

# Adult Scrimmage Drop-in Hockey 19+

## Rules and Guidelines

- Adults 19+ only
- Maximum is 20 players, 2 goalies per session.
- Full gear required. Helmets must be worn and fastened at all times.
- The level of play is recreational with no contact or rough play.
- Bring both light and dark jerseys. The attendant may ask you to switch teams to even out play.
- Players self-monitor the length of their shifts to ensure equal ice time.
- Players are asked to arrive fifteen minutes prior to the start time.
- If the session does not fill, the attendant may change the session to a Stick and Puck.

Regular drop-in fees apply

**\*\*Reservations are required for STICK & PUCK and Adult Scrimmage, available to reserve seven days in advance at 7:30am. Please make sure you register as a Skater or a Goalie.**

