

Stick & Puck

Rules and Guidelines

- Check in with skate patrol
- Go to assigned dressing room
- Do not enter the ice without skate patroller
- There are no goalies, scrimmages, drills or passing down the ice.
- For everyone's safety, please keep the front and behind the net clear at all times.
- Players boxes are available for rest periods.
- Gates must be kept closed during the session.
- Full hockey gear is highly recommended but not necessary.
- The following gear is mandatory for all participants
 - Helmet
 - Hockey gloves
 - Ice hockey stick
 - Hockey skates
 - Appropriate clothing