

Body Checking Body Contact

Resources

Legal Body Contact

Contact that occurs between opponents during the normal process of playing the puck, providing there has been no overt hip, shoulder or arm contact to physically force the opponent off the puck.

Legal Body Contact

- Use of angling and body close to an opening to gain positional advantage
- Maintaining established skating lanes and body position
- Unavoidable collisions or use of size, strength and balance **WITH A FOCUS ON THE PUCK**

Body checking infractions take place when

- Player makes no attempt to play the puck and intentionally plays the body of the opponent
- Player changes direction or leaves established skating lane to play body of the opponent.
- Player uses hips, shoulder, arms to push off and separate opponent from the puck or create space.



Body checking infractions take place when

- After playing the puck, player continues to initiate avoidable contact in an effort to “finish the check”.
- Deliberately playing the body of the opponent with no focus on the puck.

Illegal Body checking

- Use of shoulder, arms, hips to ride opponent into the boards – overt action
- Checking from behind
- Interference – using the body to gain competitive advantage away from the puck

IIHF Video

The object is to identify legal body contact and to understand the reasons as to why some contact is allowed while others result in a penalty.

IIHF Video

- <http://www.hockeycentre.org/inEnglish/Officials/OfficiatingStandards/StandardsforWomensHockey/tabid/593/language/en-US/Default.aspx>
- www.iihf.com

QIHF

- U Tube videos – especially good for coaches
- <http://www.youtube.com/user/VideoHockeyQuebec?feature=mhum>