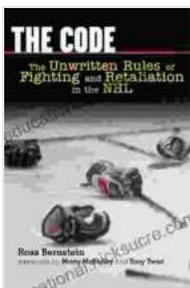


The Unwritten Rules Of Fighting And Retaliation In The NHL

In the fast-paced and physical world of professional hockey, fights and retaliation are an inevitable part of the game. While the NHL has taken steps to reduce the number of fights in recent years, they remain a common occurrence, and players are expected to adhere to a set of unwritten rules when they do happen.

Types Of Fights In The NHL

There are two main types of fights in the NHL: staged fights and spontaneous fights.



The Code: The Unwritten Rules of Fighting and Retaliation in the NHL by Ross Bernstein

★★★★☆ 4.5 out of 5

Language	: English
File size	: 717 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 272 pages
Lending	: Enabled



- **Staged fights** are pre-planned and usually occur between two players who have a history of bad blood or who are simply looking to get a

cheap shot in. These fights are often more choreographed and less intense than spontaneous fights.

- **Spontaneous fights** are just that – they happen spontaneously, often in the heat of the moment. These fights are usually more intense and can lead to more serious injuries.

Unwritten Rules Of Fighting In The NHL

There are a number of unwritten rules that players are expected to follow when fighting in the NHL.

1. **No sucker punching.** This means that you can't hit an opponent who is not expecting it. This is considered a very dirty move and can lead to a suspension.
2. **No hits to the head.** This rule is fairly self-explanatory. Hits to the head can be very dangerous and can lead to serious injuries.
3. **No fighting after the whistle.** This rule is designed to prevent fights from escalating into something more serious. If a fight starts after the whistle, both players can be penalized.
4. **No jumping in on a fight.** This rule is designed to prevent fights from turning into a free-for-all. If a player jumps in on a fight that is already going on, they can be penalized.
5. **No fighting in the crease.** This rule is designed to protect the goalie. If a fight starts in the crease, both players can be penalized.

Unwritten Rules Of Retaliation In The NHL

In addition to the unwritten rules of fighting, there are also a number of unwritten rules of retaliation.

1. **Don't retaliate against an opponent who is not expecting it.** This is considered a very dirty move and can lead to a suspension.
2. **Don't retaliate against an opponent who is injured.** This is also considered a very dirty move and can lead to a suspension.
3. **Don't retaliate against an opponent who is not involved in the original fight.** This rule is designed to prevent fights from escalating into something more serious.
4. **Don't retaliate after the game.** This rule is designed to prevent fights from continuing outside of the rink.

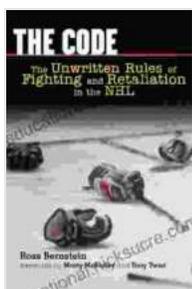
Consequences Of Breaking The Unwritten Rules

Players who break the unwritten rules of fighting and retaliation can face a number of consequences.

- **Suspensions.** The NHL can suspend players for breaking the unwritten rules. The length of the suspension will depend on the severity of the offense.
- **Fines.** The NHL can also fine players for breaking the unwritten rules.
- **Loss of respect.** Players who break the unwritten rules can lose the respect of their teammates, opponents, and fans.

The unwritten rules of fighting and retaliation in the NHL are an important part of the game. These rules help to ensure that fights are fair and safe, and that they do not escalate into something more serious. Players who break these rules can face a number of consequences.

Relevant



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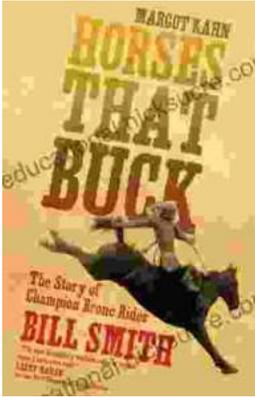
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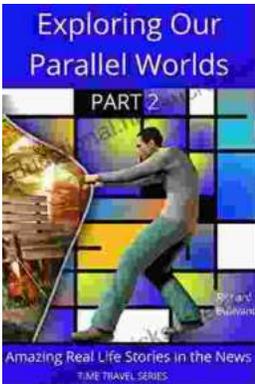
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