regional Director or their designate. Games approved after a suspension has occurred will not count as meaningful games. A game must be played in order to count towards a suspension.

(2) In exceptional circumstances a player may be unable to serve a suspension in a reasonable amount of time [ie: end of season], in those very rare circumstances the Regional Director, the Conference Coordinator, the appropriate Chair, and Referee-in-Chief TOGETHER will review such circumstances and make a decision on how this suspension will be served. Any such request to review such a suspension must come to HNS in writing from the President of the player's MHA. All HNS suspensions must be served in a MEANINGFUL manner, consistency and fairness will be critical in making the decisions on these suspensions.

**g.** In divisions of U13 and below and Female hockey, a minor penalty shall be assessed any player who, in the opinion of the referee, intentionally body checks, bumps, shoves or pushes an opposing player. A major penalty and game misconduct shall be assessed if such intentional body contact results in injury.

**h.** The MINIMUM suspensions listed in this Code of Discipline shall be applied by the appropriate Council official. If such official determines that the offence warrants a suspension other than that listed, they shall report same to the Council Discipline Committee complete with their recommendation. A player who is playing as an affiliate will serve the suspension with the team they are registered with and may not play as an affiliate again until the suspension is served.

**i.** Any incident involving a player or coach who receives a suspension of 10 games or more as a result of applied Code of Discipline infractions stemming from one incident, shall be reviewed by a committee consisting of the Chair of HNSMC, VP Operations HNS, Chair of Female Council and the Referee-in-Chief of HNS (ex officio) which will determine the final suspension.

**j.** The HNS Suspension Coordinator's position is to Receive Incident Reports from Officials, Enter in the Hockey Canada Registry and send notification to the Association Group. Any questions on suspensions should be directed to the Association.

**k.** Indefinite suspensions. Unless this Code names another body, the appropriate Council Discipline Committee reviews any indefinite suspension and decides its length. The person suspended is told in writing and may make a written submission before the decision. The person may not participate until the decision is made and the suspension is served in full.

**25.5** The onus for control of a team rests with the officials of the team, or any person(s) acting for the designated officials of the team. They are, therefore, responsible for ensuring that, without further notice from anyone, players and/or officials serve the minimum suspensions.

**25.6** Failure of officials to ensure that suspensions are served as assessed may result in the suspension of the officials, team, and/or Association from further play, pending review by the President or Designate of the HNS.

**25.7** In accordance with Hockey Canada rules, no team official or player may enter the official's dressing room during or after a game on the day of the game.

**25.8** Any registered member having been suspended by Hockey Nova Scotia and seeking reinstatement in any capacity shall not be reinstated without the approval of the Hockey Nova Scotia Executive Committee.

**25.9** Any person placed under suspension shall not be eligible to participate in any event under the jurisdiction of Hockey Nova Scotia, Hockey Canada, International Ice Hockey Federation, or any other organization with which Hockey Nova Scotia has a formal agreement.

**25.10** Any player suspended in Minor or Female Hockey at the end of a season and is graduating to a higher division within Hockey Nova Scotia must serve their remaining suspension at the start of the next regular season scheduled games. The player is allowed to participate in training camps and exhibition games that are part of the tryout process. Once the team is picked the player will not be permitted to play further pre-season exhibition games until their suspension has been served.

**25.11** The President or designated representative, shall have the power to suspend summarily any player, coach, manager or other team official in minor hockey or female hockey for unsporting conduct on or off the ice, or for abusive language to any game participant before, during or after a game.

**25.12** The following policies and/or minimum suspension guidelines of Hockey Nova Scotia are aimed towards ensuring high standards of skill and fair play, integrity and good sportspersonship by HNS member players, coaches and team management.

**25.13** Any player or team official who is suspended by their MHA must have the suspension notice come through the HNS Suspension Coordinator. For any suspension dealing with any form of abuse the Suspension Coordinator must copy the Chair of Risk Management. This will ensure that the suspension records of all players and team officials are properly recorded in the suspension records of HNS and can be used for any future disciplinary action.

PART TWO

# Minimum Suspensions: Minor and Female

1. The following minimum suspensions are not to be reduced; Members, Association and Leagues may strengthen any of the listed offences at their discretion.
2. These guidelines apply to all levels of Minor hockey and all divisions of Female hockey.
3. Indefinite Suspensions - Members shall establish a process for investigation or review to determine the appropriate length of suspension unless otherwise specified in the guidelines. Said processes shall include some form of communication and follow up with the individual(s) in question. This may include written submissions, phone or electronic communication, formal hearing, educational training etc. Any player or team official under indefinite suspension is deemed ineligible to participate until a decision has been rendered and the suspension is served in full.
4. All incidents resulting in multiple suspensions to a single participant must be served consecutively.
5. Discipline applied in accordance with any minimum suspension(s) within these guidelines are not subject to appeal.
6. 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.

