



## PLAYER DISCIPLINE GUIDANCE





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# Welcome to the Seattle Pride Hockey League

Seattle Pride Hockey League wants to provide a fun and exciting – and above all, inclusive – recreational hockey league for adult players of all skill levels.

Seattle Pride Hockey League is sanctioned by USA Hockey, Inc. (“USA Hockey”) and follows – at a minimum – the Official Rules of Ice Hockey set forth by USA Hockey. USA Hockey’s Official Rules of Ice Hockey can be found by visiting <http://www.usahockey.com/rulesandresources>. Please reference and follow all rules contained within USA Hockey’s rulebook.

## Mission

Seattle Pride Hockey Association is committed to promoting and advocating for diversity and inclusiveness in the Pacific Northwest ice hockey community. Through this mission and our pillars – education, opportunity & inclusion – we are excited to offer the Seattle Pride Hockey League to provide a safe, fun, inclusive and positive environment for both players and officials.

## Pillars

- **Education** – Challenging homophobia and changing culture are just the start. We firmly believe acceptance can only be achieved when education is used to unlock understanding.
- **Opportunity** – Hockey is for everyone, and we’re one of countless organizations around the world working to make that a reality. On or off the ice, our mission comes to life when the LGBTQ community and allies can play, learn, practice, watch, and gather around hockey. More so, we recognize the importance and value of these opportunities. For many, it’s this is the first or only queer hockey space they’ve ever been a part of. By creating a welcoming space to enjoy a sport they love, we have a chance to truly affect peoples’ lives for the better enabling them to enthusiastically embrace a sport they love for years and decades to come.
- **Inclusion** – Our primary purpose is to create a safe space for all LGBTQ hockey players and fans. Hockey can be an intimidating sport to play and follow, especially for youth athletes or those who are just starting out. We believe in creating an environment where all feel comfortable – we cheer for each other, regardless of ability, and we reach out to one another in the spirit of making hockey better.

## Standards of Play

All players of the Seattle Pride Hockey League, including players, officials, administrators, and spectators, are expected to exhibit good sportsmanship and abide by [USA Hockey Codes of](#)

Conduct. Seattle Pride Hockey League players are encouraged to remember to:

1. Play for fun.
2. Work hard to improve your skills.
3. Be a team player – get along with your teammates.
4. Learn teamwork, sportsmanship, and discipline.
5. Be on time.
6. Learn the rules and play by them. Always be a good sport.
7. Respect your coach, your teammates, your parents, opponents, and officials.
8. Never argue with an official's decision.

## Penalties

While we hope to not be forced into utilizing penalties, Seattle Pride Hockey League will not tolerate malicious, unsportsmanlike conduct and/or violent behavior, and/or conduct that violates our Participant Conduct Policy. Seattle Hockey League will strictly enforce the rules on penalties. Penalties/suspensions are cumulative. Penalties/suspensions incurred during the regular season will carry over into the playoffs and, if necessary, into the following season in which the player plays. Additionally, when faced with exceptional team and/or player misconduct, Seattle Hockey League reserves the right to increase any of the following penalties, up to, and including, ejecting the team(s) and/or player(s) from the Seattle Pride Hockey League.

### Player Penalties and Game Suspensions (3 Penalties in 1 Game)

1. A player who incurs any three (3) penalties in one (1) game will be ejected for the remaining duration of the game upon receiving the third penalty without additional penalties. (Amendment 1 to USA Hockey Official Rules of Ice Hockey, Rule 401, Paragraph (b): Penalties.)
2. A player who receives any three (3) penalties (including misconducts) three (3) times in a 12-month period will receive additional discipline according to the following schedule. The player will serve the suspension during their team's next game. (Amendment 2 to USA Hockey Official Rules of Ice Hockey, Rule 411 Paragraph (a). Progressive Suspensions.)
  - a. 3 penalties in a single game (3 occurrences in a 12-month period): 1- game suspension
  - b. 3 penalties in a single game (4 occurrences in a 12-month period): mandatory meeting with disciplinary committee to determine length of suspension.

### Appeals Process: Player Suspension

1. Seattle Pride Hockey League accepts official appeals of any suspension of three (3) games or more. One (1) and two (2) game suspensions are not appealable, but players are welcome to submit additional information regarding these lesser suspensions. Any player, either individually or through the team captain, may appeal a three (3) game or more suspension assessed by the Seattle Pride Hockey League within seven (7) calendar days of the suspension being issued. The appeal must be in writing and sent to the Seattle Pride Hockey League Discipline Committee. Email is the preferred method.  
[League@SeattlePrideHockey.org](mailto:League@SeattlePrideHockey.org)
2. The appeal must clearly and concisely explain why the player believes the suspension was inappropriate and should identify any witnesses to the event, if applicable. Seattle Pride Hockey League does not consider challenges to a referee's call to be a valid basis for an appeal.
3. Seattle Pride Hockey League Discipline Committee will review the appeal. At its discretion, Seattle Pride Hockey League may elect to interview witnesses and/or have them submit statements regarding the suspension.
4. Under no circumstances should league officials, scorekeepers, etc., be approached to discuss a suspension. Such conduct may be considered harassment and the player initiating the conduct may be penalized. Only written appeals will be considered. Players are invited to contact Seattle Pride Hockey League at (206) 627-0005.
5. The player will be barred from play and serve the assessed suspension while the appeal is pending. Seattle Pride Hockey League will endeavor to respond to any appeal in a timely fashion.