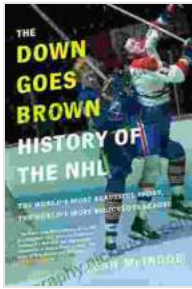


# The Down Goes Brown History of the NHL: A Comprehensive Guide to the World's Premier Hockey League



The National Hockey League (NHL) is the premier professional ice hockey league in the world. It is composed of 32 teams, 25 in the United States and 7 in Canada. The NHL is divided into two conferences, the Eastern Conference and the Western Conference, with each conference being further divided into two divisions. The regular season runs from October to April, with the playoffs taking place in May and June. The Stanley Cup is awarded to the team that wins the playoffs.



## The Down Goes Brown History of the NHL: The World's Most Beautiful Sport, the World's Most Ridiculous League

by Sean McIndoe

★★★★☆ 4.8 out of 5

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Enhanced typesetting : Enabled  
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The NHL was founded in 1917 as the National Hockey Association (NHA). The NHA was renamed the NHL in 1926. The Original Six era of the NHL lasted from 1942 to 1967, and saw the league expand from six teams to 12 teams. The NHL expanded again in the 1970s and 1980s, and by the end of the 1980s, the league had 21 teams.

The NHL continued to expand in the 1990s and 2000s, and by the end of the 2010s, the league had 31 teams. The NHL expanded to 32 teams in 2021 with the addition of the Seattle Kraken.

### The Teams

The NHL is composed of 32 teams, 25 in the United States and 7 in Canada. The teams are divided into two conferences, the Eastern Conference and the Western Conference, with each conference being further divided into two divisions.

The Eastern Conference is composed of the Metropolitan Division and the Atlantic Division. The Metropolitan Division consists of the Carolina Hurricanes, Columbus Blue Jackets, New Jersey Devils, New York Islanders, New York Rangers, Philadelphia Flyers, Pittsburgh Penguins, and Washington Capitals. The Atlantic Division consists of the Boston Bruins, Buffalo Sabres, Detroit Red Wings, Florida Panthers, Montréal Canadiens, Ottawa Senators, Tampa Bay Lightning, and Toronto Maple Leafs.

The Western Conference is composed of the Central Division and the Pacific Division. The Central Division consists of the Arizona Coyotes, Chicago Blackhawks, Colorado Avalanche, Dallas Stars, Minnesota Wild, Nashville Predators, St. Louis Blues, and Winnipeg Jets. The Pacific Division consists of the Anaheim Ducks, Calgary Flames, Edmonton Oilers, Los Angeles Kings, San Jose Sharks, Seattle Kraken, and Vancouver Canucks.

## **The Regular Season**

The NHL regular season runs from October to April. Each team plays 82 games during the regular season, with 41 games played at home and 41 games played on the road. The teams are awarded two points for a win, one point for an overtime loss, and zero points for a regulation loss.

The top three teams in each division qualify for the playoffs, along with the two wild card teams with the most points. The wild card teams are determined by a tiebreaker system.

## **The Playoffs**

The NHL playoffs are a 16-team single-elimination tournament. The playoffs begin in mid-April and end in mid-June.

The playoffs are divided into three rounds: the first round, the second round, and the Stanley Cup Final. The first round is a best-of-seven series, with the top three teams in each division facing off against each other. The second round is also a best-of-seven series, with the winners of the first round facing off against each other. The Stanley Cup Final is a best-of-seven series between the winners of the Eastern Conference and the Western Conference.

The team that wins the Stanley Cup is awarded the Prince of Wales Trophy. The Stanley Cup is the oldest professional sports trophy in North America, and it is one of the most prestigious trophies in all of sports.

## **The Stanley Cup**

The Stanley Cup is the championship trophy of the NHL. The Stanley Cup is awarded to the team that wins the Stanley Cup Final. The Stanley Cup is the oldest professional sports trophy in North America, and it is one of the most prestigious trophies in all of sports.

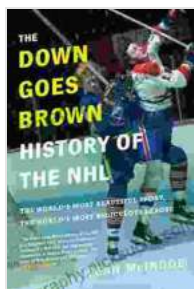
The Stanley Cup was first awarded in 1893 to the Montreal Hockey Club. The Stanley Cup has been awarded to 86 different teams over the years, with the Montreal Canadiens winning the Cup the most times (24).

The Stanley Cup is a large silver bowl that is approximately 35 inches tall and 18 inches wide. The Cup is inscribed with the names of all the teams that have won it, as well as the names of the players who have played on those teams.

The Stanley Cup is a traveling trophy, and it is awarded to the winning team at the end of each season. The winning team gets to keep the Cup for a year, and they are responsible for its care and maintenance.

The Stanley Cup is a symbol of excellence in ice hockey, and it is one of the most prestigious trophies in all of sports.

The NHL is the premier professional ice hockey league in the world. The NHL is a highly competitive league, and it is home to some of the best hockey players in the world. The NHL regular season is a long and grueling grind, but it is all worth it for the chance to win the Stanley Cup.



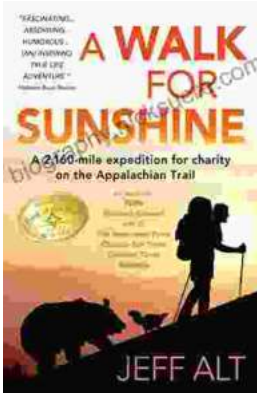
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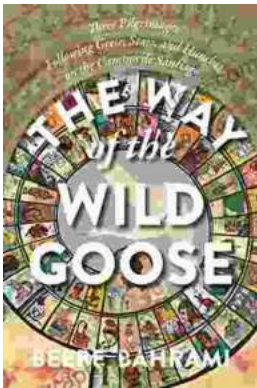
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