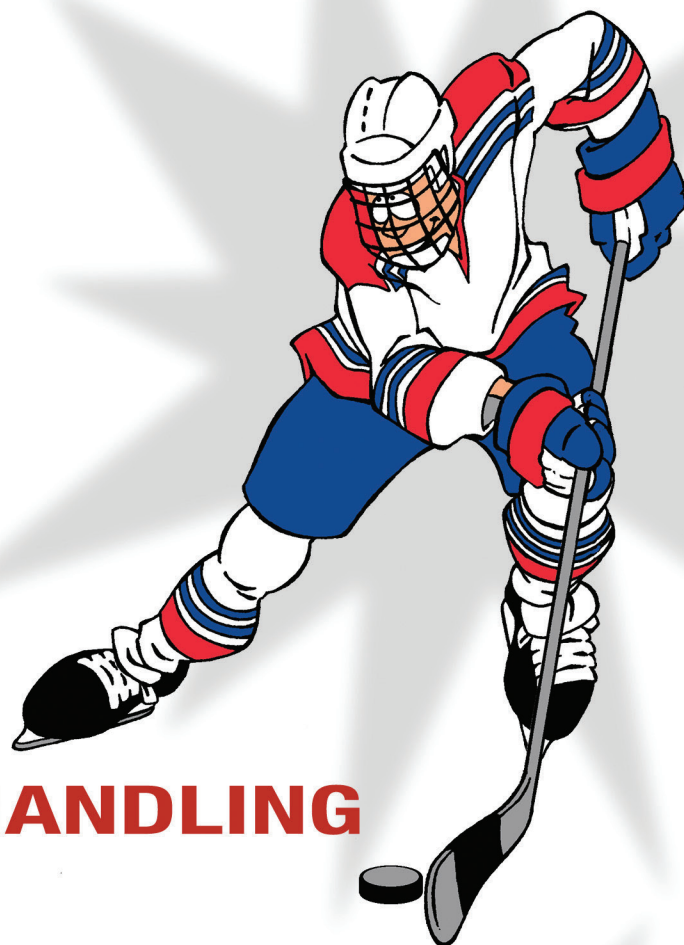


Standard of Play

the **RIGHT** way to play hockey!



SKATING



STICKHANDLING



PASSING



SHOOTING



BODY CONTACT

Body Contact is okay for:
8 & Under (reduced surface)
10 & Under and 12 & Under
(games)



BODY CHECKING

Body Checking is okay for:
12 & Under (in practice)
and 14 & Under
(in games)



HOLDING



INTERFERENCE



SLASHING



HOOKING



CHECKING FROM BEHIND



CONTACT TO THE HEAD



For information on USA Hockey's Standard of Play and Rules Enforcement, visit usahockey.com.