



# USA HOCKEY HELMET EDUCATION

# THE RULE

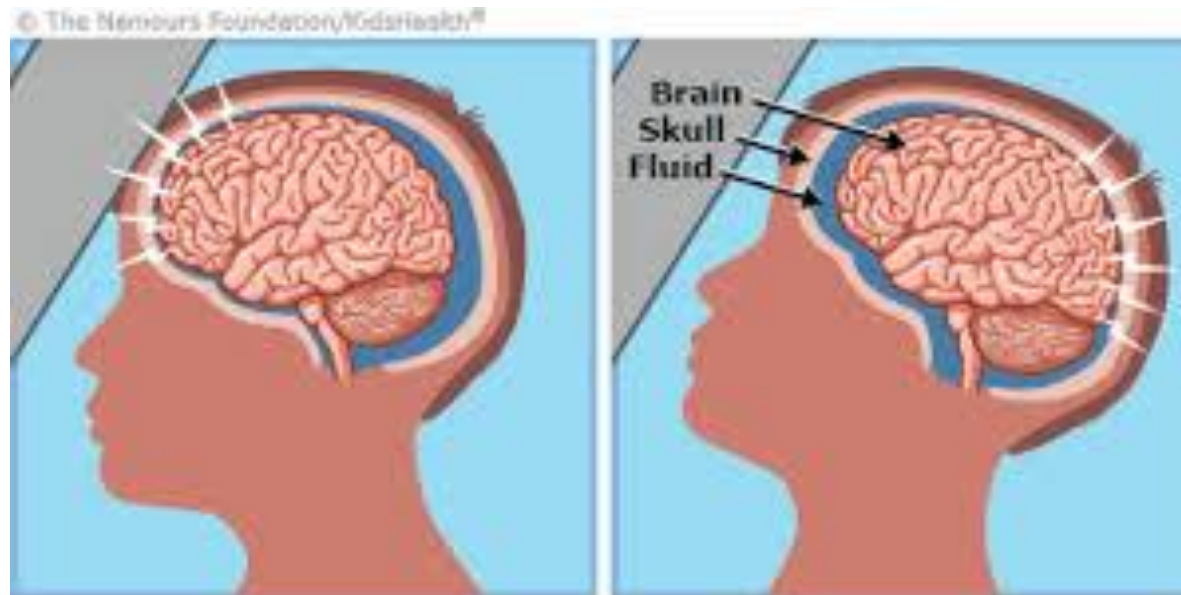
## USA Hockey Rule 304: Protective Equipment

- b. It is compulsory for all players in all classifications to wear a hockey helmet, with helmet strap properly fastened. It is mandatory that all players wear a HECC approved helmet (including ear protection)...All players on the players' and the penalty bench must wear the protective helmet/facemask while in the bench area. For a violation of this rule, after a warning by the Referee, a misconduct penalty shall be assessed to the offending player.



# THE WHY

A hockey helmet is worn by players of ice hockey, inline hockey, and bandy to help **protect the head from potential injury when hit by the puck, sticks, skates, boards, other players, or the ice**. The shell of a hockey helmet is generally made of a substance called vinyl nitrile that disperses force from the point of contact, while the liner may be made of either vinyl nitrile foam, expanded polypropylene foam, or other material to absorb the energy, **to reduce the chances of concussion**. Hockey helmets grip the head from inside by cupping the back of head, or the occipital protuberance.



A blow to the head causes the brain to move and hit the skull.

# FIGHTING IN THE SPORT

There are many reasons for fights during a hockey game. Some reasons are related to game play, such as retaliation, momentum-building, intimidation, deterrence, attempting to draw "reaction penalties", and protecting star players. There are also some personal reasons such as retribution for past incidents, bad blood between players, and simple job security for enforcers. Fights often start in response to an opponent's rough play.





## Rule 615 | Fighting

(c) **A match penalty** *(for all age classifications)* shall be assessed to any player who deliberately removes his helmet/facemask prior to an altercation.

**A match penalty** *(for all age classifications)* shall be assessed to any player who deliberately removes his opponent's helmet/facemask prior to or during an altercation.

**USA Hockey takes player safety very seriously and has implemented this strict position on helmets to reduce the incidents of possible concussions.**

## Rule 405 | Match Penalties

(c) A player or Team Official incurring a match penalty shall be suspended from participating in any USA Hockey games and practices until his case has been dealt with by the proper authorities. A hearing by the proper authorities shall be offered to be held (including any further disciplinary action) within 30 days of the incident (“30-day period”) together with a decision in accordance with Bylaw 10D (Suspension Hearings/Domestic Competition Playing Rules). If extenuating circumstances prevent the proper authorities from conducting the hearing within the 30-day period, the player or Team Official shall be automatically reinstated after the 30-day period. The failure to offer the hearing shall not prohibit the hearing body from conducting the hearing after the 30-day period and imposing further disciplinary action.