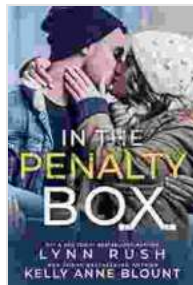


In the Penalty Box: The Extraordinary Tale of Lynn Rush

The Incident

On January 3, 1986, during a regular-season game between the Quebec Nordiques and the New York Islanders, a bizarre incident occurred that would make headlines and become a legend in the annals of hockey. Canadian professional hockey player Lynn Rush, playing for the Quebec Nordiques, intentionally checked himself into the penalty box after being assessed a two-minute minor penalty for hooking.



In the Penalty Box by Lynn Rush

★★★★☆ 4.4 out of 5

Language : English
File size : 791 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 317 pages
X-Ray : Enabled



However, instead of taking the shortest route to the penalty box, Rush embarked on an elaborate odyssey that spanned the entire length of the ice rink. He slowly skated around the perimeter, waved to the crowd, and gave high-fives to his teammates along the way.

Rush's unusual behavior left both the crowd and the opposing team in a state of bewilderment. The referees, unsure how to handle the situation,

eventually escorted Rush to the penalty box, but not before he had completed his unprecedented lap of the ice.

The Motivation

Following the game, Rush explained his motivation for this extraordinary display. He had been feeling frustrated by the lack of discipline in the league and wanted to send a message to other players about the importance of sportsmanship and fair play.

Rush believed that by deliberately incurring a penalty and then serving it in such a public and exaggerated manner, he could highlight the prevalence of unsportsmanlike conduct in hockey and inspire others to prioritize integrity and respect for the game.

"I wanted to show everyone that you can't just go out there and chop guys because you're angry," Rush later said. "You have to be accountable for your actions."

The Impact

Rush's actions had a profound impact on the hockey world. He was widely praised for his courage and outspokenness. Many fans and players alike applauded his efforts to promote sportsmanship and fair play.

However, Rush's stunt also drew criticism from some quarters. Some argued that it was an unsportsmanlike gesture that undermined the integrity of the game. Others felt that it was a publicity stunt designed to draw attention to himself.

Regardless of the mixed reactions, Rush's actions sparked a much-needed conversation about sportsmanship and fair play in hockey. His legacy serves as a reminder that even in the most competitive of environments, ethical behavior and respect for opponents should always prevail.

The Legacy

Lynn Rush's penalty box odyssey remains one of the most memorable incidents in hockey history. His actions continue to inspire players and fans alike to uphold the values of integrity and sportsmanship in the game.

In recognition of his contributions to hockey, Rush was inducted into the Quebec Nordiques Hall of Fame in 1998. He is also remembered through the Lynn Rush Trophy, which is awarded annually to the player who best exemplifies sportsmanship and fair play in the Quebec Major Junior Hockey League.

Lynn Rush's legacy extends beyond the ice rink. He is a role model for athletes of all levels, demonstrating that it is possible to compete with integrity and still make a meaningful impact on the game.

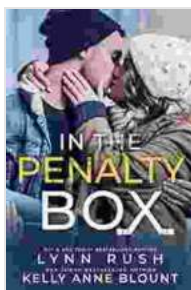
Image Description

A black-and-white photograph of Lynn Rush skating slowly around the perimeter of the ice rink, waving to the crowd and giving high-fives to his teammates. He is wearing a Quebec Nordiques jersey and helmet.



Additional Resources

- [NHL.com: Lynn Rush remembers famous penalty box lap](#)
- [Sportsnet: Lynn Rush's famous penalty box lap](#)
- [The Globe and Mail: Lynn Rush, the man who took a penalty on principle](#)



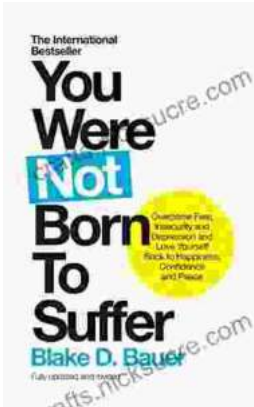
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