



## INFORMATION BULLETIN

BULLETIN #: 220407-031-I  
DATE: April 7, 2022  
TO: OMHA Member Associations  
CC: OMHA Board; OMHA Convenors  
FROM: Ian Taylor, Executive Director  
**SUBJECT: BODY CHECKING – U14 PLAYERS/TRYOUTS**



As we transition in the return to programming and spring tryouts for the U14 Division, there have been inquiries with regard to the status of the introduction of body checking at tryouts involving players entering U14. Body Checking continues to be a topic of review and discussion at many levels of hockey within the OMHA at which it is currently permitted.

As in the past, many Member Associations have or will have the opportunity to provide body checking educational sessions for their players in preparation prior to tryouts. In cases where an Association 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:

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.

All Coach 2 – Coach Level and Development 1 OMHA Clinic participant Coaches have received the NCCP Instructional Stream Body Checking Qualification or the Hockey Canada Hockey University (H/U) Checking Module training to instruct this skill. There are many additional resources available at [omha.net](http://omha.net).

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.

Any questions may be directed to your Regional Director or the OMHA Office.