

The Unwritten Rules of Fighting and Retaliation in the NHL: A Comprehensive Guide

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

★★★★☆ 4.5 out of 5

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The National Hockey League (NHL) is a highly physical and competitive sport, and fighting is an inherent part of the game. While the league has taken steps to reduce fighting in recent years, it remains a common

occurrence. There are a number of unwritten rules that govern fighting in the NHL, and it is important for players to be aware of these rules to avoid unnecessary penalties or suspensions.

##

Why Do Players Fight in the NHL?

There are a number of reasons why players fight in the NHL. Sometimes, fights are used to settle personal grudges between players. Other times, they are used to send a message to an opponent or to protect a teammate. Fighting can also be used as a way to intimidate an opponent or to gain a psychological advantage.

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The Unwritten Rules of Fighting in the NHL

There are a number of unwritten rules that govern fighting in the NHL. These rules are not written down anywhere, but they are generally understood by players and coaches. Some of the most important unwritten rules of fighting include:

- 1. Don't fight a player who is much smaller than you.** This is considered to be a cheap shot, and it will likely result in a suspension.
- 2. Don't fight a player who is injured.** This is also considered to be a cheap shot, and it could result in serious injury to the injured player.
- 3. Don't fight a player who is wearing a visor.** This is because a visor can protect the player's face from injury, and it is considered to be unfair to

fight a player who is wearing one.

4. Don't fight a player who is not expecting it. This is considered to be a sucker punch, and it will likely result in a suspension.

5. Don't fight a player who is on the ice with his team. This is considered to be a cheap shot, and it will likely result in a suspension.

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The Consequences of Fighting in the NHL

Fighting in the NHL can have a number of consequences. Players who fight can be suspended, fined, or even expelled from the league. In addition, fighting can lead to injuries, both short-term and long-term.

If you are a player who is considering fighting in the NHL, it is important to be aware of the risks involved. Fighting is not something to be taken lightly, and it is important to make sure that you are prepared for the consequences.

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The Future of Fighting in the NHL

The future of fighting in the NHL is uncertain. The league has taken steps to reduce fighting in recent years, and it is possible that this trend will continue. However, fighting is still a part of the game, and it is unlikely to disappear completely.

Whether or not fighting should be allowed in the NHL is a matter of debate. Some people believe that fighting is an important part of the game, while others believe that it is a dangerous and unnecessary practice. Ultimately, the decision of whether or not to allow fighting in the NHL is up to the league.

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Fighting is a complex and controversial issue in the NHL. There are a number of unwritten rules that govern fighting, and it is important for players to be aware of these rules to avoid unnecessary penalties or suspensions. The future of fighting in the NHL is uncertain, but it is likely to remain a part of the game for the foreseeable future.

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Additional Resources

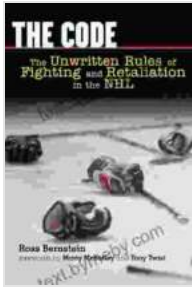
The following resources provide additional information on fighting in the NHL:

- [The NHL's Official Rulebook](<https://www.nhl.com/nhl/en/official-rules.html>) - [Fighting in the NHL: A History] (<https://www.sportsnet.ca/hockey/nhl/fighting-nhl-history/>) - [The Future of Fighting in the NHL](<https://www.theatlantic.com/sport/archive/2014/12/the-future-of-fighting-in-the-nhl/383498/>)

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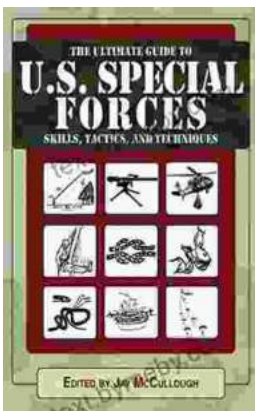


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