



JUNIOR A SUPPLEMENT

SECTION 1 – BLOWS TO THE HEAD, DANGEROUS HITS AND CHECKING FROM BEHIND

REGULATION 1 – BLOWS TO THE HEAD

The following situations shall be subject to suspension:

1.1 Illegal Act: If a player is fouled or hit illegally, for which a penalty is being assessed, and as a result of the illegal hit the player hits his head on the glass, ice or the boards in a manner that results in a head injury, this shall be construed as a Blow to the Head and a major and game misconduct or match penalty shall be assessed.

- Major Penalty – minimum 2 game suspension.
- Match Penalty – minimum 5 game suspension.

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1.2 Direct Blow to the Head: If a player intentionally raises his stick, hands, forearm, gloved hand, shoulder or elbow to hit an opponent in the head area, or deliberately drives his stick, forearm, elbow, shoulder or gloved hand into the player's head in any manner, it shall be called a Blow to the Head and shall receive a minor and 10 minute misconduct, or a major and game misconduct, or match penalty. See after 2.4 for suspensions

REGULATION 2 – DANGEROUS HITS, CLIPPING AND LOW HITS, GOALTENDER INTERFERENCE

Should a player deliver a hit to the head area of an opponent who is in a vulnerable position, he shall be assessed a minor and 10 minute misconduct, a major and game misconduct or match penalty for Blow to the Head. A player is considered to be vulnerable under the following circumstances:

2.1 Blind Side Hit - If he is hit in the head with a blind-side check from the side. A body check from the front is not considered to be a blind-side check, even if the player has his head down.

2.1.1 Blind Side Hit without Head Contact –

In levels that allow for body checking, all body checks originating from within the 90° area of approach (Fig. 1), provided that the hit is made with the shoulder or hip and is legal in all other aspects, shall NOT be penalized. However, all body checks delivered from outside the 90° area of approach (Fig. 2) shall be penalized as charging, unless the hit meets the criteria of Rule 6.4 (Checking from Behind) or Rule 6.5 (Head Contact). The application of this rule would fall under Rule 6.3 (Charging) and the wording set in the body of its application.

Figure. 1
LEGAL HITS

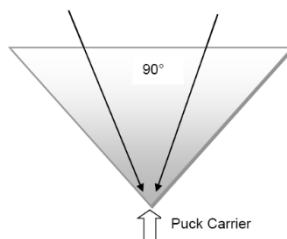
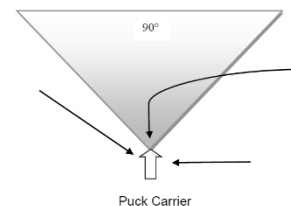


Figure. 2
ILLEGAL (SIDE) HITS





- 2.2 Late Hit** – If he does not have control of the puck, or has passed the puck or lost control of the puck for a sufficient amount of time that the opponent could play the puck or follow the movement of the puck as opposed to hitting the unsuspecting player in the head area.
- 2.3 Cheap Hit** – If he is defenseless while down on the ice and the opponent deliberately makes contact in any manner with his head area.
- 2.4 Leaving the Feet** - Should both of a player's feet clearly have left the ice prior to him making a shoulder check that contacts the opponent in the head area, the player shall receive a minor and a 10 minute misconduct, or major and game misconduct or match penalty for Blow to the Head.

Suspension guidelines for 1.2 and 2.1 to 2.4 are as follows:

- Minor Penalties – A player shall receive a 3 game suspension upon receiving his 3rd minor penalty for a Blow to the Head in the same season. Any additional blow to the head minors shall result in a 3 game minimum suspension based on review by the Department of Player Safety.
- Major Penalty – automatic minimum 2 game suspension. (2.1 to 2.4)
- Match Penalty – automatic minimum 5 game suspension.

2.5 Clipping, Kneeing, Slew-Foot and Low Hits

Clipping (hits below the waist) shall be penalized under the following definition: Clipping is the act of throwing the body, from any direction, across or below the knees of an opponent. A player or goaltender may not deliver a check in a "clipping" manner, nor lower his own body position to deliver a check on or below an opponent's knees.

Kneeing may be assessed by a double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who fouls an opponent in any manner with his knees. A Major penalty and a Game Misconduct penalty shall be assessed any player who injures an opponent by kneeling. A Match Penalty may also be assessed.

