



2026 Stick Card

Goal-Scorer's Stick Check

1. Pocket-depth (drop and roll out of the scoop, front and back for free movement).
2. Brief examination of head/stringing (pocket/shooting strings attached to sidewall).
3. No adhesive substance (including tape) in the pocket that impedes movement or anywhere on the head of the stick.

*Suspected violations of Rule 2 may warrant further inspection.

Team Requested Stick Check

1. Pocket-depth (drop and roll out of the scoop, front and back for free movement).
2. Brief examination of head/stringing (pocket/shooting strings attached to sidewall).
3. No gaps in stringing larger than 1.68 inches (may use golf ball).
4. Measure stick length (35 ½" - 43 ¼" or 90 – 110 cm).
5. Measure minimum inside width at widest point (6.3" or 16 cm).
6. Measure minimum inside width at narrowest point (2.64" or 6.7 cm).
7. No adhesive substance (including tape) in the pocket that impedes movement or anywhere on the head of the stick.

*Suspected violations of Rule 2 may warrant further inspection.