



Ice Hockey Australia

(Trading name of the Australian Ice Hockey Federation)

ABN: 77 106 538 293

PO Box 4387, Langwarrin VIC 3910

T: +61 3 9786 9654

E: iha@iha.org.au W: www.iha.org.au

From the Office of the Referee in Chief

Defris National Championship

Rules Emphasis Bulletin

Hockey is a fast paced, emotionally charged, exciting sport and player safety is of paramount importance during a game. As players encounter checking hockey in their younger years, we need to take appropriate precautions to protect players from serious injury and ensure they maintain a high level of enjoyment from playing the game.

Terminology

BODYCHECK – A bodycheck represents contact by a skater on an opposing skater, so long as the objective is to separate the opponent from the puck. Any skater who is in control or possession of the puck can be bodychecked provided that:

- a) the bodycheck is made with the hips, body, or shoulder;
- b) contact with the opponent is from in front or to the side and does not target the head or neck area or the lower body (below the hip).

There is no such thing as a clean bodycheck to the back, head, or lower body of an opponent.

There is no such thing as a clean bodycheck made principally with the lower body, stick, or head. There is no such thing as a clean bodycheck on a goaltender.

LATE HIT – A late hit constitutes reckless endangerment of a skater who no longer has control or possession of the puck. Any skater who is in the process of abandoning or losing control or possession of the puck is subject to a bodycheck so long as the aggressor is in the immediate vicinity of the skater with the puck. If the aggressor must move to the skater and makes forceful contact, the aggressor risks turning a bodycheck into a late hit by virtue of the vulnerable position of the opponent and the degree of force of the hit.

RECKLESS – Any action that endangers an opponent.

VULNERABLE – A skater is considered to be in a vulnerable position when he is no longer in control or possession of the puck and he is either not aware of an impending hit or he is not prepared for the hit. A bodycheck to an opponent who is vulnerable is automatically considered reckless even if that bodycheck would be considered legal to a non-vulnerable opponent.



Rules

RULE 119 – BOARDING

DEFINITION: A player who bodychecks, elbows, charges, or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards.

- i. A boarding penalty is punishable by a minor and misconduct penalty.
- ii. A player who recklessly endangers an opponent as a result of boarding will be assessed either a major and automatic game-misconduct penalty or a match penalty.
- iii. A defender who pins an opponent in possession of the puck along the boards (“rolling”) as he tries to squeeze by is allowed so long as other infractions (holding, interference) do not occur in the process.

RULE 153 – LATE HIT

DEFINITION: A late hit constitutes a bodycheck to a skater who is in a vulnerable position because he no longer has control or possession of the puck. A late hit can be delivered to a skater who is either aware or unaware of the impending contact.

- i. A skater who is not in the immediate vicinity of an opponent in possession or control of the puck and still delivers a late hit to that opponent, who is aware of the impending contact, will receive a minor penalty.
- ii. A skater who delivers a late hit to an unsuspecting opponent will receive a major and automatic game-misconduct penalty.
- iii. A skater who recklessly endangers a vulnerable opponent with a late hit will be assessed a match penalty.

RULE 149 – INTERFERENCE

- vi. A skater who anticipates an opponent gaining possession or control of the puck but who makes contact with the opponent before this possession or control occurs will receive an interference penalty.

Body Checking

No contact between two players travelling in opposite directions (north to south), that is avoidable, will be considered legal. These actions shall be penalised under the Charging rule and applied as follows:

- i. A skater who delivers an avoidable north to south body check to an opponent who is aware of the impending contact will receive a minor penalty.
- ii. A skater who delivers an avoidable north to south body check to an unsuspecting opponent (e.g. an opponent who may be skating with his/her head down) will receive a major and automatic game-misconduct penalty.
- iii. A skater who recklessly endangers a vulnerable opponent with a north to south body check will be assessed a match penalty.

If an opponent is in the process of performing a poke check or stick check and legal contact is made either during or immediately after the stick or poke checking action, no penalty will be assessed.

Kent Unwin

Referee in Chief

M: +61 416 074 441

E: ric@iha.org.au

