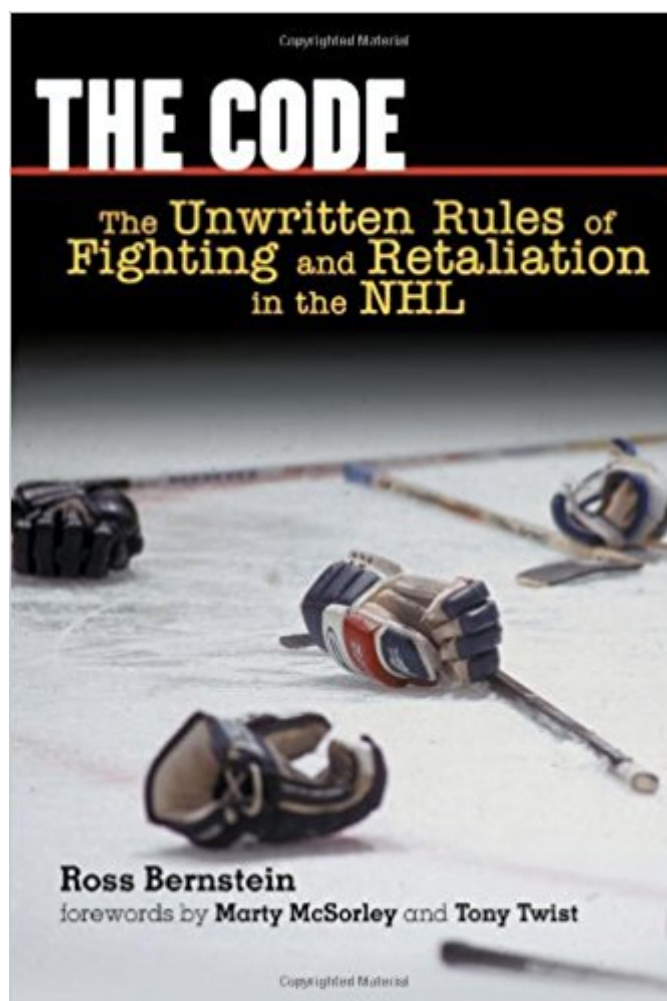


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The Code: The Unwritten Rules Of Fighting And Retaliation In The NHL



Synopsis

For decades, hockey crowds have been brought to their feet for one of the most exciting aspects of NHL games—the fights. *The Code: The Unwritten Rules of Fighting and Retaliation in the NHL* by Ross Bernstein takes you in-depth and behind the scenes to explore the history of fighting during hockey games and the honor system behind it. More than 50 NHL players, coaches, and media personalities were interviewed to examine how players go about their business during a fight on the ice. They explain why fighting is allowed and what tactics are used before, during, and after the melees. *The Code: The Unwritten Rules of Fighting and Retaliation in the NHL* discusses the top reasons why the gloves come off during hockey games.

Book Information

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Customer Reviews

Hockey is and always has been a sport steeped in a culture of violence. Players have learned, however, to navigate the escalating levels of physical contact by adhering to an honor system known simply as "the Code." As mysterious as it is sacred, the Code is an unwritten set of rules—the bible of hockey sportsmanship, if you will—that has been handed down from generation to generation. Although the Code has been around since the game's inception in Canada, it remains a taboo subject, so much so that many players are simply unwilling to talk about it publicly—until now, that is. Author Ross Bernstein spent two years researching and conducting extensive interviews with a broad spectrum of players, and he was able to get them to talk freely about their most intimate feelings about fighting and retaliation. What he learned and shares in this book is truly fascinating. While some players relished opportunities to drop the gloves