A Slew-Foot shall be defined as the action of tripping a player by knocking a player's skates out from behind with a kicking or leg dragging motion. A double Minor penalty or Match penalty, at the discretion of the Referee based upon the degree of violence of impact with the ice, shall be assessed to any player who slew foots an opponent. Slew-Footing occurs when one player uses a leg or a foot to knock or kick an opposing player's feet from under him, or pushes another player's upper body backward with an arm or elbow and at the same time with a forward motion of his leg, knocks or kicks that player's feet from under him. An automatic Match penalty shall be assessed to any player who injures an opponent with a slew foot.

NOTE: Serious consideration for a Match penalty should be paid when an offending player is 'in motion' (skating) while committing this foul. The 'degree of violence of impact with the ice' criteria and intent of the offending player will provide valuable considerations when a Referee makes the decision of whether a Match penalty is warranted under this rule.

- Minor Penalties – A player shall receive a 2 game suspension upon receiving his 3rd minor or double minor penalty under this category in the same season. Any additional penalties under this category shall result in a 2 game minimum suspension based on review by the Department of Player Safety.
 - Major Penalty – automatic minimum 2 game suspension.
- Match Penalty – automatic minimum 3 game suspension.



An illegal "low hit" is a check that is delivered by a player or goalkeeper who may or may not have both skates on the ice, whose sole intent to check the opponent in the area of his knees. A player or goalkeeper may not lower his body position to check an opponent's knees.

- Minor Penalties – A player shall receive a 2 game suspension upon receiving his 3rd minor or double minor penalty under this category in the same season. Any additional penalties under this category shall result in a 2 game minimum suspension based on review by the Department of Player Safety.
 - Major Penalty – automatic minimum 2 game suspension.
- Match Penalty – automatic minimum 3 game suspension.

2.6 Goaltender Interference – 2 or more goaltender interference penalties in the same game shall be subject to disciplinary action.

- Minor Penalties – should a team be charged with a second goaltender interference penalty in the same game, the player committing the second infraction shall receive a game misconduct and a 1 game suspension.
 - Any subsequent goaltender interference penalties by the same team in same game shall result in a game misconduct, a 2 game suspension to the player, a 1 game suspension to the coach and a \$500 fine to the team for each occurrence.
- In addition, a player shall receive a 2 game suspension upon receiving his 3rd minor penalty for Goaltender Interference in the same season.
- Major Penalty – automatic minimum 2 game suspension.
- Match Penalty – automatic minimum 3 game suspension.

REGULATION 3 – CHECKING FROM BEHIND

3.1 Checking From Behind: There are three possible penalties for checking from behind: a minor penalty, a major penalty and game misconduct or a match penalty. The suspension guidelines are as follows:

- Minor Penalties – A player shall receive a 2 game suspension upon receiving his 3rd minor penalty for Checking from Behind in the same season. Any additional checking from behind penalties shall result in a 2 game minimum suspension based on review by the Department of Player Safety.
- Major Penalty – automatic minimum 2 game suspension.
- Match Penalty – automatic minimum 3 game suspension

SECTION 2 – ACCUMULATED MAJORS AND GAME MISCONDUCTS

REGULATION 4 – ACCUMULATED MAJOR PENALTIES – NON-FIGHTING

4.1 Major Penalties - All leagues have seen consistent decreases in the number of major penalties. The objective is to further strengthen the deterrent by targeting those players that who may be habitual in their actions. A player accumulating three or more major penalties shall be subject to the following suspensions:

- Upon receipt of a 3rd non-fighting major penalty – 3 game suspension.
- Each major penalty thereafter shall result in a 3 game suspension.

REGULATION 5 – ACCUMULATED GAME MISCONDUCTS

5.1 Game Misconducts - A player accumulating six or more game misconduct penalties shall be subject to the following suspensions:



- Upon receipt of 6th Game Misconduct Penalty – 1 Game Suspension and \$500.00 team fine.
- Upon receipt of 7th Game Misconduct Penalty – 2 Game Suspension and \$750.00 team fine.
- Upon receipt of 8th Game Misconduct Penalty – 3 Game Suspension and \$1,000.00 team fine.
- Upon receipt of 9th Game Misconduct Penalty – 4 Game Suspension and \$1,250.00 team fine.

Any additional Game Misconduct Penalties shall result in an indefinite suspension and full review by the league of the player and the team to determine an appropriate suspension and team fine.

