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## BODY CHECKING CLINICS

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### **BACKGROUND:**

At the 2013 Hockey Canada AGM, a decision was made to eliminate Body Checking at the U13 division and introduce it at the U14 divisions Rep hockey (where body checking is applicable). Along with the research and medical evidence relating to body checking, part of the rationale for this decision was based on the need to better prepare participants for body contact and eventually body checking as they progress through minor hockey and into the U14 and above divisions.

Checking is a critical skill in the game of hockey that when performed properly can create quality scoring opportunities or help a team regain control of the puck. Just like skating, puck control, passing and shooting there are key progressions to the skill of checking when taught effectively and can greatly enhance a player's enjoyment of the great game of hockey.

A common misconception is that the skill of checking begins at a certain age or age category of play. In fact, checking is a 4-step progression that begins the first time a young player steps on the ice. Body checking is the fourth and final step of a four-step teaching progression.

### **NCCP CHECKING PROGRESSION MODEL:**

- Step 4. Body Checking
- Step 3. Contact Confidence and Body Contact
- Step 2. Stick Checks
- Step 1. Positioning and Angling

It is the expectation of ALLIANCE Hockey that AAA, Seeded (AA/A) and BB/B Coaches working with U9 through U13 teams incorporate the first three phases of the Checking Progression into their practices. The Teaching Checking manuals are provided at all clinics and are also available on the [Hockey Canada website](#).

### **BODY CHECKING POLICY – 8.64**

#### **MANDATORY BODY CHECKING CLINIC**

All participants wishing to play in a League in their U14 season where body checking is permitted must complete a Body Checking Clinic prior to the start of their U14 evaluations.

#### **SUBSEQUENT MANDATORY BODY CHECKING CLINIC**

During their U14 season, all participants (competing in a League where body checking is permitted) must complete a subsequent body checking clinic with their current team by December 1st of the current season.

This clinic will provide review and further instruction for those participants who took an initial clinic prior to tryouts and must include all affiliated players associated with that team.

### **CLINIC HOSTING**

The responsibility to host Body Checking Clinics rests with the member associations.

Associations may host team body checking clinics using their own approved Instructors or Associations may book team body checking clinics through the ALLIANCE Hockey Office.

Associations must complete and submit a report with the team body checking clinic information and registrant list within two (2) weeks of hosting the clinic(s). Please use the chart below to submit your list of clinics and attach a separate registrant list. Please ensure that the registrant list includes at minimum, the registrants full name and date of birth.

ALLIANCE Hockey Associations are required to submit their body checking clinic applications for those clinics that are to be hosted prior to Spring evaluations and require Facilitators who are secured by ALLIANCE Hockey a minimum of 14 days in advance of the clinic.

### **BODY CHECKING CLINIC APPLICATION FORM**

#### **BODY CHECKING CLINIC REQUIREMENTS:**

- 75 minutes class time
- 90 minutes ice time
- All participants are required to wear full equipment on-ice
- Goaltenders are included and are required to wear full equipment on-ice
- Coaches must participate in the classroom and on-ice sessions, CSA approved helmets are required for the on-ice sessions

#### **HOST RESPONSIBILITIES:**

- Host Association responsible to book the facility and ice
- Host Association responsible to submit clinic application within required timeframe
- Host Association responsible for covering all expenses incurred i.e. facility fee, etc.
- Host Association is responsible for administration at clinic
- Host Association is responsible for the room set up, including:
  - Table & Chairs for Facilitators
  - Table for projector and computer
  - Screen or white wall
  - Chairs for all players and coaches
- Host Association to provide a list of all participants (names and birth dates) following completion of the clinic to the Coordinator, Development & Programs in the ALLIANCE Hockey Office

#### **ALLIANCE HOCKEY RESPONSIBILITIES:**

- Coordinating and reimbursing the clinic Facilitator(s) (where applicable)
- Updating all player's profile that have completed the required clinic.

## **BODY CHECKING CLINIC SUBSIDIZATION**

ALLIANCE Hockey will provide subsidization where possible for Team Body Checking Clinics as outlined below:

- ALLIANCE Hockey will provide a subsidization for all mandatory Team Body Checking Clinics (i.e. clinics for all current season U14 AAA, Seeded (AA-A), BB/B eligible players and coaches hosted prior to evaluations). (The subsequent clinics are not eligible for ALLIANCE Hockey subsidy)
- Subsidization will only be provided to those Associations who complete and submit their report and clinic participant lists to the ALLIANCE Hockey Office by the deadline of December 1st of the current season.
- Subsidization will be based on a percentage of allocated funds set aside by ALLIANCE Hockey and divided amongst all Associations who submit reports by the required deadline. Subsidization will be provided for ice time and facility rental costs only.
- When applying for subsidization, copies of the ice rental and facility rental receipts and the registrant list must accompany the report form (PAGE 4).

**Mandatory Team Body Checking Clinic - REPORT FORM**



Name of Minor Hockey Association:

Submitted by:

#	Date of Clinic	Time of Clinic	Clinic Instructor(s)	Location/Facility of Clinic
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

- Please submit a copy of the registrant list along with this report form.
- If applying for subsidy, please include copies of the ice rental, facility rental receipts and the registrant list with this report form.
- **Please submit all completed reports by December 1<sup>st</sup> current season to:**  
Zach Mark: [zmark@alliancehockey.com](mailto:zmark@alliancehockey.com) or Fax: 519-273-2114