



Body Checking Guidelines

*General Membership Training
January 19, 2016*

What Players *Cannot* Do

Using body contact/position to gain a competitive advantage over the opponent should not be penalized as long as it is performed within the rules

A player cannot

- Make ***deliberate*** physical contact with an opponent with no effort to legally play the puck
- Use ***overt*** hip, shoulder or arm contact to physically force opponent off the puck
- Physically impede an opponent's progress using hips, shoulders or torso ***without first establishing legal body position*** and having no intent of playing the puck

What Players *Can* Do

Ice Hockey Officials

IHONG

Northern Connecticut

A player can

- Make *incidental* physical contact with an opponent *in an effort to legally play the puck or establish position*
- Squeeze or rub an opponent along the boards by establishing body position and maintaining established skating lane
 - Establishing body position and maintaining a skating lane does not entitle them to use *overt* hip, shoulder or arm contact during the squeeze or rub
- Steer an opponent with a forearm when battling along the boards or in front of the net
- Lean into an opponent

Be Aware Of

- Triggers for delivering a hit vs absorbing contact
 - Lowering of the shoulders or a sudden change in hip position (beginning moves) by the player initiating contact
 - Extension of the arms (a finishing move) by the player who initiated contact
- Where the players were looking just before contact
- Players shifting their focus from the puck to the opponent

Remember . . .



- Body contact permissible for all Girls, and Youth PeeWee (12U) and below
- Body checking permissible for Youth Bantam (14U) and above
- Penalty options are minor, major, or major+GM
- Opt for the major or major +GM if player ignores the puck and delivers a hard body check
- Major + GM required if injury results