



Bodychecking and injuries in youth hockey

Did you know...

- There is a growing body of research that indicates that bodychecking increases the frequency and severity of injuries, particularly concussions.
- Children under the age of 14 are especially vulnerable to brain trauma as they are at an age when the head is disproportionately large for the strength of the neck.
- A recent study found that injury rates for Pee Wee level hockey were 3.3 times higher in Alberta (where bodychecking is allowed), than in Quebec, where bodychecking is not allowed and that concussion rates were 3.9 times higher in Alberta. This same study and others indicate learning to bodycheck at earlier ages do not protect players from injuries and is likely to prolong players' exposure to greater injury risks. This study can be found at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3153513/>
- According to other studies, bodychecking is the primary mechanism of injury in minor hockey players—accounting for at least 45 per cent of injuries (American Journal of Sport Medicine, 2006) to as much as 86 per cent of injuries (Epidemiology of Pediatric Sports Injuries, team sports, 2005). A review of this research can be found at : http://tnchl.com/docs/hockey_systematic_review.pdf
- The Canadian Paediatric Society recommend that bodychecking should be introduced at later ages. Learn more by reading *Bodychecking in Youth Hockey* at <http://www.cps.ca/documents/position/bodychecking-ice-hockey>
- Hockey Canada does not allow bodychecking below the age of 11. Each provincial or territorial association sets its own rules for bodychecking for players eleven and above. In BC, there is no bodychecking in some recreational, house or rep leagues at the Pee Wee level—each district determines bodychecking restrictions for their respective leagues . A resolution on bodychecking has been brought forward to the BC Hockey 2013 AGM, June 7-9, 2013 in Sun Peaks. Local associations vote on behalf of their members.



What you can do....

Learn more about the topic and help other members of your local association make informed decisions about bodychecking. The BC Hockey membership (which includes your association) votes on this at its AGM, June 7-9, 2013 in Sun Peaks.