

# Points of Emphasis

- 1. Sportsmanship
- 2. Players Properly Equipped
  - Helmets
  - Mouth Guards
  - Neck Laceration Protectors
- 3. Health and Safety
  - No Hits to the Head
  - No Fighting
  - No Blindside Hits



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

## Rules Revisions

- 1. No microphones or cameras shall be used by players on the ice during play.
- 2. Play shall be stopped when the puck is resting on top of the goal cage.

Sport image provided by Minnesota State High School League.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

[www.nfhs.org](http://www.nfhs.org) | Facebook: @NFHS1920 | Instagram: @nfhs\_org | TikTok: @nfhs\_org | X: @NFHS\_Org

2025-26  
ICE HOCKEY

SPONSORED BY

BAND

Safe & Instant  
Team Communication

Download on the  
App Store

GET IT ON  
Google Play

Try This Season  
& Download now

