



Modified Body Checking Rule

In the divisions which allow body contact where we use the body checking modified rule, these are the things that the referees will be looking for in the context of body contact.

- Is this a good hockey play?
- Is this a play in which one would normally make in the game of hockey, keeping in mind competitiveness and being safe and fair?
- Pucks in the proximity of players, if the players are making a play to the puck first, body contact may happen, but in this instance will not be penalized.
- In the corners and along the boards, puck battles will be just that, a battle between players to gain possession of the puck. In attempting to gain possession of the puck, body contact should be expected. When a player takes advantage of an unsuspecting player and trades off the body check instead for trying for possession of the puck, this will result in a penalty.
- Plays in the middle of the ice, if a defenseman is mirroring a forward, there should be no instance of a North/South hit. In such neutral zone plays, the defensemen are allowed to step up and make a play on a player in possession of the puck. We cannot expect the defensemen in doing his job to immediately stop contact when an attacking player mishandles the puck, misses a puck near him, or at the last second chooses not to play the puck. If the defensemen does not make an over-the-top hit or any other play which could be penalized under a different rule, we are allowing this play.
- A minor penalty, or major penalty, at the discretion of the Referee, shall be assessed any player guilty of an illegal body check.
- A major penalty and game misconduct, at the discretion of the Referee, shall be assessed any player guilty of an illegal body check that results in an injury.



Body Contact

Body contact is an individual defensive tactic designed to legally block or impede the progress of an offensive puck carrier. This tactic is a result of the movement of the defensive player to restrict movement of the puck carrier anywhere on the ice through skating, angling, and positioning. The defensive player may not hit the offensive player by going in the opposite direction to that player or by extending toward the offensive player to initiate contact.

- There must be no action where the puck carrier is pushed, hit, or shoved into the boards. Where, in the opinion of the referee, accidental contact has taken place, no penalty shall be assessed.
- Contact that occurs between opponents during the normal process of playing the puck, provided there has been no overt hip, shoulder or arm contact to physically force the opponent off the puck will not be penalized. Incidental contact of two opposing players in pursuit of the puck or position on the ice while moving in the same direction will not be penalized.
- In division 2009 and below, a minor penalty for body checking or, at the discretion of the referee, a major penalty and a game misconduct shall be assessed any player who, in the opinion of the referee, intentionally body checks, bumps, shoves or pushes any opposing player. If a player is injured, a major penalty and game misconduct must be assessed.
- Key points for an official to call a penalty.
 - player intentionally plays the body with no intent to play the puck
 - player uses hips, shoulder, or arms in a violent or intimidating manner to knock another player off their skates, run them over or intimidate.
 - Player leaves established skating lane to play the body instead of the puck. A player finishes the check after playing the puck
- Key points for not calling a penalty.
 - player established his body position between the puck and the opponent using skating ability, balance or strength
 - player maintains their established skating lane. Riding off, pinching or rubbing a player shall be permitted
 - Player angles the opponent into an opening too small
 - when incidental contact occurs because of playing the puck



Body Checking - 3rd Man

- When two players are engaged in a one-on-one battle, and a third player arriving into the battle on either team commits to enter that battle, he must play the puck not the body. If the third man in plays the body without any regard for the puck, that player will be assessed a 2-minute penalty for body checking 3rd man.
- A minor penalty, or major and game misconduct, at the discretion of the Referee, shall be assessed any player guilty of body checking 3rd man.

Body Checking - North/South Hit

- When a player skates in a direct line of an opposing player without establishing an angle and plays the body only with no effort to play the puck, he will be issued a 2-minute minor penalty for Body Checking North/South hit.
- A player is however able to plant their feet and step up on opponent with a body check along the boards or in open ice to defend their space in the context of a hockey play when initially moving backwards or in quick transition only in close proximity. The player will however be penalized when planting their feet and or skating forward two to three strides in a direct line of the opposing player before making contact. Any body check must be in the context of a hockey play and not for the purpose of punishment.
- A minor penalty, or major and a game misconduct, at the discretion of the Referee, shall be assessed any player guilty of a North/South hit.

