

# Boarding and Body Checking

## Rule 50 b)

In Divisions Atom and below (**WER includes PeeWee**) and Female Hockey, a Minor Penalty or, at the discretion of the Referee, a Major and a Game Misconduct shall be assessed any player who, in the opinion of the Referee, intentionally body checks, bumps, shoves, or pushes any opposing player. If a player is injured, a Major Penalty and a Game Misconduct must be assessed.

When the offensive player is skating towards the defensive player, the defending player may not hit the offensive player by going in the opposite direction to that player. The body contact must be as a result of the movement of the offensive player. There must be no action where the offensive player is pushed, checked or shoved into the boards. Where in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

*The situation of a player steering or directing an opposing player into the boards, without actually touching him is acceptable.*

*The most obvious example of this may be seen when a player is coming down the ice with the puck and has to make a move on a defencemen. Quite often the puck carrier will try to go wide along the boards. In this case, we say that the defencemen has the right to close off the boards, in order to force the puck carrier to slow down or, towards the middle of the ice. The principle that must prevail is that no player is entitled to use his body to intentionally bump push or shove an opponent.*

*The same would hold true for a defenceman trying to clear an attacking forward from the front of his net to afford his goaltender a clear view. It would be acceptable for a defenceman to, using his body, lean into and steer away the attacking player from the front of the net providing he did not bump, push or shove his opponent.*

*To sum it up, Body Contact and Body Checking must not be confused. Body Contact will occur when two players touch each other as in being side by side trying to gain possession of the puck, or trying to gain body position in front of the net.*

*Body Checking is when there is intentional pushing, bumping, or shoving of an opponent with a distinct motion or force.*

*One must remember that another key factor is the **discretion** used by the Referee.*

