Clarifications – Educational and Learning Program for Body Contact
Pee Wee AAA-AA-BB-CC
Bantam CC
Midget BB
2015/2016
Application of 2015/2016 Administrative Playing Rules

Pee Wee AAA-AA-BB-CC play while using the Body Contact rule.

• Bantam CC play while using the Body Contact rule.

• Midget BB play while using the Body Contact rule.
2015/2016 Season – Foster Education and Prevention

• Give priority to teaching during the season in 1-on-1 situations. Require a minimum of one 15-minute drill per practice on the learning of one or many phases of body contact or body checking. A minimum of 7.5 hours of additional learning.
Key Messages

- Safe environment
- Respect (Referees, opponents)
- Applying the game rules
- Players development and progression
- Acquisition of technical abilities
  - Skating, speed, stick handling, decision making
1 – Body Contact

• Application of the body contact rule will be in effect when a defensive player, regardless of the zone, will first make a movement with his stick in relation to the puck prior to initiating a body contact without projecting the carrier into the board using is arms or hips (no swing).

• Body contact cannot be used if the situation is one of face-to-face or a dump-in. There will be no penalty if the defensive player initiated an action with his stick to the puck and there is no swinging of the arms or hip.

• Body contact means that some players may fall heavily during an impact following an action towards the stick, because they are smaller or less solid, in which case no penalty will be called.

• A projection mandatorily implies there is no action to play the puck, therefore a direct action to the carrier’s body and / or a swing of the arms or hip before the impact. This is where we must educate our players to be vigilant and active.
Video #1

Click on the link below to watch the video:

https://youtu.be/6wMdUxvXHzs
Body Contact – Key Words

- Use of the stick (blade to blade)
- Skating direction and face-to-face
- Projection into the board
- Vulnerability
- Test of strength and balance, side by side (free puck, territorial spaces)
- Dump-in
Use of the Stick

- The first action the official must observe during a body contact.
- Blade to blade directed towards the puck.
Click on the link below to watch the video:

https://youtu.be/e31wfZRwMCU
Video #3

Click on the link below to watch the video:

https://youtu.be/kYOuFTfc3pM
Skating Direction

• The player giving the body contact must be skating in the same direction. (Side by side or forward-backward.)

• Body checking with restriction and backward skating. (The defenseman skating backward may brake, but may not take a forward stride.) He must keep his stick on the ice and don’t use his arms to push the puck carrier (projection)
Click on the link below to watch the video:

https://youtu.be/Dc5OQsGsMTA
Click on the link below to watch the video:

https://youtu.be/ymfO7RN84pk
Video #6

Click on the link below to watch the video:

https://youtu.be/pQzWLfqjkuo
Projection into the Board and Vulnerability

• Recognize the player’s vulnerable position.
• Use of the arms and / or stick.
• Face to face
• (blind side)
Video #7

Click on the link below to watch the video:
https://youtu.be/6e0HSQDBEHk
Video #8

Click on the link below to watch the video:

https://youtu.be/8HKGKSCSeKY
Video #9

Click on the link below to watch the video:

https://youtu.be/Po6F1fPxtPs
The game of hockey is a game of strength and balance.

Physical battles for territorial space are part of the competitiveness.

Arm and stick length

Do not penalize the physically stronger player.
Click on the link below to watch the video:

https://youtu.be/zEcCwyamqUY
Video #11

Click on the link below to watch the video:

https://youtu.be/i-h-XNgW6aE
Video #12

Click on the link below to watch the video:

https://youtu.be/-SCFO_AFoZg
What is a dump-in?

- When an attacking player wants to out-speed a defenseman by placing the puck behind the opponent and the goal line. So, there is a race to regain possession of the puck.

- When it is a race to gain possession of the puck, players become vulnerable and in a funnel vision.
- The moment when possession is gained behind the goal line is critical.
- This clarification in no way replaces existing rules (Checking from behind, charging, boarding, interference, etc.).
No body contact behind the goal line on a dump-in situation.
The rule is valid for both players, either the defenseman regaining possession or the attacker.
Body contact is authorized when the goaltender will have touched the puck in any way. (Rebound in the corner, stopping the puck behind the goal, etc.)
Body contact is authorized on a pass from one defenseman to the other behind the goal line (beware of face-to-face situations!).
Should a player carry the puck by himself behind the goal line, body contact is authorized at his own risk.
3 – Body checking

Body checking is an individual tactic aimed at legally separating the puck from the carrier. This tactic is the result of a defensive player using a physical extension of his body against the puck carrier, through the use of his hip, or his upper body, directly from the front or diagonally from the side. A legal body check may only be applied with the core of the body (hips and shoulders) and must be completed above the hips and below the neck of the opponent.
Video #13

Click on the link below to watch the video:
https://youtu.be/VwvuXv7xMEE
Click on the link below to watch the video:

https://youtu.be/wtn7AQ-WDps
Wrap-up Body contact

- Approaching the puck carrier
- Blade to blade (stick check)
- Skating in the same direction
- No face-to-face
- No projection (swinging the arms or hips)
- Immunity on a dump-in behind the goal line.
Video #15

Click on the link below to watch the video:

https://youtu.be/R5b3-ED-kcg
QUESTIONS ?

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