Pre Game Stick Check
(Before the game, all players)
1. Pocket Depth Check (drop and roll, front and back)
2. Brief examination of head/stringing/shaft*/pocket attachment

Pre Game Random 5 Check
(5 Sticks per team total)
1. Pocket Depth Check (Drop and roll, front and back)
2. Brief examination of head/stringing*
3. Measure stick length (90-110cm)
4. Measure minimum inside width at widest point (16cm)
5. Measure minimum inside width at narrowest point (6.7cm)
6. Measure outside width of head at widest point (18cm min to 23cm max) (Diagram 1)

Coach Requested Stick Check
(Timeout/Halftime/Before Game/Before OT/Before Draw)
1. Head securely affixed to shaft
2. Pocket Depth Check (drop and roll, front and back)
3. No pinching, baking, shaving, stretching, drilling of additional holes, breaking and reconstructing with adhesives
4. No gaps in stringing larger than 1.68 inches (golf ball)
5. Stringing/pocket is attached to sidewall
6. Stringing does not impede free movement of ball
7. Shooting Strings:
   *May have no more than 2 (may have 0, 1, or 2)
   *May not coil more than once per mesh diamond
   *Must be attached DIRECTLY to both sidewalls
   *May not use hockey laces
   *May NOT be crossed
   *May NOT touch beyond outside thongs (if thongs exist)
8. Mesh is legal

During Game Check
(After Each Goal)
1. Pocket Depth Check (drop and roll, front and back)
2. Brief examination of the head/stringing*/pocket attachment

*Suspected violations of Appendix E warrant further inspection/