## SECTION 1: MALTREATMENT

| RULE # | TYPE | PENALTY | SUSPENSION | LAST 10 MINUTES |
|---|---|---|---|---|
| **11.1(e)** | Game Misconduct | Unsportsmanlike Conduct | 1 game | 2 games |
| **11.2(e)** | Game Misconduct | Abusive Behaviour | 2 games | 3 games |
| **11.2(f)** | Gross Misconduct | Abusive Behaviour | 3 games | 4 games |
| **11.3(c)** | Match | Spitting | 5 games | n/a |
| **11.4** | Gross Misconduct | Discrimination | Indefinite Suspension (Minimum 5 Games) | n/a |
| **11.5(c)** | Match | Physical Harassment of Officials | Indefinite Suspension | n/a |
| **11.5(e)** | Game Misconduct | Physical Harassment of Officials | 1 game | 2 games |

### PROGRESSIVE SUSPENSIONS: PLAYER OR TEAM OFFICIAL

| ACCUMULATION | SUSPENSION |
|---|---|
| **2 Game Misconducts in a season under any of Rules 11.1 (e), 11.2 (e) or 11.5 (e)** | 2 additional games |
| **3 or more Game Misconducts in a season under any of Rules 11.1 (e), 11.2 (e) or 11.5 (e)** | Indefinite Suspension |
| **2 Gross Misconducts in a season under any of Rules 11.2 (f) or 11.4** | Indefinite Suspension |
| **3 or more Gross Misconducts in a season under any of Rules 11.2 (f) or 11.4** | Indefinite Suspension |

### SECTION 2: MAJOR PENALTIES

| RULE # | TYPE | PENALTY | SUSPENSION | 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 |
| **7.3(b)** | Major | Body Checking | 1 game | 2 games |
| **7.4(b)** | Major | Charging | 1 game | 2 games |
| **7.5(a)** | Minor + GM | Checking from Behind (the Game Misconduct is automatic with the Minor) | 0 games | 1 game |
| **7.5(b)** | Major | Checking from Behind | 1 game | 2 games |
| **7.6(b)** | Major | Head Contact | 1 game | 2 games |
| **7.8(b)** | Major | Kneeing | 1 game | 2 games |
| **7.9(b)** | Major | Roughing | 1 game | 2 games |
| **8.3(b)** | Major | Interference | 1 game | 2 games |
| **8.4(b)** | Major | Interference from the Bench | 1 game | 2 games |
| **8.5(b)** | Major | Interference with the Goaltender | 1 game | 2 games |
| **8.7(b)** | Major | Clipping | 1 game | 2 games |
| **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 |
| **10.8(b)** | Major | Refusing to Start Play: Play Resumed | Indefinite Suspension | n/a |
| **10.8(b)** | Major | Refusing to Start Play: Game is suspended | Indefinite Suspension | n/a |

## PROGRESSIVE SUSPENSIONS: PLAYER

| ACCUMULATION | SUSPENSION | LAST 10 MINUTES |
|---|---|---|
| **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 | n/a |

## PROGRESSIVE SUSPENSIONS: COACH

| ACCUMULATION | SUSPENSION | LAST 10 MINUTES |
|---|---|---|
| **Any team receiving a combination equaling 3 penalties in the same game from a Major penalty, Match penalty or fighting infraction.** | 1 game | n/a |
| **For a 2nd violation of a team receiving a combination equaling 3 penalties in the same game from a Major penalty, Match penalty or fighting infraction.** | 3 games | n/a |
| **For a 3rd violation of a team receiving a combination equaling 3 penalties in the same game from a Major penalty, Match penalty or fighting infraction.** | Indefinite Suspension | n/a |

