



January 14, 2026

NFHS Ice Hockey Weekly Rule Interpretations

Welcome to week 8 of the 2025-26 NFHS Ice Hockey Weekly Rules Interpretations! If you should have any examples you would like to highlight in the weeks to come, please contact dschuster@nfhs.org.

Rule 7-6-1: No player shall make contact from any direction with an opposing player's head or neck area in any manner, including, but not limited to, with the shoulder, stick, elbow, hand, etc.

Rule 7-6-2: Indirect contact to the head or neck area shall be penalized under this rule. Indirect contact occurs when the initial force of the contact begins below the neck and progresses upward to the head or neck area.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

Rule 7-6-3: Direct Contact to the head or neck area is a flagrant foul under this rule. Direct contact occurs when the initial force of the contact occurs to the head or neck area.

PENALTY: MAJOR or GAME DISQUALIFICATION.

Situation 1: Player A is skating with the puck across the blue line into the attacking zone. Player B makes contact with player A with an elbow to the neck area.

RULING: MAJOR or GAME DISQUALIFICATION penalty must be assessed when direct contact is made to the head and/or neck area.

Comment: While a flagrant elbowing penalty could be assessed here and it would bring the same penalty/punishment, calling a Direct Contact to the Head penalty emphasizes the importance of minimizing contact to the head and/or neck area.



Situation 2: Player A body checks Player B in the chest area and the force of the check drives the contact to Player B's head and neck area.

RULING: MINOR, or if flagrant a MAJOR, or GAME DISQUALIFICATION penalty shall be assessed.

Comment: While the check started with contact to the chest, the player must remain in control of the contact and shall be assessed a penalty for when contact gets up to the head and/or neck area on an opposing player.