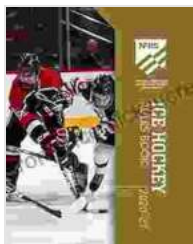


# 2024-21 NFHS Ice Hockey Rules: A Comprehensive Guide

The National Federation of State High School Associations (NFHS) has released the 2024-21 ice hockey rules. These rules will govern all high school ice hockey games in the United States for the 2024-21 season.



## 2020-21 NFHS Ice Hockey Rules Book by Kaplan Test Prep

★★★★☆ 4.7 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 188 pages
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There are several key changes and updates to the rules for the 2024-21 season. These changes are designed to improve the safety and fairness of the game.

## Key Changes and Updates

- **New penalty for cross-checking:** A minor penalty will now be assessed for any cross-checking that is deemed to be excessive.
- **New penalty for slashing:** A major penalty will now be assessed for any slashing that results in a serious injury.

- **New rule on fighting:** Fighting is now prohibited in all high school ice hockey games. Any player who fights will be ejected from the game and suspended for the next game.
- **New rule on faceoffs:** Faceoffs will now be taken with the puck dropped between the two centers. The puck will no longer be dropped between the two wingers.
- **New rule on overtime:** Overtime will now be played in a 3-on-3 format. The team that scores the first goal in overtime wins the game.

## **Detailed Explanations of Key Changes**

### **New penalty for cross-checking**

The new penalty for cross-checking is designed to deter players from using excessive force when checking opponents. Cross-checking is a dangerous maneuver that can cause serious injuries. The new penalty will help to make the game safer for all players.

### **New penalty for slashing**

The new penalty for slashing is designed to deter players from using excessive force when slashing opponents. Slashing is a dangerous maneuver that can cause serious injuries. The new penalty will help to make the game safer for all players.

### **New rule on fighting**

The new rule on fighting is designed to eliminate fighting from high school ice hockey. Fighting is a dangerous and unnecessary part of the game. The new rule will help to make the game safer for all players.

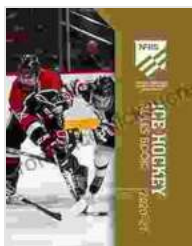
### **New rule on faceoffs**

The new rule on faceoffs is designed to make faceoffs more fair and consistent. The old rule, which allowed the puck to be dropped between the two wingers, often resulted in one player having a significant advantage over the other. The new rule will ensure that both players have an equal chance of winning the faceoff.

## New rule on overtime

The new rule on overtime is designed to make overtime more exciting and unpredictable. The old rule, which allowed teams to play overtime in a 4-on-4 format, often resulted in long, drawn-out games. The new rule will make overtime more fast-paced and exciting.

The 2024-21 NFHS ice hockey rules are designed to make the game safer, fairer, and more exciting. These rule changes are a positive step forward for high school ice hockey.



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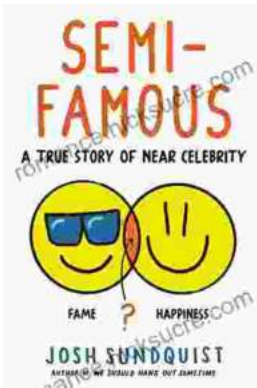
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