



ONTARIO MINOR HOCKEY ASSOCIATION
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MEMORANDUM

TO: OMHA Centres
FROM: Bob Hill
Vice President, Central District
Chairman, Development Committee
CC: OMHA Board
DATE: March 8, 2017
SUBJECT: Body Checking - Minor Bantam Age Players

There have been several inquiries with regard to the status of the introduction of body checking at tryouts involving players entering Minor Bantam. Body checking continues to be a topic of discussion at all levels of hockey within the OMHA at which it is currently permitted.

We are aware that many Centres have provided body checking educational sessions for their players in preparation for tryouts. In cases where a Centre cannot be completely certain that all participating players have been exposed to the same education and training, it is recommended that tryouts be conducted without body checking.

Despite best efforts of associations in administering tryouts, this challenge becomes more complex when dealing with players potentially unfamiliar to coaches/Associations (ie Waivers, NRP, etc.), and in confidently ensuring all players have been exposed to the same education.

The skill of body checking is the fourth and final step of a 4-step teaching progression leading to Body Checking, the first 3 steps being:

1. Angling & positioning
2. Stick Checking
3. Body Contact/contact confidence

Additionally, the skills necessary to give and receive a body check are easily observable in a non-body checking environment, including:





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Skating Ability (speed, strength, balance and agility)

Anticipation

Positional ability

Read and React Skills

There is a safety and risk management element in both scenarios, especially when it cannot be guaranteed that all participating players have been exposed to the same education.

It is imperative that Associations and Coaches conducting tryouts ensure that players are not exposed to a situation in which there may be a skill evaluation for which they have not been appropriately instructed.

Sincerely

ONTARIO MINOR HOCKEY ASSOCIATION

Bob Hill

Vice President Central District

Chairman, Development Committee

