

**MSSHL Hockey Rule Change Experiment as Approved by NFHS – Effective January 15, 2012**

The information in the rectangle boxes below is the penalty language for each of three rules listed. The actual change is in Red. This information supplements the current NFHS 2011-12 Rules Book.

**NFHS DEFINITION OF CHECKING:** A fair body check is one in which a player checks an opponent who is in possession of the puck, by using his upper body from the front or diagonally from the front or straight from the side, and does not take more than two steps in executing the check.

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**RULE 6, SECTION 4 BOARDING**

ART. 1...No player shall check, cross-check, elbow, charge or trip an opponent in such a manner that causes the opponent to be throw violently into the boards.

**PENALTY: MINOR. If flagrant, MAJOR.**

ART. 2...If the check causes the player to crash headfirst into the boards, a **MAJOR** or **GAME DISQUALIFICATION** penalty must be assessed.

**PENALTY: MAJOR.**

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**RULE 6, SECTION 7 CHECKING FROM BEHIND**

No player shall body-check an opponent from behind (checking from behind).

**PENALTY: MINOR AND MISCONDUCT. If the check from behind is flagrant or causes the player to crash headfirst into the boards or goal frame, a GAME DISQUALIFICATION penalty shall be assessed.**

**PENALTY: MAJOR AND MISCONDUCT. If the check from behind is flagrant or causes the player to crash headfirst into the boards or goal frame, a GAME DISQUALIFICATION penalty shall be assessed.**

**RULE 6, SECTION 8 CONTACT TO THE HEAD**

No player shall make contact with an opposing player's head or neck in any manner.

**PENALTY: MINOR or MAJOR or DISQUALIFICATION.**

**PENALTY: MAJOR or DISQUALIFICATION.**

**RULE 6, SECTION 42 GIRLS HOCKEY**

ART. 1...There shall be no body checking. Body-checking is the intentional checking of an opponent in all areas of the ice. Body-checking occurs when a defensive player's objective is to gain possession of the puck by separating the puck carrier from the puck with a body check. Body contact is allowed. Body contact occurs when both players, attempting to play the puck, establish body position and a lane to the puck.

- a. A defensive player, when skating in the same direction as the puck, may legally hold a position on the ice to block and stop forward progression of the puck carrier.
- b. Offensive and defensive players are allowed to establish body position in front of the net.
- c. Angling is permitted. Angling is a legal defensive skill used to influence the puck carrier to a place where the player must stop due to a defensive player's body position.
- d. Incidental contact is permissible, and occurs when two players collide unintentionally.
- e. When playing in a one-on-one situation, a defensive player is allowed to stop forward progress of the puck carrier by establishing position in the path of the puck carrier. Body contact is permitted. The defensive player cannot detain the puck carrier once forward progress has been stopped.