

GUIDELINES ON BODY CONTACT

Written by: Jeffrey J Scott

© Copyright 1998

The primary difference between body contact and body checking is intent. In both situations, there will be some contact with an opponent, the fundamental difference is: with body contact the sole intent is to play the puck, while with body checking the intent is to play the body (the opponent) instead of the puck.

Primary Principles of Body Checking in InLine Hockey Games

1. Every player is entitled to occupy any vacant space on the playing surface.
2. Every player has the responsibility of avoiding running into an opponent.
3. Every player is entitled to move to vacant space providing she does not run into an opponent and that she gives moving opponents the opportunity to avoid running into her.
4. A moving player who recognises a situation where a collision might occur must attempt to take action to avoid it.

Corollaries

1. A defensive player may move to any defensive position provided that he gives the puck carrier the time to take action to avoid a collision.
2. The puck carrier must not run into a defensive player who has legally taken a stationary position.

In General

- A. If contact occurs head on, the puck carrier is usually at fault.
- B. If contact occurs from the side, as the puck carrier is going past the defender, then the defender is usually at fault.
- C. If incidental contact occurs, and no advantage is gained by either player, then no penalty will occur.
- D. Boarding must be strictly enforced in all games. The players are not expecting violent impact with the boards, thus, any contact that propels an opponent into the boards must be penalised.
- E. If a player is attempting to "close the gap" between himself and the boards the principals in, "A", "B", and "C" apply when determining body checking.

Examples

1. A defending player standing in a stationary position in front of her goal, has the puck carrier run directly into her causing the defending player to fall down. Charging or body contact penalty to the puck carrier.
2. The puck carrier skating in a straight line toward his opponent's goal has a defending player skate directly in front of her (within 0.5 metres). The puck carrier does not have enough time to react to the situation and collides with the defending player. Body contact penalty to the defending player.
3. The defending player has her shoulder against the boards facing the attacking player. The attacking player sees this and attempts to barge her way between the defending player and the boards, causing the defending player to fall. Charging or body contact penalty to the puck carrier.
4. The defending player is approximately one metre from the boards facing the attacking player. The puck carrier sees this and attempts to skate between the defending player and the boards. The defending player attempts to close the gap, thereby colliding with the puck carrier, and causing the puck carrier to be propelled into the boards. Boarding Penalty to the defending player.
5. The defending player is approximately one metre from the boards facing the attacking player. The puck carrier sees this and attempts to skate between the defending player and the boards. The defending player turns around attempting to close the gap, skating in front of the puck carrier, and causing the puck carrier to slow down and have no where to skate. No penalty is assessed to either player.
6. Opposing players are racing toward a loose puck from opposite directions. Both players arrive at the puck at the same time and do not have the ability to avoid colliding into one another. No penalty is assessed to either player.
7. Opposing players are racing toward a loose puck from opposite directions. Player "A" arrives at the puck first. Player "B" in noticing that he will not obtain the puck, continues in a direct path toward "A", making no attempt to take evasive action and collides with player "A". Body contact penalty to player "B".
8. Opposing players are jostling for position in front of the goal. Neither player is gaining an advantage or being placed at a disadvantage through the contact that is occurring. No penalty is assessed to either player.