SECTION 3 – INSTIGATING AND FIGHTING

REGULATION 7 – INSTIGATING AND FIGHTING

7.0 Accumulated Fighting Majors – Above and beyond the preceding fighting regulations, all fighting majors shall tracked, reviewed and accumulated and shall result in the following suspensions based on accumulated totals:

- Upon receipt of 1st fighting major – GM
- Upon receipt of 2nd fighting major – GM + 1 game suspension
- Upon receipt of 3rd fighting major – GM + 2 game suspension + a call with Department of Player Safety
- Upon receipt of 4th fighting major – GM + 4 game suspension + a call with Department of Player Safety
- Any subsequent fighting major shall result in a complete review by the league to determine an appropriate suspension
- In addition to any subsequent suspensions, there will be a team fine on the 6th fighting major of \$750, 7th fighting major of \$1000 and 8th fighting major of \$1250

NOTES:

- The accumulations and consequences under regulation 7 are in force for the entire exhibition season, regular season and playoffs pursuant to BCHL regulation 315
- All Fighting Majors, Aggressors and Instigators will be reviewed by the Department of Player Safety prior to handing down any discipline.
- All accumulation totals will follow the player in trades throughout the CJHL to a maximum of four (4). Example, if a player has accumulated five (5) fighting majors in the AJHL and is traded to the BCHL, he will come into the BCHL at a count of four (4) and any further incidents will be dealt with accordingly under 7.0 Accumulated Fighting Majors

7.1 Two Fights on the Same Stoppage - Two or more fights on the same stoppage of play shall be deemed to be a multiple fight situation and shall be subject to disciplinary action. When two fights occur during the same stoppage where time has elapsed between each fight, players involved in the second fight shall be subjected to an automatic suspension.

- If there is no instigator in the second fight – each player is suspended 1 game, in addition to other discipline under regulation 7.
- If there is an instigator in the second fight – the instigating player is suspended a minimum of 2 games and the team is fined \$500.00.

7.2 Three or More Fights On the Same Stoppage – When three or more fights occur during the same stoppage where time has elapsed between each fight, players involved in the second fight and all subsequent fights shall be subjected to an automatic suspension.



- If a team is identified as the instigator of the multiple fight situation, the following minimum penalties shall be applied:
 - Instigating player(s) – minimum 5 game suspension.
 - All players from instigating team who participated in multiple fight situation – 2 game suspension, in addition to other discipline under regulation 7.
 - Coach of instigating team – 1 game suspension.
 - \$1,000 team fine for instigating team.
 - If it is clear by the evidence that the multiple fights were instigated by one team, players from the non-instigating team shall not be suspended.
- If an instigator is not identified, the following minimum penalties shall be applied:
 - All participating players – 2 game suspension, in addition to other discipline under regulation 7.
 - Coaches – 1 game suspension.
 - \$1,000 fine per team.
 - Players involved in the initial fight shall not be subject to the multiple fight penalties and suspensions.
 - Participation in subsequent multiple fight situations within the same season shall result in increased fines.

7.3 Leaving the Bench - Any player that leaves the bench, bench area, dressing room, or penalty box to become engaged in a fight or become a third-man in a fight shall result in the following minimum penalties:

- 6 game suspension.
- \$1,500 team fine.

7.4 Staged Fights – Should a player enter the ice surface after a whistle and get involved in an altercation before or immediately after the drop of the puck to start the new play and at the conclusion of any game when players have left the bench shall be deemed a staged fight.

- 7.4.1 Staged Fights - Players participating in a staged fight shall be subject to a suspension.
- If there is no instigator, each player shall be suspended 3 games and the teams shall be given a verbal warning by the game official.
 - If a subsequent staged fight occurs in the same game, the participating players shall be suspended 3 games, the coaches shall be ejected from the game and the team shall fined \$600.00
 - If a player is identified as the instigator of a staged fight, the instigating player(s) shall receive a 5 game suspension and the coach shall receive a 2 game suspension and the team shall be fined \$600.00

7.5 Fights in Pre-Game or Period End - If a fight occurs during the pre-game warm-up, prior to the start of the game or the start of a period, or at the conclusion of a period, the following shall apply:

- Each team shall be fined \$1,500 plus any other additional fines or suspensions which may be applied.
- Any player involved in a fight during the pre-game warm-up, prior to the start of the game or the start of a period, or at the conclusion of a period shall receive a minimum (2) two game suspension plus any other penalties which may be applied.
- If an instigator is identified in the above situations, the following minimum penalties shall be applied:
 - Instigating player(s) - 5 game suspension, in addition to other discipline under regulation 7.
 - Coach – 3 game suspension.
 - \$1,500 team fine.



