



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