Body Checking - Late Hit

A late hit is defined as a body check delivered to a skater who is in a vulnerable position because of not being in control or possession of the puck anymore. Any player guilty of administering a late hit will be assessed a penalty for "late hit". It can be a minor penalty if the opponent is aware of the impending contact. A major penalty and game misconduct will be assessed for a late hit against an unsuspecting opponent or a match penalty if the opponent is recklessly endangered.



Charging

- A minor or major penalty shall be imposed on a player who skates or jumps into or charges an opponent in any manner.
- Charging shall be the actions of a player who, as a result of distance traveled, shall violently check an opponent in any
- manner. A charge may be the result of a check into the boards, into the goal frame or in open ice.
- A major and a game misconduct shall be imposed on a player who charges a goalkeeper while the goalkeeper is within his goal crease. If an injury occurs, a match penalty shall be assessed.
- A goalkeeper is not fair game just because he is outside of the goal crease area. The appropriate penalty should be assessed in every case where an opposing player makes unnecessary contact with the goalkeeper. Incidental contact, at the discretion of the referee, will be permitted when the goalkeeper is in the act of playing the puck outside his goal crease providing the attacking player has made a reasonable effort to avoid such contact. Referees should be alert to penalize goaltenders for tripping, slashing, or spearing in the vicinity of the goal crease area.
- The referee, at his discretion, may assess a minor penalty, based on the degree of violence of the check, to a player guilty of charging an opponent. The referee, at his discretion, may assess a major penalty, based on the degree of violence of the check, to a player guilty of charging an opponent.
- The referee, at his discretion, may assess a match penalty if, in his judgment, the player attempted to or deliberately injured his opponent by charging.
- When a major penalty is imposed under this rule for a foul resulting to an injury to the face or head of an opponent, the game misconduct must be imposed.



Checking from Behind

A check from behind is a check delivered on a player who is not aware of the impending hit, therefore unable to protect or defend himself, and the contact is made on the back part of the body. When a player intentionally turns his body to create contact with his back, no penalty shall be assessed.

- A minor penalty, major penalty, major and a game misconduct or a match penalty, at the discretion of the referee, based on the degree of violence of the impact, shall be assessed any player who intentionally pushes, body checks, or hits an opposing player from behind anywhere on the ice. If the player being checked is unable to get his/her hands up to protect themselves, the Referee will assess the major penalty.
- Checking from behind entails that the contact with the player being checked takes place on the back part of the body.
- Where a player about to be checked turns and, as a result, creates contact with the back, a minor penalty may be assessed to the player delivering the check.
- The intent of this interpretation is not to penalize a player who comes up behind an opponent in the process of playing the puck and he makes unintentional contact with the back part of the body of the player being checked.
- The referee, at his discretion, may assess a match penalty if, in his judgment, the player attempted to or deliberately injured his opponent by checking from behind.

Clipping

- Clipping is the act of throwing the body, from any direction, across or below the knees of an opponent. A player may not deliver a check in a clipping manner, nor lower his own body position to deliver a check on or below an opponent's knees.
- An illegal low hit is a check that is delivered by a player who may or may not have both skates on the ice, with the sole intent to check the opponent in the area of the knees. A player may not lower his body position to deliver a check to an opponent's knees.
- A player who commits these fouls will be assessed a minor penalty for clipping.
- If an injury occurs as the result of this clipping check, the player must be assessed a major penalty and game misconduct.
- The referee, at his discretion, may assess a match penalty if, in his judgment, the player attempted to or deliberately injured his opponent by clipping.



Elbowing

- Elbowing shall mean the use of an extended elbow in a manner that may or may not cause an injury.
- The referee, at his discretion, may assess a minor penalty, based on the degree of violence, to a player guilty of elbowing an opponent.
- A major penalty or a major and game misconduct, at the discretion of the referee, shall be imposed on any player who uses his elbow to foul an opponent. A major penalty and game misconduct must be imposed under this rule for a foul resulting to an injury to the face or head of an opponent.
- The referee, at his discretion, may assess a match penalty if, in his judgment, the player attempted to or deliberately injured his opponent by elbowing.