7.6 Fights in the Last 10 Minutes of a Game - During the last ten minutes of a game, any fight shall result in the following:

- Players shall receive a game misconduct.
- The coaches of both teams shall be issued a warning that any additional fight(s) shall result in game misconducts to both coaches. If an instigator is identified, only the instigating teams coach shall receive a game misconduct.

7.7 Goaltender Fighting – Fighting by Goaltenders shall result in the following suspensions:

- Any fights between goaltenders is a minimum three games
- Should the goaltenders of the two clubs meet between the blue lines and fight, the goaltenders shall each be issued a game misconduct and be suspended for three games.
- Should one goaltender go inside the other club's blue line to fight with the other goaltender, he shall be issued a game misconduct and suspended for five games.
- Should a goaltender be involved in fighting with an opposing goaltender a second time in the season, a six game suspension shall be issued.
- Should a goaltender leave the crease to engage in a fight with any player other than a goaltender, he shall be suspended a minimum of two games.
- Should a goaltender get involved in a multiple fight situation in his end of the arena, but not fight the other goaltender, it shall be classified as a multiple fight situation and be subject to a two game suspension and as well as any other penalties or suspensions that may apply.
- Any extraordinary circumstances surrounding a goaltender's actions shall be reviewed by the league and disciplined accordingly.

7.8 Removing Equipment to Fight – Any player who purposely removes playing equipment prior to or in preparation for a fight shall be subject to a suspension. Players are subject to suspensions and fines under regulation 7.

7.8.1 Removing the Helmet - If a player deliberately removes his helmet to fight or challenge an opponent to fight, or deliberately removes the helmet of his opponent, he shall be assessed a gross misconduct penalty and a minimum 1 game suspension.

7.8.2 Removing Other Equipment - If any player leaves any equipment on the bench in preparation for a fight, he shall be issued a game misconduct in addition to any other penalties that may apply and suspended for a minimum of one game. The Head Coach of the team shall be issued a game misconduct and suspended for one game. Should a second situation occur with the same player and team, the suspension shall be two games to the player and the Head Coach in addition to a full review.

7.9 Accumulated Instigator Penalties - A player accumulating instigator penalties in the same season shall be subject to the following suspensions on top of the suspensions given for a fighting major:

- Upon receipt of 1st instigator penalty – additional 1 game suspension
- Upon receipt of 2nd instigator penalty – additional 2 game suspension and \$500 team fine.
- Upon receipt of 3rd instigator penalty – additional 4 game suspension and \$750 team fine.
- Any additional instigator penalties shall result in an indefinite suspension and full review by the league of the player and the team to determine an appropriate suspension and team fine.

7.10 Accumulated Aggressor Penalties - A player accumulating aggressor penalties in the same season shall be subject to the following suspensions on top of the suspensions given for a fighting major:

- Upon receipt of 1st aggressor penalty – additional 1 game suspension



- Upon receipt of 2nd aggressor penalty – additional 2 game suspension and \$500 team fine.
- Upon receipt of 3rd aggressor penalty – additional 4 game suspension and \$750 team fine.
- Any additional instigator penalties shall result in an indefinite suspension and full review by the league of the player and the team to determine an appropriate suspension and team fine.

Note: All fights under Regulation 7 are automatically reviewed.

SECTION 4 – ACCUMULATIONS IN MULTIPLE CATEGORIES

REGULATION 8 – ACCUMULATIONS IN MULTIPLE CATEGORIES

- 8.1 Accumulated Infractions** – For all the categories listed below players who are on the accumulated suspension border in more than one category may be reviewed.
- **Checking from Behind (Minor, Major or Match)**
 - **Blows to the Head (Minor, Major or Match)**
 - **Non-Fighting Majors**
 - **Instigators**

Upon receipt of 5th infraction from any of the above categories (and any subsequent infraction thereafter) a player will receive an automatic 1 game suspension, which suspension is in addition to any suspension that may apply under the specific regulation relating to such category. Such player will also be required to participate in a hearing among the player, his coach and a league official to discuss, among other things, the objectives of the Junior A Supplement, specific regulations contained in the Junior A Supplement, the player's impugned behavior, the responsibility of the player to adjust his behavior and actions and the consequences if such player fails to correct his behavior and actions. Should a second hearing be required, the player will receive a minimum 1 game suspension plus additional discretionary discipline based on the nature of the subsequent infraction.