

Body Checking vs. Body Contact



Northern Ontario Hockey Association

Objective

To gain a clear understanding of the difference between legal body contact and body checking that would result in a penalty.



Legal Contact in Leagues with no Body Checking



Hockey is a contact sport and body contact is still allowed,
body checking is not.

Legal Contact

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



Legal Contact

Players are allowed to compete.

Use of body position to control possession of the puck is allowed.



Legal Contact



Use of angling a body to close an opening.

A player can ride or guide a player along the boards, skate in front of him and slow him down.

Players can make contact with each other in front of the net to get into position.

Legal Contact

Maintaining established skating lane and body position.

A defending player can skate in front of an attacking player carrying the puck forcing him to skate into him.

A player skating down ice and a player skates in his path creating contact by the attacking player.



Legal Contact

Unavoidable collisions or use of size, strength, or balance.

No call if two players are skating hard for the puck and collide or if players are making contact in front of the net and because one player is stronger gets an advantage.

Focus on the puck, if it is obvious a player does not see an opposing player when skating to the puck, no call.

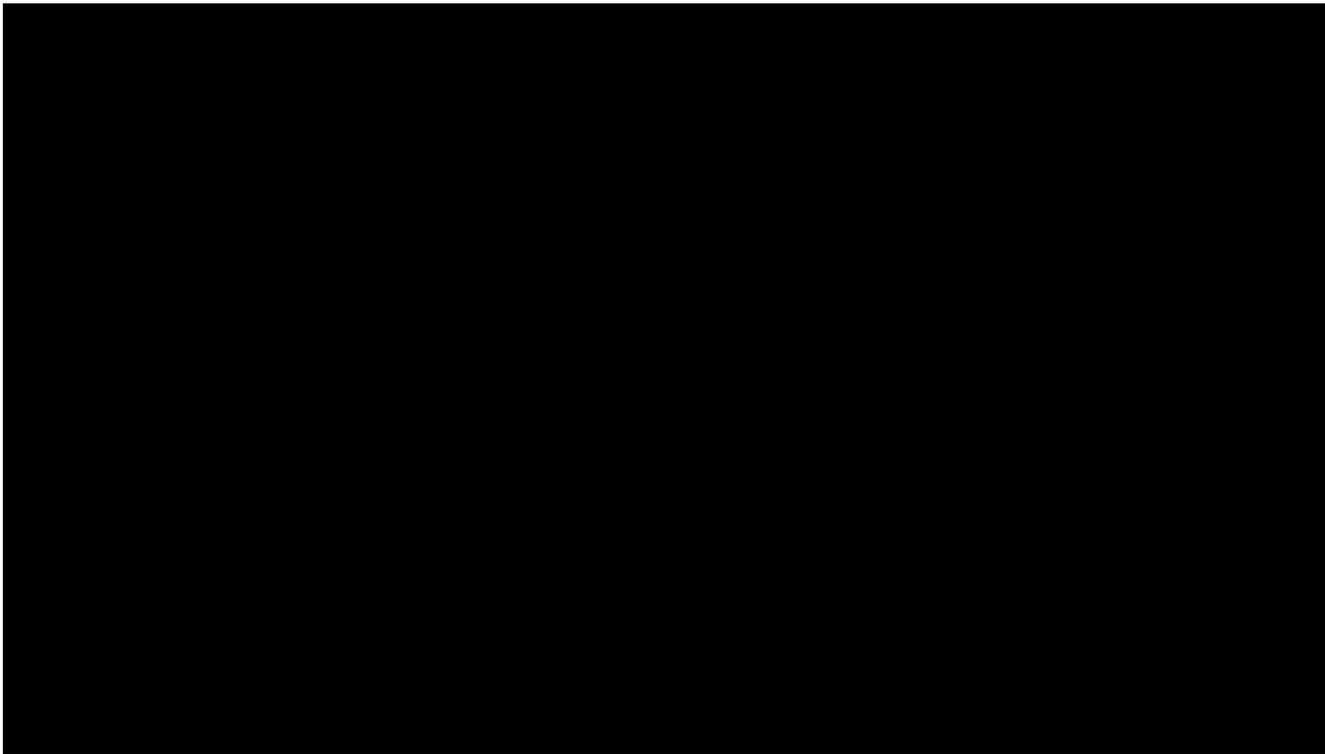


Body Contact Video

The following video displays legal body contact:



Body Contact Video



Illegal Contact

Players make no attempt to play the puck and intentionally play body of the opponent.

Player changes direction or leaves established skating lane to play the body of the opponent.



Illegal Contact

Player uses hips, shoulders or arms to push off and separate opponent from the puck or create space.

After playing the puck a player continues to initiate avoidable contact with opponent in an effort to finish the check.



Illegal Contact

Use of shoulders, hips or arms to ride opponent into boards.

By understanding the difference between legal and non-legal body contact, Officials will be able to create a consistent playing environment.



Body Checking Video

The following video displays illegal body checking:



Body Checking Video

