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## NFHS Ice Hockey Weekly Rule Interpretations

Welcome to week 10 and the final installment of the 2025-26 NFHS Ice Hockey Weekly Rules Interpretations! If you have any feedback for this year's interpretations, please contact [dschuster@nfhs.org](mailto:dschuster@nfhs.org).

**Rule 4-7-1: A penalty shot is awarded to restore a lost scoring opportunity. (See Summary of Penalties, Penalty Shot)**

**Rule 4-7-4: The puck shall be placed at the center faceoff spot. At the referee's instruction, the attacking player shall begin toward the goal, keeping in motion toward the goal until the puck is shot or has crossed the goal line extended. Only one shot is permitted.**

**Situation 1:** On a penalty shot, the puck hits the post, hits the back of the goalkeeper's leg and completely crosses the goal line.

**RULING:** Goal.

**Comment:** As long as the puck does not cross the goal line extended, it is still in play. Since the puck hit the post, it is still legal and it is a good goal when it deflects off the goalkeeper and completely crosses the goal line into the goal cage.



**Situation 2:** On a penalty shot, the puck hits the glass behind the net and bounces off the goalkeeper into the net.

**RULING:** No goal.

**Comment:** Since the puck crossed the goal line extended, it nullifies the play. No goal.

**Situation 3:** While approaching the goalkeeper during a penalty shot attempt, the body of the player rotates in a full circle, retaining control of the puck, and scores on the resulting shot.

**RULING:** No goal.

**Comment:** Once the player fails to maintain forward progress towards the goal, the penalty shot terminates.