

NFHS Penalty Chart 2022-23						NFHS Penalty Chart 2022-23					
Penalty	Minor	Major	Major&Misc	DQ *	Rule	Penalty	Minor	Major	Major&Misc	DQ *	Rule
Body Checking	Minor	Major	N/A	DQ	Rule 7-3	Boarding	N/A	Major	Major + Misc	DQ	Rule 7-18
Charging	Minor	Major	N/A	DQ	Rule 7-5	Checking from Behind	N/A	Major	Major + Misc	DQ	Rule 7-19
Contact to the Head	Minor	Major	N/A	DQ	Rule 7-6	Grabbing a Face Mask	N/A	Major	Major + Misc	DQ	Rule 7-20
Cross-Checking	Minor	Major	N/A	DQ	Rule 7-7	Head-Butting	N/A	Major	Major + Misc	DQ	Rule 7-21
Elbowing	Minor	Major	N/A	DQ	Rule 7-8	Attempting to Injure	N/A	N/A	N/A	DQ	Rule 7-22
Goalkeeper Contact	Minor	Major	N/A	DQ	Rule 7-9	Butt-Ending	N/A	N/A	N/A	DQ	Rule 7-23
High Sticking	Minor	Major	N/A	DQ	Rule 7-10	Fighting	N/A	N/A	N/A	DQ	Rule 7-24
Holding	Minor	Major	N/A	DQ	Rule 7-11	Kicking a Player	N/A	N/A	N/A	DQ	Rule 7-25
Hooking	Minor	Major	N/A	DQ	Rule 7-12	Leaving Bench Altercation	N/A	N/A	N/A	DQ	Rule 7-26
Interference	Minor	Major	N/A	DQ	Rule 7-13	Spearing	N/A	N/A	N/A	DQ	Rule 7-27
Kneeing	Minor	Major	N/A	DQ	Rule 7-14						
Slashing	Minor	Major	N/A	DQ	Rule 7-15	*DQ (Always comes with a Major)					
Tripping	Minor	Major	N/A	DQ	Rule 7-16						
Unnecessary Roughness	Minor	Major	N/A	DQ	Rule 7-17						