



# HOCKEY CANADA – BOARD OF DIRECTORS

## – Body Checking Brief #2 –



### **Executive Summary**

On April 6, 2013 at a Special Hockey Canada Board of Directors meeting in Ottawa, the Board of Directors approved a recommendation to strike a Body Checking Advisory Group to examine the current status of body checking in minor hockey and offer their insight in to directions Hockey Canada should take with respect to the current body checking rules. The Advisory Group (listed below) met on two occasions to discuss the current research, the historical perspectives on body checking, and the current trends in player development along with youth growth and development.

As a result of these discussions, the Advisory Group has proposed the following four recommendations for consideration by the Hockey Canada Board of Directors at the 2013 Annual General Meeting of Hockey Canada's membership.

### **Advisory Group Membership:**

- **Terry Ledingham,** *Hockey Canada Officer (Chair)*
- **Dr. Mark Aubry,** *Sports Medicine Physician – HC & IIHF Chief Medical Officer*
- **Dr. Stephen Norris,** *Physiologist & CS4L LTAD Expert*
- **Dr. Paul Dennis,** *Sport Psychologist / Professor, U of Toronto*
- **Dr. Vern Stenlund,** *Professor, University of Windsor*
- **Doug Stacey,** *Physiotherapist - Sport Therapist*
- **James Mays,** *Hockey Canada Referee in Chief*
- **Yves Archambault,** *Hockey Quebec Technical Director*
- **Corey McNabb,** *Sr. Manager, Player & Coach Development*
- **Todd Jackson,** *Sr. Manager, Risk and Safety*
- **Todd Anderson,** *Manager, Officiating*
- **Paul Carson,** *Vice President Hockey Development*

### **Recommendation #1**

- ***Hockey Canada and its member Branches adopt the definitions for Body Contact and Body Checking as the national standard.***

#### **Body Contact**

- *Incidental contact of two opposing players in pursuit of the puck or position on the ice in the same direction. Body contact occurs as a result of movement by the offensive player. (Canadian Hockey Association, 2002)*

#### **Body Checking**

- *An attempt by a player to gain an advantage on the opponent with the use of the body. Body checking results when two opposing players collide while skating in opposite directions or when positioning and angling allow the checker to use the force of the body to gain the advantage. (Canadian Hockey Association, 2002)*

**Rationale:**

*The Body Checking Advisory Group feels it is important for all Branches and Member Partners to reference agreed upon standard definitions when reviewing all components of the body contact and body checking skills.*

**Recommendation #2**

- ***At the start of the 2013-14 season, the Hockey Canada Board of Directors remove body checking from all levels of Pee wee hockey, placing continued emphasis on body contact for this age group.***

**Rationale:**

*Safety of Pee wee aged players provides the foundation for this recommendation. But it was important to consider the elements of sport leadership, skill acquisition and development, along with recruitment and retention of young players and young officials.*

**Recommendation #3**

- ***A Hockey Canada and Branch workgroup build a mandatory national checking educational and instructional resource program to support the progressive implementation of checking skills at the Atom and Pee wee level and to better prepare players for body checking at the Bantam and Midget level.***

**Rationale:**

*Hockey Canada along with a number of Branches have developed excellent resources to support the education and instruction of coaches who in turn need to insure that players are receiving the proper instruction and practice opportunities in all areas of the checking game. A review and an amalgamation of these excellent resources will provide the foundation for instructional programming for coaches and officials in the game with a focus on creating a safer environment at all age levels.*

**Recommendation #4**

- ***Hockey Canada continues to work collaboratively with research groups to investigate a number of areas of the game including but not limited to: injury rates, return to play protocols, skill acquisition, knowledge translation of coach education, and ongoing trends in registration.***

**Rationale:**

*Hockey Canada cannot lose sight of the importance of continued research in each of the areas listed above – in order to continue to make decisions in the best interest of membership.*