and others simply dreaded it, they all had one thing in common: they did it when they had to in order to protect themselves as well as their teammates. The Code features extensive quotes that detail everything from the legal and cultural issues between the North American players and their foreign counterparts to how the players are able to turn it off when they leave the arena and go home to their kids. Most importantly, this book reveals what really goes on between the players while the fights are on. Hockey's rules of engagement can be summarized in three categories: protection, intimidation, and retaliation. If one player challenges another player, that second player must answer the call and "show up" or else face the humiliation of being considered dirty, or even a coward. Worse yet, if that player refuses to right what was wronged and defend his actions, he risks having that incident escalate to a higher level, involving additional teammates. That is when the enforcers come off the bench to keep the peace, and that is also usually when the crowd goes wild. By the time two heavyweights drop the gloves, there may have been up to a dozen events between several different players that led up to that fight. That is all a part of the intricate matrix that makes up the Code. And this book will help to demystify that matrix for you. The Code is completely up to date with the new league-wide rules changes, which were implemented following the NHL lockout of 2005, when the rules of engagement completely changed. This first-of-its-kind project provides an incredible window into an extremely controversial subject matter that always evokes passion. It's a must-read for all puckheads!

Ross Bernstein is the bestselling author of 40 sports books and has appeared on numerous local and national television and radio programs. His work has been featured on CNN, ESPN, the Wall Street Journal, and USA Today. As a sought-after motivational speaker, he speaks to corporations and groups across the country about the inspirational legacy of the late Herb Brooks, Hall of Fame coach of the fabled 1980 gold-medal-winning U.S. Olympic "Miracle on Ice" hockey team. He lives in Eagan, Minnesota. Marty McSorley is a former National Hockey League player. He is famous for swinging his stick and hitting another player in a game, which resulted in his suspension for the remainder of his hockey career. Tony Twist is a former National Hockey League player who was known as an enforcer.

There were a number of negative reviews of this book. Regardless of what one might think of the content, style or choice of interview subjects, any real hockey fan should read this book because The Code is more relevant than ever. Since the book was written there has been a dramatic growth of staged fighting and, more important, several fighting related tragic deaths in the NHL and minors.

Furthermore, post mortem exams of several hockey players (I can think of Reg Fleming and Bob Probert to start.) revealed fighting related brain damage. Regardless of your position on fighting (It is unlikely that the NHL will ever do anything to eliminate it.) if you are a student of the game this book reveals many of the physical and psychological barriers faced by those in the precarious profession of NHL enforcer.[...]

Interesting read about the enforcers in professional hockey.

Some interesting stories, but overall, the book was a little redundant and meandered around a few different thesis. The book paints fighting as necessary and ends with some convoluted arguments about why it hurts the game. As a hockey fan, it didn't really give any more insight apart from some interviews done with current and former players.

This book was a solid collection of insider stories by the enforcers of the NHL. But it sort of repeats the same point over and over and relies too heavily on Marty McSorley (who is insightful and certainly qualified for the role). I'd say 3.5 stars would be a good rating. An interesting read for sure, just not that well written and could be shorter.

Informative book. A lot of repetition. Good explanations of the unwritten rule of hockey. Like I said lots of repetition. Enjoyed it.

Awesome book! I learned a lot!

The book has a basic construction of starting a chapter with author's text and then quickly quoting someone involved in hockey and then repeating "a few lines from the author, a quote from someone" multiple times. Quotes gave me some of really entertaining stories and an insight view to the game, which was nice. Sometimes it felt that the quotes broke the flow of the text quite badly, though. But the main problem for me was that the book didn't answer my questions about fighting and retaliation to a point which I would've wanted it to do. It kind of scratched the surface and made a point or two along the way in a deeper level, but I had expected much more. Quite many things were written there that I could just figure out all by myself while watching a game and reading some articles of NHL-games. But then again, some things I really don't get and book didn't help me to cover that stuff up. I'm a European, so I really don't know what's the hockey culture like in Canada

like the natives do, so it also affects my review and you should take that into account as you read this. I liked the fact that the book messaged the honour and respect being the main things in this game and only honourable and respectful players can be considered to be the great ones. It's really admirable. So, I'm giving this book two stars for enjoyment and stories, but not more because it lacked on giving me some deeper understanding on the subject.

A fair read but numerous technical errors. I've read better for less. I would've enjoyed insight from more specialists like Dave Brown and Kevin McClelland but in fairness to the author, maybe they weren't available or wouldn't comment due to their current positions around the league.

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