



Body Checking vs NON-Body Checking

U15 & U18 – F.A.Q

1. **What Age Divisions IS Body Checking (BC) permitted?**
 - a. As per Hockey Calgary, 'checking' is only permitted in:
 - i. U15 BC Tier 1, U15 BC Tier 2 and U15 BC Tier 3
 - ii. U18 BC Tier 1, U18 BC Tier 2 and U18 BC Tier 3
2. **How do I indicate if my child wants Body Checking or Non-Body Checking?**
 - a. Body Checking or Non-Body Checking must be designated at the time of registration.
3. **Will there be evaluations held for both Body Checking and Non-Body Checking?**
 - a. Yes.
 - b. If a participant has designated themselves as Non-Body Checking, they will only be assigned to a Non-Body Checking group for the duration of evaluations.
4. **We selected Body Checking at the time of registration, but my child was placed on a Non-Body Checking team. Why?**
 - a. Evaluation rankings determine a participant's final group placement.
 - b. Meaning – A participant may be placed in a Non-Body Checking group even if they designated Body-Checking at the time of registration.
 - c. There are a limited number of spots in the Body Checking division. Therefore, participants who don't successfully evaluate in a Body Checking division will be assigned to the Non-Body Checking division.
5. **Is the Non-Body Checking Division also tiered?**
 - a. Yes.
6. **How many Tiers are available in each Age Division?**
 - a. For both U15 and U18, Tiers are as follows;
 - i. Body Checking (BC) – BC Tier 1, BC Tier 2 and BC Tier 3.
 - ii. Non-Body Checking (NBC) – NBC Tier 1, NBC Tier 2, NBC Tier 3 and NBC Tier 4.
7. **Can my child affiliate to a Body Checking Division if they are in Non-Body Checking?**
 - a. Depends.
 - b. Non-Body Checking participants need to have completed a Checking Clinic to be considered.
 - c. An agreement to affiliate to Body Checking was signed by a Parent/Legal Guardian.



U15 Participants – Checking Clinic

1. **Is a Checking Clinic required?**
 - a. Yes.
 - b. All 1st year U15 participants who want to evaluate in the Body Checking Division **MUST** have taken a Checking Clinic **PRIOR** to the start of the U15 evaluations.

2. **Does Southwest Hockey provide a Checking Clinic?**
 - a. Yes.
 - b. The Association hosts a **free** Checking Clinic for all 1st year U15 Southwest Hockey **registered participants**.

3. **Can you tell me more about the Southwest Checking Clinic?**
 - a. This season, the Association has partnered with Pinnacle Hockey Development.
 - b. The clinic has two (2) ice times. 'Part A' and a 'Part B'.
 - c. Participants can **ONLY** attend the ice time that was confirmed by the Administrator.
 - d. Participants **MUST** attend **BOTH** to be considered completed.

4. **What if my child does not attend both ice times?**
 - a. Those who do not complete the Southwest Hockey Checking Clinic, **OR** who do not provide proof that a clinic was taken in the Spring/Summer of the current year, will **NOT** evaluate in Body Checking and will be assigned in the Non-Body Checking Division.
 - b. The participant will also **NOT** be considered for affiliation to a Body Checking team.

5. **Is my 1st year U15 child automatically signed up for the Checking Clinic?**
 - a. No.
 - b. Since some families register for additional Checking Clinics over the Spring/Summer, individual sign-up is required.
 - c. The Administrator will send information directly to eligible U15 participants approximately the 3rd week of August with instructions on how to sign up.

6. **What if my 1st year U15 child already completed a Checking Clinic over the Spring/Summer? Do we need to complete this clinic?**
 - a. No.
 - b. Send proof of the Checking Clinic to: admin@southwesthockey.ca This can be a receipt or an email confirmation from the Checking Clinic provider.

7. **If my 1st year U15 child completed a Checking Clinic over the Spring/Summer, can they still participate in the Southwest Hockey Checking Clinic?**
 - a. Yes.
 - b. Although your child would not be required to take the Southwest Clinic, they would be welcome to attend as additional training.

8. **My child played U15 previously. Can they sign up for the Checking Clinic?**
- Not right away.
 - If there are available spots, then additional Southwest Hockey registered U15 participants are welcome to sign up for the Checking Clinic.
 - The Administrator will contact eligible families if there is space available.
 - Spots will be filled on a first-come basis.
9. **What if my 1st Year U15 child ONLY WANTS to STAY in Non-Body Checking? Do they need a Checking Clinic?**
- No.
 - If they only want to participate in the Non-Body Checking Division **and** NOT want to be considered for affiliation to a Body Checking Division, then they are not required to complete a Checking Clinic.
 - Optional** – While the Checking Clinic would not be required, there still can be 'contact' in the Non-Body Checking Division. Therefore, the participant would be welcome to attend the clinic as additional training for making/receiving contact.
10. **I think we may have a unique situation. Who can I contact to see if the Checking Clinic could be an option for my U15 child?**
- Contact the Administrator at: admin@southwesthockey.ca
11. **Who do I contact if I have more questions?**
- Your first point of contact should be your Age Division Eval Lead / Eval Assistant
 - Contacts can be found at this link: <https://southwesthockey.ca/evaluations/>
 - Alternatively, you can also contact:
 - Director of Evaluations: evaluations@southwesthockey.ca
 - Assistant Director of Evaluations: asst-evaluations@southwesthockey.ca