



Module F

Body Checking & Body Contact

Hockey Alberta Expectations

- All leagues allow Body Contact
- Only certain leagues allow Body Checking
- Know and understand the difference



Body Checking

- Not allowed in divisions of
 - Novice & Atom
 - Peewee
 - Certain levels of Bantam & Midget
 - Female Hockey
 - Rec Hockey



Rule 6.2 – Boarding & Body Checking

- Body Checking
- “a Minor penalty, or at the discretion of the Referee, a Major and a Game Misconduct penalty
- shall be assessed to any player who, in the opinion of the Referee,
- **intentionally** body checks, bumps, shoves or pushes an opposing player”



Rule 6.2 – Boarding & Body Checking

- Body Checking
 - Clarification
 - “Riding off, pinching or rubbing a player shall be permitted as long as no **intentional** contact occurs”



Rule 6.2 – Boarding & Body Checking

- Body Checking v. Body Contact
 - What is the difference?
- Body Contact is where a player positions their body between the opposing player and the puck carrier
- Body Checking is where the checker uses their body for the **purpose** of stopping the attacking progress of the attacker and/or to separate the carrier from the puck



Rule 6.2 – Boarding & Body Checking

- When Should a Penalty be called?
- Player intentionally plays the body with no intent to play the puck
- Player uses hips, arms or shoulders in a violent manner to knock another player off their skates



Rule 6.2 – Boarding & Body Checking

- When Should a Penalty be called?
- Player leaves established skating lane to play the body instead of the puck
- Player ‘finishes’ the check’ after playing the puck



Rule 6.2 – Boarding & Body Checking

- Body Checking
 - What am I looking for?
- A player drives the shoulder, upper arm and hip and elbow, equally into the opponent to separate them from the puck, using the body to knock an opponent against the boards or to the ice.
- Change of Direction of the puck carrier
- Watch the defending player
 - Are they intending to play the puck or the body?
 - Position of the skates
 - Direction of travel



Rule 6.2 – Boarding & Body Checking

- Body Checking
 - When **NOT** to call a penalty
- A player establishes body position between the puck and the opponent using their skating ability, balance and strength.
- Player maintains their established skating lane
- Player angles their opponent
- Incidental contact



Rule 6.2 – Boarding & Body Checking

- Body Checking
 - When **NOT** to call a penalty
- A defensive player in front of the net uses their position and strength to gain better body position
- As long as the player doesn't use arms or stick to create space or impede an opponent's ability to move in their desired direction



Rule 6.2 – Boarding & Body Checking

- Body Checking Video
- <https://www.youtube.com/watch?v=Uao224AWuvM&app=desktop>
- Jump to 1:05.

