

P.G. Rec. Hockey League Rules and Discipline: Suspensions and Fines

Overview

The Prince George Recreational Hockey League (P.G. Rec. Hockey League) upholds strict rules and disciplinary measures to ensure a fair and safe playing environment. It is the responsibility of each team to **review every game sheet** following play to determine if any suspensions or related penalties apply to their team members.

Rule 7:1-B – Participation of Suspended Players

Allowing a suspended player to participate in a game is strictly prohibited. This nonnegotiable rule is established to protect league executives and officials from liability risks. However, it does not absolve team members from their own potential liability.

- First Occurrence: The team is fined \$200, the game is declared a default, and the player's suspension is doubled.
- Second Occurrence: The team is fined \$400, the game is declared a default, and the player's suspension is doubled.
- Subsequent Incidents: The team is fined \$400, the game is declared a default, the player's suspension is doubled, and the team will be reviewed and may face removal from the league.

Suspension Notifications

- Teams **will not** receive a notification for suspensions that fall under the list of **minimum** automatic suspensions.
- However, if a suspension requires executive review, or has “**Reviewed**” listed below the player in question is suspended until the executive discipline board completes its review and notifies the team of its decision. Players may return to play only after serving their suspension and paying any associated fines.

Fines and Eligibility

If a fine is imposed as part of a disciplinary action, the player is ineligible to participate until the fine is fully paid.

Minimum Automatic Suspensions

Fighting Major Penalties (Excludes Rec D)

- First Fight: 2-game suspension.
- Second Fight: 5-game suspension.
- Third Fight: Minimum 20-game or season-long suspension, subject to executive review.
- Additional Penalties:
 - 2-game minimum for willing/self-defence fights.
 - 5-game suspension for instigators or for refusal to stop (**reviewed**).
 - 5+ games for excessive violence (**reviewed**).

Fighting Major Penalties Rec D

- First Fight: 5-game suspension. (**reviewed**).
- Second Fight: 20 games for a second incident that occurs in a 24-month period. (**reviewed**).
- We can not condone fighting in a division where some players do not have the ability to defend themselves.

Non-Fighting Major Penalties

- First Major: 1-game suspension.
- Second Major: 5-game suspension **(reviewed)**.
- Third Major: Subject to executive review.

Off-Ice Conduct and Misconducts

Off-Ice Altercations

Any altercation occurring off the ice, including events away from the rink at any future date, results in immediate suspension and investigation. The minimum penalty is a 1-year or 45-game suspension.

Leaving the Bench or Returning to Ice

- Leaving the bench during an altercation: Minimum 5 game suspension. **(reviewed)**.
- Returning to the ice after ejection: Minimum 5 game suspension. **(reviewed)**.

Match Penalties

All match penalties are subject to review by the league's executive discipline board.

Abuse of Official

Game Misconduct

- First Offence: 1-game suspension.
- Second Offence: 3-game suspension and \$50 player fine.
- Third Offence: Indefinite suspension and \$100 player fine, subject to review.

Gross Misconduct

- Minimum 3-game suspension. **(reviewed)**.

10-Minute Misconducts

- Unsportsmanlike conduct (game control) is classified as an aggressive minor.
- Abuse of Officials:
- First offence: 10-minute penalty served.
- Second offence: 1-game suspension.
- Third offence: 2-game suspension and \$25 fine.
- Fourth offence: \$50 fine, subject to review.

Team Abuse of Officials

If a team engages in abusive or inappropriate interactions with league officials from the bench, and the specific individual responsible cannot be identified, the team will be penalized with a two-minute bench minor. In addition, the team will be fined an amount that will be determined following a formal review of the incident.

Should the abusive interactions with officials persist after the initial penalty, the game will be terminated. The offending team will then be fined a minimum of \$250, which will serve as compensation for the opposing team due to the interruption of the game.