



## **Stick and Puck General Rules**

### *Required Equipment*

- Full equipment is recommended; helmets, gloves, skates are required

### *Locker Rooms*

- Women will use locker room 1; Men in locker room 4
- Locker rooms must be left clean after use
  - No tape balls, trash, empty water bottles
- Showers will be available

### *General Rules*

- No body checking
- Zero tolerance for unsportsmanlike conduct or fighting
- No alcohol, tobacco, or drugs are allowed in the arena. Violation of this rule will result in suspension of facility use
- No player will be allowed to participate if intoxicated

### *Age*

- All ages are welcome to participate in stick and puck
- All participants must be competent skaters

### *Payment*

- Drop in rate is \$17. 10 punch passes are available online for \$135, or in person for \$145