

## *NDOHL Penalty FAQ*

The NDOHL constitution states that the league follows all playing rules set forth by [Hockey Canada](#) (with a few amendments).

Q1: What are the amendments?

R1: Fighting (1 year suspension), Body checking (minor or major penalty), Slap-shot / snap-shot (stoppage of play... warning), misconducts (suspension), maximum minor penalties per player in a game (3 – suspended for balance of the game), major penalty (suspension / reviewed by suspension committee), match penalty (automatic suspension / reviewed by suspension committee), Injury to an opponent (reviewed by suspension committee).

Q2: Where can I find out penalty details?

R2: The most recent version of the constitution is available on the web site ([NDOHL constitution](#) section #15. *Playing rule infractions*).

Q3: I've received a penalty... now what?

R3: Go directly to the penalty box (do not dispute the call) unless otherwise directed. Don't forget to pay your penalty fee to your team... \$1 per minute (\$2 for a minor penalty, \$5 for a major, \$10 for a misconduct).

Q4: Where do penalty fees go?

A4: Penalty fees go towards league expenses. Each month a report is created with the total penalty minutes for each team. The team with the lowest penalty minutes is not required to pay for that month.

Q5: Is there a maximum number of penalty minutes per player per season?

A5: Yes! Any player who accumulates 24 minutes in penalties in a season will be assessed game suspensions according to the number of games played. Consult the constitution ([NDOHL constitution](#) section #15I *Penalty suspension*) for the number of games the player must sit out.

Q6: Are all penalty minutes included in a player's total?

A6: Misconduct time will not be included in a player's penalty minute total (but shall be included in the team's total).

Q7: How are penalties handled during the mini tournament?

R7: Penalty shots replace time served in the penalty box.

Q8: Do I still pay if I receive a penalty during the mini tournament?

A8: Yes... penalties are paid to (but not charged to) your mini tournament team.

Q9: How can I find out how many penalty minutes I've accumulated this year?

A9: You can consult your personal statistics page from the [NDOHL web site](#). Select your team from the **Teams** menu then click on your name to view your personal page. Add your penalty minute totals (PIM column) for the year (Season, Mini-Tournament and Playoffs). In the example below the total for 2015/16 would be  $10 + 2 + 0 = 12$  minutes.

Career Totals	
Season	PIM
2014/15 Season	8
2014/15 Mini-Tournament	0
2014/15 Playoffs	8
2015/16 Season	10
2015/16 Mini-Tournament	2
2015/16 Playoffs	0

Q10: Who reviews serious infractions?

A10: The suspension committee shall review all cases brought to their attention. This committee consists of the vice-president and a representative from each team.