**AYCC & CMYHA Synthetic Rink Rules**

General Rules

* Follow all AYCC and CMYHA COVID-19 policies and protocols.
* For any MEAHA sanctioned activity, follow all MEAHA COVID-19 policies and protocols.
* No food, beverage, gum or candy allowed in the rink/ice surface area. Water bottles are only allowed in designated areas as outlined in the MEAHA COVID policies and protocols.
* Participants should arrive no earlier than 10 minutes prior to scheduled time and may not enter the gym area until the previous group has cleared the gym.
* Participants must leave the gym are immediately following scheduled time.
* If there are conflicting rules or guidelines and no exception is listed the more cautious or restrictive shall apply.

General Equipment Rules

* ***No shoes or other footwear allowed on the ice surface. Skates only***
  + stocking feet permitted for some non-skating activities
* Only non-marking pucks allowed. Pucks provided by CMYHA and AYCC.
* For all hockey activities, helmet, skates, shin pads, pants/girdle gloves, and elbow pads are required, shoulder pads are recommended. Coaches may use some discretion depending on practice plan for the night. Safety first!
* White tape only on the blades of hockey sticks. Please use a strip of white tape on the bottom of your stick blade covering the heel to the toe.
* Best practice is to sharpen your skates before and after rink use.

Hockey Rules & Guidelines

* No body checking permitted in any hockey activities.
* Follow AYCC Masking Rules; Any Unvaccinated Individual Should Wear Masks

Member/Public Open Skate Rules & Guidelines

* During member/public Open skates, all skaters will skate in one direction.
* No hockey sticks, pucks or other equipment permitted during open skates.
* Follow AYCC Masking Rules; Any Unvaccinated Individuals Should Wear Masks
* Helmets are recommended, but not required
* Fee: Members free; Non-Member $5
* ***Public Skate Times: Monday, Wednesday, Friday Evening 5pm-7pm; Saturday Morning 9am-11am; times are subject to change***

Household Skates (private member rental)

* Only members from one household are allowed to participate in household skating time.
* Masks not required.

Skate Rentals

* Skate rentals are available, payment will be collected at AYCC Welcome Center. $5 per pair of skates.

**Looking to schedule time on the synthetic ice rink?**

**Please contact: Isaac LeBlanc AYCC Athletic Director (207) 873-0684 ileblanc@clubaycc.org**