## SECTION 3: MATCH PENALTIES

| RULE # | TYPE | PENALTY | SUSPENSION | LAST 10 MINUTES |
|---|---|---|---|---|
| **7.1(c)** | Match | Attempt to Injure or Deliberate Injury | 3 games | 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 |
| **7.3(c)** | Match | Body Checking | 3 games | n/a |
| **7.4(c)** | Match | Charging | 3 games | n/a |
| **7.5(c)** | Match | Checking from Behind | 3 games | n/a |
| **7.6(c)** | Match | Head Contact | 3 games | n/a |
| **7.8(c)** | Match | Kneeing | 3 games | n/a |
| **7.9(c)** | Match | Roughing | 3 games | n/a |
| **8.3(c)** | Match | Interference | 3 games | n/a |
| **8.4(c)** | Match | Interference from the Bench | 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(c)** | Match | Cross Checking | 3 games | n/a |
| **9.3(c)** | 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 SUSPENSIONS: PLAYER

| ACCUMULATION | SUSPENSION | LAST 10 MINUTES |
|---|---|---|
| **Any player receiving 2 Match penalties in same season for any of the above infractions** | Indefinite Suspension | n/a |
| **Any player receiving 3 Match penalties in same season for any of the above infractions** | Indefinite Suspension | n/a |

## SECTION 4: FIGHTING PENALTIES

| RULE # | TYPE | PENALTY | SUSPENSION | LAST 10 MINUTES |
|---|---|---|---|---|
| **7.10(b)** | Major | Fighting: First Offence | 1 game | 2 games |
| **7.10(b)** | Major | Fighting: Second Offence | 2 games | 3 games |
| **7.10(b)** | Major | Fighting: Third Offence | 4 games | 5 games |
| **7.10(b)** | Major | Fighting: Fourth Offence | Indefinite Suspension | n/a |
| **7.10(b)** | Major + GM | Pre/Post Game Altercations: Any player involved where Majors and Game Misconducts are assessed. | 2 games | 3 games |
| **7.10(b)** | Major + GM | Pre/Post Game Altercations: Coach of team whose players are so penalized. | Indefinite Suspension | n/a |
| **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 | 3 games |
| **7.10(e) iii.** | Game Misc. | Player who takes part in another or secondary fight during the same stoppage of play. | 2 games | 3 games |
| **7.10(f)** | Gross Misc. | Fighting or joining a fight with or as a team official | 3 games | 4 games |
| **7.11(a)** | Minor | Instigator or Aggressor of a Fight: First Offence | 1 game | n/a |
| **7.11(a)** | Minor | Instigator or Aggressor of a Fight: Second Offence | 3 games | n/a |
| **7.11(a)** | Minor | Instigator or Aggressor of a Fight: Third Offence | Indefinite Suspension | n/a |
| **7.11(a)** | NA | The coach of team whose player is penalized for a third offence of Instigator or Aggressor. | 3 games | n/a |
| **7.11(a)** | Note | If a player is assessed both penalties in the same altercation, they would be suspended for both offences. | | |
| **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. | 3 games | 4 games |
| **10.4(e)** | Game Misc. | Coach of a team whose player is identified as first to leave the players' or penalty bench during a fight or for the purpose of fighting. | 3 games | 4 games |
| **10.4(e)** | Game Misc. | Coach whose player is not identified as the first to leave the players' or penalty bench during an on-ice altercation. | 1 game | 2 games |

## SECTION 5: OTHER

| RULE # | TYPE | PENALTY | SUSPENSION | 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 | n/a |
| **4.8(c)** | Game Misc. | Any Game Misconduct assessed to a player or team official not otherwise listed in this chart (for example, the Game Misconduct that accompanies a Minor penalty under Rule 7.5(a)). | 0 games | 1 game |

PART THREE

# Junior and Senior

**25.14** Pre-Game, between Periods or Post Game Incidents (Junior/Senior)

For Junior and Senior hockey, the Hockey Canada Junior Minimum Suspension Guidelines and Senior Minimum Suspension Guidelines, updated June 2026, apply as the minimum. As Hockey Canada sets out, the Junior guidelines apply to all Junior leagues except the CJHL. The provisions in 25.14 to 25.18 add to them.

Fights prior to the start of the game: teams involved will receive an automatic $500.00 fine plus suspensions, which may occur as a result of review of the incident by the League Disciplinary Committee.

Pre-game warm-up: players are restricted to their half of the ice and must stay there for the duration of the warm-up:

Players who cross or touch the centre line with their skates will be assessed a Minor Penalty.

Players who cross the centre ice line to instigate opponents will be assessed a Gross Misconduct Penalty.

Players who instigate opponents anywhere in the pre-game warm-up will be assessed a Gross Misconduct Penalty.

Note: Players can only enter their opponents half during pre-game warm-up following approval from the Game Official monitoring the warm-up.

Incidents between periods or the end of game: automatic fine of $500.00 for each team, and if instigator identified, player(s) involved suspended a minimum of five (5) games and coach identified player(s) suspended a minimum of three (3) games, in addition to any other penalties, which may apply.

