Body Checking with Restrictions

Clarifications September 2015
In the minor hockey and RSEQ in accordance with categories, the application will be as follows:

• That Bantam BB and Cadet division 1 play with the Body Checking with restrictions 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
• Applying the game rules
• Players development and progression
• Acquisition of technical abilities
  • Skating, speed, stick handling, decision making
Body checking with restrictions

- Body checking with restrictions is an additional step between body contact and body checking. It allows the player to play under rules that eliminate face-to-face body checks where players are skating in opposite directions, whether in open ice, near the board or in pinching situations.
- Body checking cannot be used on dump-in situations behind the goal line; however, body contact will be allowed.
Body checking will be tolerated everywhere on the ice when skating in the same direction (don’t skate towards a logo).

Only one exception:

No body check may be applied behind the goal line on a dump-in situation, but the player may use body contact after having first played the puck (blade to blade).

The rule is valid for both players, whether the defenseman getting possession of the puck or the attacker.

Body checking is authorized once the goaltender will have touched the puck in any way (rebound in a corner, stopping the puck behind the goal, etc.) with the obvious exception of a face-to-face situation.

Body checking is authorized on a defenseman to defenseman pass behind the goal line, except in a face-to-face situation.

Should a player carry by himself the puck behind the goal line, the body checking will be allowed (except face to face)
Click on the link below to watch the video:

https://youtu.be/F9qNXplz5CU
Click on the link below to watch the video:

https://youtu.be/ackUYeEZ5V8
Click on the link below to watch the video:

https://youtu.be/h3rmaa8Sl0M
Click on the link below to watch the video:
https://youtu.be/765a4jgb4ik
Skating Direction

- The player giving the body check 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.)
Click on the link below to watch the video:

https://youtu.be/iW97E4mSaAA
Click on the link below to watch the video:

https://youtu.be/9N3mpZfSe8Y
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.).
Body contact is defined as an individual defensive tactic intended to legally block or hinder the opposing puck carrier’s progress. This tactic is the result of the defensive player’s movement who restrains the puck carrier’s movement through skating, angle of approach and positioning. The contact may only occur in the normal process of first playing the puck (blade to blade) and on the condition there is no projection of the player through the use of the hip, or arm (swing) to separate the puck from the carrier. Body contact cannot be used if it is a face-to-face collision situation.
• The first action the official must observe during a body contact.

• Blade to blade directed towards the puck.
Wrap-up body checking with restrictions

• You can apply or receive a body check everywhere on the ice.
• No face-to-face body check (anywhere on the ice) (logo).
• Body check can be apply while skating in the same direction.
• Body contact rule (blade to blade first) is compulsory on a dump-in situation behind the goal line.
Video #7

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

Click on the link below to watch the video:
https://youtu.be/lvgG-Ae0k0k
Strength and Balance Test

• 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/ndCtJSRDXTE
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.
3 – Body checking

- Distance of the arm + stick without stride before applying a body check.
- Late hit
- Contact with the head.
- Checking from behind.
- Body checking from the blind side.
Click on the link below to watch the video:
https://youtu.be/Uqtzp8NlU4o
Click on the link below to watch the video:
https://youtu.be/2JES3GN5H2k
Click on the link below to watch the video:

https://youtu.be/7sDb7V7dWBs
Video #13

Click on the link below to watch the video:

https://youtu.be/p5xaLuJwFac
QUESTIONS ?

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