

NHL Releases Video to Reinforce New Head Hits Rules

Written by Matthew Coller
Monday, 20 September 2010 17:42

[NHL.com](#) featured [this video](#) along with the official changes to the NHL rulebook concerning head hits.

Here's how "rule 48" reads:

48.1 Illegal Check to the Head- A lateral or blind side hit to an opponent where the head is targeted and/or the principle point of contact is not permitted.

48.2 Minor Penalty- There is no provision for a minor penalty for this rule.

48.3 Major Penalty- For a violation of this rule, a major penalty shall be assessed (see 48.4).

48.4 Game Misconduct- An automatic game misconduct penalty shall be assessed whenever a major penalty is assessed under this rule.

48.5 Match Penalty- The Referee, at his discretion, may assess a match penalty if, in his judgment, the player attempted to or deliberately injured his opponent with an illegal check to the head.

48.6 Fines and Suspensions- Any player who incurs a total of two (2) game misconducts under this rule, in either regular League or playoff games, shall be suspended automatically for the next game his team plays. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

OTHER NEWS FROM THE BUSINESS OF SPORTS NETWORK

NHL Releases Video to Reinforce New Head Hits Rules

Written by Matthew Collier
Monday, 20 September 2010 17:42

(THE BIZ OF BASEBALL)

- [How Ines Sainz As a Poor "Journalist" Does Good in the Overall](#)
- [Jeter's Next Deal Hinges on Playoff Performance](#)
- [Joe Torre Steps Down; Don Mattingly To Manage Dodgers in 2011](#)
- [Texas Rangers Enter Four-Year Player Development Agreement with the Triple-A Round Rock Express](#)

Matthew Collier is a staff member of the Business of Sports Network, and is a freelance writer. He can be [followed on Twitter](#)

[Follow The Biz of Hockey on Twitter](#) 



[Follow the Business of Sports Network on Facebook](#)