

# IceLand Rink

## Hockey Information & Rules



**Stick & Puck:** Stick & puck sessions are for players of all ages and skill levels. They give players an opportunity to practice hockey skills as needed. Scrimmages and games are **NOT** allowed. All players must wear a HECC approved hockey helmet, shin pads, hockey skates, and hockey gloves and provide their own stick and puck. No bicycle helmets, Lacrosse or Football helmets allowed. Players younger than 18 years old must wear a full cage or shield. No slap shots, fighting or checking permitted. Stick and puck sessions are not supervised on ice. Goalies pay full price on S&P. Limit 30 skaters & 2 Goalies. Fees: \$12.00/player & Goalie

**Rat Hockey:** Rat hockey sessions are open to any age or level player. **FULL hockey** equipment is required by everyone on the ice. These sessions are designed for scrimmages and games. No skills/drills allowed during games. Limited to 30 players and 4 goalies. No checking, fighting or slap shots allowed. Pucks and equipment are the responsibility of the players, and are not provided. There is no on ice supervision. Fees: \$12.00/player, goalies free.

Outdoor sessions may be cancelled at any time due to weather and ice conditions.

Private lesson may only be taught by Iceland staff with required insurance. NO Visiting coaches allowed to teach private lessons during S & P or Rat Hockey.