

2023-24 NFHS Ice Hockey Rules Reminders

- ✓ Must read the Pregame Sportsmanship Statement to each team and coach
- ✓ Certify with the coaches that everyone is properly equipped
- ✓ Neck guards can be turtlenecks this year, all neck guards must be BNQ Certified

Points of Emphasis

- Puck that skips over a non offending player trying to play a puck is still icing.
- Goalie must have a separate, flapper style throat protection
- If goalie's helmet, glove or skate blade come off it's a whistle unless an eminent goal.
- Mouthpieces NO LONGER have to be attached...go by what's in the rulebook
- Electronic Devices on the bench are legal
- Least amount of penalty time is released first on a goal scored
- Penalty Shot goal does NOT release a player from the penalty box
- Goalies serve majors and misconducts
- 5-penalties by any player in the same game results in a game misconduct
- Shorthanded goal on a delayed penalty, no one has to sit.
- Play is over when official deems it is, not when the official blows the whistle
- Obscene language to official must be 2+10
- Not going directly to the penalty box can be just a misconduct
- Obscene language to anyone is 2+10, obscene gestures 2+game
- Spitting, Racial/Ethnic slur, physical contact with an official is a DQ
- Shooting the puck after the whistle is a minor
- Charging can be only a minor, boarding must be at least a major
- Head Contact.....Direct is a major, indirect is a minor
- Jab at the goalie after the puck is covered is a minor, regardless of the whistle
- Waving arms in front of the goalie is a minor
- CAN be in the crease when a goal is scored just can't interfere with the goalie
- High sticks and hand passes directed on goal are immediate whistles, face off in defensive end
- Can call a minor for kneeing
- Checking from behind in open ice is a major, into boards or goal frame is major + misconduct
- Hitting an unsuspecting or vulnerable player is a minor for unnecessary roughness
- Grabbing the facemask and headbutting are majors
- Butt end, Kicking, Spearing and leaving the bench during an altercation are DQ's
- Pick the puck up off the ice is a minor, closing your hand on the puck is a whistle
- Puck on back of the net, face off inside regardless of which team put it there
- High sticks, hand passes and closing your hand on the puck, defensive zone face off
- No one plays the puck, whistle, infraction takes precedence