



KVHA News – NPSHL Body Checking Rule Change Will be Implemented Next Season

Kent Valley Ice Centre, Kent, WA. February 20, 2012 – KVHA is providing the information below to KVHA members on behalf of the North Puget Sound Hockey League (NPSHL).

NPSHL Body Checking Rule Change for 2012-2013 Season

North Puget Sound Hockey League, February 16, 2012 – The North Puget Sound Hockey League (NPSHL) announced today that it will be removing body checking from all levels of play for the upcoming 2012/2013 season.

There have been on-going discussions between Seattle Junior Hockey Association, Sno-King Amateur Hockey Association, current North Puget Sound Hockey League member associations, North Puget Sound Hockey League Commissioner, and USA PNAHA Chief of Referees regarding body checking as a necessary component at the recreational or “C” levels. The reasons for moving to be a non-checking league include:

- decreases injuries, particularly head contact and concussions;
- keeping more players in the game longer;
- addresses the 3 year age difference between Midget players;
- promotes skill development;
- greater alignment with Canadian league rules (Pacific Coast Amateur Hockey in B.C. recently eliminated body checking at all “C” levels).

The extensive hockey community, including USA hockey, most Canadian Provinces, and the NHL, has spent a vast amount of time and energy researching the issues facing our game. Head injuries and concussions are commonly in the headlines and most parties are in agreement that concussions are cumulative. The reduction of head injuries is the primary reason that these steps are to be taken; that is, to protect our players.

Body contact will still be allowed and encouraged as per USA hockey rules.

For further information please contact the NPSHL or the NPSHL commissioner at: commish@npslh.com

Sincerely,

NPSHL

KVHA News Contact: Lew Sellers, Director of Communications

Kent Valley Hockey Association
6015 So. 240th Street
Kent, WA. 98032
(206) 914-9619 Cellular
Lew@KentValleyIceCentre.com

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<p>(253) 395-3800</p> <p>6329 South 212th Street Kent, WA 98032</p>	<p>(425) 255-0300</p> <p>16038 West Valley Highway Tukwila, WA 98188</p>	<p>(800) 315-2621</p> <p>19621 International Blvd. SeaTac, WQ 98188</p>

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