



Vancouver Island  
Amateur Hockey Association

# INFORMATION BULLETIN # 2011-03-IN

August 8, 2011

**TO: MHA Presidents, All Membership**  
**FROM: Marg Herba, Executive Director**  
**COPY: VIAHA Officers**  
**SUBJECT: Non-Checking for all Recreational Teams/Leagues**

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On August 7, 2011, the following was motioned and carried by the VIAHA Executive Committee:

***“Effective immediately, there will be no body-checking in all levels of recreational hockey within VIAHA.”***

All recreational leagues and teams within VIAHA will be non-checking starting this season.

Please note that there is a difference between Body Checking and Body Contact as defined below:

Hockey Canada Checking Definitions:

**Body Checking:** Body Checking is defined as an individual defensive tactic designed to legally separate the puck carrier from the puck. This tactic is the result of a defensive player applying physical extension of the body toward the puck carrier moving in an opposite or parallel direction. The action of the defensive player is deliberate and forceful in an opposite direction to which the offensive player is moving and is not solely determined by the movement of the puck carrier.

**Body Contact:** Body Contact is defined as an individual defensive tactic designed to legally block or impede the progress of an offensive puck carrier. This tactic is a result of movement of the defensive player to restrict movement of the puck carrier anywhere on the ice through skating, angling and positioning. The defensive player may not hit the offensive player by going in the opposite direction to that player or by extending toward the offensive player in an effort to initiate contact. There must be no action where the puck carrier is pushed, hit or shoved into the boards.