



## PLAYER DISCIPLINE GUIDANCE





# Table of Contents

Edition .....	2
Change Log .....	2
Welcome to the Seattle Pride Hockey League .....	3
Mission .....	3
Pillars .....	3
Standards of Play .....	4
Suspensions.....	4
Player Penalties and Game Suspensions (3 Penalties in 1 Game).....	4
Game Misconducts.....	5
Appeals Process: Player Suspension.....	5
Conduct & Ethics Committee .....	6

## Edition

Please always refer to the latest revision of the Player Discipline Guidance for the most accurate and up to date information.

This Player Discipline Guidance handbook was last updated: 7/18/2025 12:14:26 PM Pacific Time

This date and time stamp and all its changes/revisions supersede all previous editions.

## Change Log

All changes throughout the season will be recorded here.

- Corrected spelling and grammar errors that were discovered.

# 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.

In addition, Seattle Pride Hockey League also has additional guidelines and supplemental rules contained herein that enhance or supplement the Official Rules of Ice Hockey. Seattle Pride Hockey League reserves the right to amend and/or change the following guidelines and/or supplemental rules at any time, and Seattle Pride Hockey League is the final arbitrator on how these guidelines and supplemental rules will be interpreted, applied, and enforced.

## 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, 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 and authentically participate in the sport they love.
- **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-without fear from hate or judgement of skill.

## Standards of Play

All players of the Seattle Pride Hockey League, including officials, administrators, and spectators, are expected to exhibit good sportsmanship and abide by [USA Hockey Codes of Conduct](#) and [Seattle Pride Hockey Association's Participant Conduct Policy](#). Seattle Pride Hockey League players are encouraged to remember to:

1. Play for fun.
2. Work to improve your skills and those around you.
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 with them. Always be a good sport.
7. Respect your teammates, opponents, and officials.
8. Never argue with an official's decision.

## Suspensions

Seattle Pride Hockey League will not tolerate malicious, unsportsmanlike conduct, violent behavior, and/or conduct that violates our League Guidelines & Supplemental Rules, Fair Play Code, [Participant Conduct Policy](#), [Inclusion in Hockey Statement](#), or other related policies. Seattle Pride Hockey League will strictly enforce suspensions. Suspensions are cumulative. 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 Pride Hockey League reserves the right to administer additional disciplinary actions, 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.
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.



- 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 Conduct & Ethics Committee to determine length of suspension.

## Game Misconducts

1. Under USA Hockey Rule 404, a player who incurs one (1) Game Misconduct during a game is automatically issued a one (1) game suspension during their team's next scheduled game.
2. Under USA Hockey Rule 403(b), a player who incurs two (2) Game Misconducts during a game is automatically issued a two (2) game suspension during their team's next two (2) scheduled games.

The officials are not obligated to notify any player(s) of any Game Misconducts levied during a game. This notification will come from Seattle Pride Hockey League.

## 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 Association Conduct & Ethics Committee. Email is the preferred method. [Conduct.Ethics@SeattlePrideHockey.org](mailto:Conduct.Ethics@SeattlePrideHockey.org) or visit <https://www.seattlepridehockey.org/community/conduct-ethics/>.
2. The appeal must clearly and concisely explain why the player believes the suspension was inappropriate. Seattle Pride Hockey League does not consider challenges to a referee's call to be a valid basis for an appeal.
3. The Conduct & Ethics Committee will review the appeal. At its discretion, the Committee may elect to interview witnesses and/or have them submit statements regarding the suspension.
4. Under no circumstances should league staff, officials, scorekeepers, etc., be approached to discuss a suspension. Such conduct may be considered harassment and the player initiating the conduct may be penalized.
5. The player will be barred from playing and serve the assessed suspension while the appeal is pending. The Conduct & Ethics Committee will endeavor to respond to any appeal in a timely

fashion.

## Conduct & Ethics Committee

The Conduct & Ethics Committee will consist of appointed Seattle Pride Hockey Association administrators and one actively credentialed USA Hockey official. In addition, one or more Seattle Pride Hockey League team captain(s) may be summoned in elevated cases of discipline. The Conduct & Ethics Committee will have the ability to review, at their discretion, any disciplinary matters, disputes, and/or complaints related to player conduct, including excessive penalties, specific accounts of player misconduct and/or unsportsmanlike behavior, plays resulting in injury, submissions of feedback and/or incident/injury report(s), and violations of the “Fair Play Code” or other related policies. Appeals to the Conduct & Ethics Committee actions and/or decisions may be made directly to the Conduct & Ethics Committee by emailing [Conduct.Ethics@SeattlePrideHockey.org](mailto:Conduct.Ethics@SeattlePrideHockey.org) or visiting <https://www.seattlepridehockey.org/community/conduct-ethics/>.