

Suspension Rules of Thumb:

- *Major (5 min) penalties and game misconducts will result in a minimum of a one-game suspension to be served in the next league or tournament game. The game misconduct is NOT the suspension.*
- *Head Contact, Checking from Behind and Fighting major penalties are 2-game suspensions in SMHA leagues.*
- *A coach/player receiving a game misconduct for Unsportsmanlike Conduct will be suspended for two-games minimum for a 1st offense (three games if occurs in the last 10 minutes of a game).*
- *A 10-minute misconduct (received at any point of the game) will not result in a suspension unless a player accumulates three (3) in a season*
- *A 2-min minor Checking from Behind (CFB) penalty and game misconduct will only be a suspension for the next game if the infraction occurs in the last 10 minutes of a game.*
- *Players accumulating two CFB minors & game misconducts in SMHA league play will be suspended one game.*
- *Any game misconduct in the last 10 minutes of a game results in a one-game suspension or an additional game suspension in the case of a major penalty.*
- *Suspensions must be served starting in the next league, tournament or playoff game -whichever comes first.*
- *Suspension games cannot be served in exhibition games nor can a suspended player play in the exhibition game while suspended.*
- *Playing a suspended player will result in a suspension to the Head Coach of up to 30 days.*

These Rules of Thumb can be found on the SMHA website under SCHEDULE/STANDINGS & then SUSPENSIONS