**25.15 Line Brawl (Junior/Senior)**

- Definition: more than two (2) fights during the same stoppage. As players involved in line brawl suspensions will be:
- Initial fight: As per “Hockey Canada Rule 7.10”
- All other players involved: Three (3) additional games
- Coach: Five (5) additional games pending investigation by league

**25.16** Involvement with Fans: Players or Team Officials

- Team Official(s) penalized for any incident involving a fan(s): Indefinite suspension pending investigation by the League Disciplinary Committee.
- Player(s) penalized for any incident involving with a fan(s): Indefinite suspension for a maximum of five (5) games, pending investigation by the League Disciplinary Committee.

- Any Player or Team Official making derogatory remarks in public, or through the media regarding 1) the HNS &/or representatives, 2) the MINOR COUNCIL &/or representatives, 3) Hockey Canada &/or representatives, 4) Governing League &/or representatives, or 5) Game Officials shall be fined $200.00.

**NOTE**

i. Suspensions under Minor Regulation 10.1 represent minimum suspensions. Disciplinary Committee may apply additional suspensions upon review.

ii. All players, coaches or team officials suspended, for any reason, will not be permitted in the dressing room or players area from one hour before game time until one hour after the conclusion of the game. They shall also be seated in an area of the arena as designated by the League or governing body until the suspension has been served. Any violation will result in additional suspension for the coach and a fine of $1,000.00 to team.

iii. Definition: "Coach": Head Coach or Designate, in the event the Head Coach is under suspension or not present.

iv. "Fines do not apply for Minor Hockey teams, according to Hockey Canada Rules & Regulations."

v. All fines, with the possible exception of that of derogatory remarks (payable to HNS), will be payable to the Governing League.

### 25.17 Rule 4.8: Game Misconduct

- 1st Offence: Remainder of the game plus One (1) additional game
- 2nd Offence: Remainder of the game plus Two (2) additional games
- 3rd Offence: Remainder of the game plus Three (3) additional games
- 4th and Subs.: Remainder of the game plus Suspended indefinitely until dealt with by Disciplinary Committee

### 25.18 Rule 4.10: Match Penalties

- 1st Offence: Remainder of the game plus Three (3) additional games
- 2nd Offence: Remainder of the game plus Six (6) additional games
- 3rd Offence: Remainder of the game plus Disciplinary Committee

PART FOUR

# All Hockey

### 25.19 Incident or Behaviour Detrimental to Hockey

Offender shall be automatically suspended from all hockey activities under the jurisdiction of Hockey Canada, HNS and MINOR COUNCIL until dealt with by proper Disciplinary Committee. Offences could include, but are not limited to:

- "Playing under suspension"
- "Playing suspended or illegal players" "Removal of team from ice"
- "Travelling without a travel permit"
- "Unacceptable conduct on and off the ice"

### 25.20 Coaches Registered with 2+ Teams/Leagues

Coaches registered in more than one league must serve their suspension in the league in which they were suspended. In addition, they will not be permitted to coach in any registered league until the suspension is served.

### 25.21 Registration Suspensions

**A.** Any player, Team Official, or Executive Member of a team or Minor Association found guilty of falsifying a birth certificate, or having been party to, or having knowledge of such, shall be indefinitely suspended until dealt with by the HNSMC Executive Committee.

**B.** Any Team Official who adds an unregistered player's name to a game sheet will be suspended for one year, and games defaulted whether said player played or not.

**C.** Any player proven guilty of falsifying a birth certificate, Hockey Canada registration certificate, or playing under an assumed name or having had knowledge that same had been falsified, or of playing on other than their own birth certificate shall be automatically suspended from playing hockey with any team affiliated with Hockey Canada for a period of not less than one year and not more than three years from the date of their suspension.

**D.** Any Team or Minor Association Executive Member, proven guilty of having been a party to, or having had such knowledge of such falsification, shall be automatically suspended for life from playing or holding office with any team, club or association affiliated with Hockey Canada.

**E.** Any player who refuses to provide reasonable identification as to their person when requested by a Minor/Female Director, or designate, supervising a game, series or any Minor/Female competition, shall be suspended for a period of not less than one (1) year and not more than three (3) years.

**F.** Any Team or Minor Association Executive Member who advises a player to conceal their identity once asked by an official of Minor/Female Council shall be automatically suspended for life from playing or holding office with any team, club or association affiliated with Hockey Canada.