# FAQ

How old do I need to be in order to play paintball?

Insurance requirements state players must be at least ten years old.

What should I wear?

We recommend layering camo- colored, heavy, baggy clothing. You will get warm as you run around and may want to shed a layer. It's best to cover all skin. Don't wear anything bright like red or neon unless you prefer to be a "target". Wearing hooded sweatshirts or caps helps protect the back of the head and is recommended, as well as closed-toe footwear with good ankle support. Extra protective padded clothing is available to rent and is available on a first come, first serve basis.

Does it hurt to get hit?

With high adrenaline levels, some players don't feel being shot. (That might explain why it looks as if someone might be cheating not taking themselves out of the game, but they genuinely may not know.) If you are unsure you can call for a "paint check". It can feel like a bee sting and can leave bruises. We have a "15 foot rule" which means you may not shoot someone within 15 feet, you may only call them out.

Can we bring our own food?

You not only can bring your own food, but it is encouraged. Players expel a lot of energy and need to refuel. Alcoholic beverages are prohibited during playtime.

Is there anywhere nearby to buy food?

There is a small burger place 3 miles away, other than that Lincoln, Yuba City or Natomas are the closest locations. Often times with groups, another parent will come later in the day with pizza.

Are there tables?

Plenty of tables are available in the heavily tree shaded picnic area. It is located near a couple of fields so you can enjoy watching the games while you eat. If you want to BBQ, propane BBQ's are available to rent for a nominal fee.

How long does it take to play?

Many different games are played throughout the day ranging from 10 minutes to 30 minutes. Refs do their best to keep time between games to a minimum so players get maximum playing time. Players may also request a particular game.

Is there a designated lunch time?

We generally break for 20 min. around 12:30PM. Although you may take a break whenever you like and join up with the next game.

Who needs a waiver?

Everyone must have a signed waiver regardless if playing or not, meaning **ALL** spectators.