

BASIC RULES, EQUIPMENT & SAFETY REMINDERS

- Only use the stick to play the puck, NOT to impede a player. Keep your stick off an opponent's body. Do not hook a player, let him go. Hooking, no matter how minor often throws a player off balance leading to an increased possibility of injury.
- Do not infringe in the goal crease or cut to the net. Avoid contact with the goalie and all actions which might lead to scrums in the goal net area.
- Icing: Ease up! Defending team gets the puck. Attacking team moves outside the blue line. No fore-checking inside the blue line on icings.
- At each stoppage, always allow ample time and space to restart play.
- **NO SLAP SHOTS**; No raising the stick passed the knee for wind up or follow through
- Avoid Body Contact: Players must do their best to avoid contact at all times.
- Don't slide along the ice to block shots.
- All players are encouraged to wear throat protection and a mouth guard.
- A CSA APPROVED HELMET WITH FACE PROTECTOR IS A MUST.
- To make insurance claims for a facial injury through CARHA Insurance:
 - A. for skaters - face protection must be CSA approved and at minimum a half-face shield as well as either an internal or external mouth guard.
 - B. for goalkeepers - face mask must be CSA approved. Some cat-eye masks are not SCA approved.
 - C. **Alterations to approved facial protectors or helmets destroys the certification and disqualifies a claim.**