

EQUIPMENT LIST

HELMET	A properly fitted helmet should fit snugly on the head, meaning that it should not rotate, tilt or move from front to back or side to side. The brim of the helmet should sit about one adult finger above the eyebrows. The chinstrap should fit no more than one finger-width between the neck and the chinstrap. The facemask should fit snugly against the chin to provide stability for the helmet. Various makes will fit differently; try different makes or models for best results for the shape of the child's head.
MOUTHGUARD	Implemented for the 2005-06 season and all subsequent years, ALL players (including goalies) playing Novice and up will be required to wear a mouth guard. The types and costs of mouth guards vary greatly from professionally fitted by a dentist to ones that can be purchased from sports outlets.
THROAT PROTECTORS	To protect the open area around the neck. Various makes and sizes are available. Should fit so that it does not rotate or slip. Bibbed type are strongly recommended.
SHOLDER PADS	To protect the shoulder joint and the collarbone, back, chest and upper arms. Properly fitting shoulder pads should cover the above mentioned areas with little roll.
ELBOW PADS	To protect the elbow, forearm, triceps and biceps. Properly fitting elbow pads will have the elbow fitting snugly into the elbow cap of the pad with straps helping it stay in place allowing for proper overlapping with the shoulder pads and gloves.
GLOVES	To protect the fingers, thumb, back of hand and the wrist. The glove should fit snugly on the hand so that it will not fall off during play, and work with the elbow pad to offer complete forearm protection.
ATHLETIC SUPPORT & CUP	Various types exist: some include the garter belt, while others would require a garter belt separately to hold up your socks. Properly fitting units should be snug and hold up socks securely.
HOCKEY PANTS	To protect the hips, kidneys, tailbone, upper legs and lower abdomen. The pants should fit to the top of the kneecap and not move excessively when the player squats or kneels down. Some pants come with belts while other requires suspenders.
SHIN PADS	To protect the lower knee and lower leg area. The knee should be stable within the knee donut and not slip around while skating. The bottom of the shin pad should sit about two fingers width above the ankle flex point.
SKATES	Skates are crucial for the enjoyment of skating, if you buy used skates watch for cracks in the boots that weaken the support. With the foot pushed forward all the way you should be able to put a finger in behind the foot. You can also take out the insole to see how the foot covers the area of the insole. Skate manufacturers make many types of skates, with same sizes feeling different so you may have to try a number of skates on. Boots are made differently for recreation and competitive hockey, at older ages especially the support and boots make a difference. Blades should be kept sharp to allow for strong use of the edges, and will keep their edge for some time depending on how much ice time and care is taken with the skates. (Not walking on concrete/cement, etc...)
STICK	The length of the stick should vary somewhere between the chin and the nose when the player has their skates ON. Taping the blade protects it and assists with puck control. The hand end of the stick should be taped to help with picking the stick up and for safety purposes.
JERSEY & SOCKS	These are required to keep all the equipment clean, covered and secure. Game socks are available for purchase and game jerseys are provided by the association for the duration of the hockey season, they are generally kept, and cleaned, by team jersey parents and are returned to the association at the end of the season. Practice socks, jerseys & name-bars need to be purchased.

Note: Equipment manufacturers have size guidelines using player measurements. Use a tape-measure to obtain proper measurements, especially if purchasing new.