



ONTARIO MINOR HOCKEY ASSOCIATION
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MEMORANDUM

To: OMHA Member Associations
From: Ian Taylor, Executive Director
Cc: OMHA Board of Directors
Date: February 1, 2017
SUBJECT: **BODY CHECKING IN RECREATIONAL HOCKEY**

Effective with the 2015-2016 season, the OMHA introduced a two-year pilot removing Body Checking from all OMHA Recreational programming.

At the OMHA Board of Directors meeting of January 28-29, 2017, the Body Checking pilot was reviewed and a motion was approved that effective the 2017 - 2018 season, **Body Checking will be removed from all OMHA Recreational programming**, including House League, Local League, Rostered Select, and Minor Development.

Education will remain a priority focusing on the 4-Step Checking Progression, which begins the first time a young player steps on the ice. This progression emphasizes the practice of positioning, angling and stick checks followed by contact confidence and body contact which is taught at the later stages of athlete development.

The OMHA seeks to provide programming to achieve objectives consistent with Hockey Canada's Long Term Player Development (LTPD) model, and provide players with opportunities within the recreational stream of hockey best suited to their development.

Please contact the OMHA Office or your Regional Director if you have any additional questions.

Sincerely,

Ian Taylor
Executive Director
Ontario Minor Hockey Association

