



## **STANDARD OF PLAY – BODY CHECKING**

### **2025 through 2029 Seasons**

Through the standard of rules enforcement, our game will continue to allow the opportunity for improved skill development and a more positive hockey environment for all participants. This initiative will result in greater emphasis on skating, puck possession and the proper use of the body to establish position and legally gain a competitive advantage.

The goal of the enforcement standard is to create an environment that enhances player skill development by reducing intimidating infractions designed to punish the opponent. This standard is designed to improve the proper skill of legal body checking or competitive contact at all levels of play and will not remove the physical component from the game. A player using a body check or competitive contact/ body position (competitive contact categories) to gain a competitive advantage over the opponent should not be penalized as long as it is performed within the rules. The focus of the body check must be to gain possession of the puck.

The principles of this enforcement standard include the following:

- The purpose of a body check is to gain possession of the puck.
- Proper body checking technique starts with stick on puck, therefore the stick blade of the player delivering the check must be below the knees.
- Only the trunk (hips to shoulders) of the body shall be used to deliver a body check.
- The check must be delivered to the trunk (hips to shoulders) and directly from in front or the side of the opponent.
- Players who use their physical skills and/or anticipation to have a positional advantage shall not lose that advantage provided they physically engage with the opponent within the rules.
- Players will be held accountable for acts of an intimidating or dangerous nature.
- The onus is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger of potential injury.

**Enforcement Standard – These penalties are to be called with very strict enforcement.**

### **BODY CHECKING (Competitive Contact Categories)**

- A player cannot deliver a body check to any player while participating in a competitive contact category. Examples include:
- Making intentional physical contact with an opponent with no effort to legally play the puck.
- Using overt hip, shoulder or forearm contact with the opponent to physically force them off the puck.

- Physically impeding the progress of the opponent with hips, shoulders or torso without establishing competitive contact and making no attempt to gain possession of the puck.

## **BOARDING**

A player cannot commit any infraction, including body checking, for the purpose of intimidation or punishment that causes their opponent to go dangerously or excessively into the boards.

Examples include:

- Accelerating through the check to a player who is in a vulnerable or defenseless position off of the boards resulting in the opponent going dangerously into the boards.
- Driving an opponent excessively into the boards with no intent to gain possession of the puck.
- Any other infraction (tripping, cross-checking, charging etc.) that causes the opponent to go dangerously and excessively into the boards.

## **CHARGING**

A player cannot take more than two strides or travel an excessive distance to accelerate through a body check for the purpose of punishing the opponent. Examples include:

- Running or jumping into the opponent to deliver a check.
- Accelerating through a check for the purpose of punishing the opponent.
- Skating a great distance for the purpose of delivering a check with excessive force.

## **CHECKING FROM BEHIND**

A player cannot deliver a body check to an opponent directly from behind, or diagonally from behind. The onus is on the player delivering the check to not hit from behind. Examples include:

- Body checking or pushing an opponent from behind directly into the boards or goal frame or in open ice.

## **CROSS-CHECKING**

A player cannot use the shaft of the stick between the two hands to forcefully check an opponent with no portion of the stick blade on the ice. Examples include:

- When a player in front of the goal uses the shaft of the stick and extension of the arms to contact an opponent in a dangerous manner to create space.
- When a player uses the shaft of the stick and extension of the arms to contact an opponent in a dangerous manner who is protecting the puck along the boards.

## **HEAD CONTACT**

A player cannot contact an opponent in the head, face or neck, including with the stick or any part of the players body or equipment. The onus is on the player delivering the check,

regardless as to size differential, to not make contact in the head/neck area of the opponent. Examples include:

- When a body check is delivered with any part of the body that makes direct contact with the head or neck area.
- Use of the forearm or hands to deliver a check to the head or neck area of the opponent.

## **KNEEING**

A player cannot lead with or extend their knee outwards for the purpose of making contact, or attempting to do so, with the opponent. Examples include:

- Extending the leg or knee to make direct leg-on-leg contact with the opponent.
- Extending the leg or knee while executing an oncoming body check where the primary point of contact is the opponent's knee or leg.

## **ROUGHING**

A player cannot use the hands, stick or extension of the arms to body check an opponent or deliver a late body check to a player who is not in control of the puck. Examples include:

- Intentionally physically engaging with an opponent who does not have possession or control of the puck or when there is no effort to gain possession of the puck.
- Delivering a late check to a player who has already relinquished control of the puck by a pass or shot. This is oftentimes referred to as "finishing" the check.
- Any avoidable contact after the whistle shall be penalized strictly, including scrum situations around the goal or along the boards. Officials are instructed to assess an additional penalty to those players acting as the aggressor or who instigates any contact after the whistle.

## **SUMMARY**

All USA Hockey members must demonstrate awareness and support for the application, spirit and the respect of the rules in order for continued improvement in the game of hockey. At the same time, it is important to remember that:

- A player is entitled to use proper body position and competitive contact in all age classifications in order to gain a competitive advantage.
- Players are allowed to physically engage with an opponent using their strength and balance as long as their primary focus is to gain possession of the puck.
- In classification where body checking is allowed, the focus of the body check must be to gain possession of the puck.
- Proper body checking technique starts with stick on puck, therefore the stick blade of the player delivering the check must be below the knees.