

Standard List of Hockey Equipment

What You Need	What To Look For
Jock (boys) or Jill (girls)	<p>Size Fits snugly, but not so tight as to be uncomfortable.</p> <p>Protection Specially designed support & cup with extra padding.</p> <p>Condition Firmly secured with no loose threads on support & cracks on cup/rubber. Elastic straps in good condition.</p>
Pants	<p>Size If too small, leave thigh exposed &/or lower back unprotected. If too short, top of knee is exposed</p> <p>Protection Adequate padding in front, side of thigh, tailbone, hip & kidney.</p> <p>Condition No tears, loose threads &/or dangling belts/straps. Inside leg zippers done up during play.</p>
Shin Pads	<p>Size If too small, leaves lower shin &/or knee cap (front/sides) exposed.</p> <p>Protection Firm donut hole under plastic and over the knee cap.</p> <p>Condition Look for cracks, loose stitching &/or deteriorating padding underneath plastic.</p>
Shoulder Pads	<p>Size Not too small leaving areas exposed or too large to hinder movement.</p> <p>Protection Plastic (not just foam) protecting chest, shoulder, back & upper arms. <i>Do all pads sold have plastic or are some foam??</i></p> <p>Condition Look for cracks, loose stitching &/or deteriorating padding and Velcro straps.</p>
Elbow Pads	<p>Size Protect entire elbow joint & upper forearm, preferably down to top of gloves.</p> <p>Protection Must have soft protective outer covering of sponge, rubber, or a similar material of at least ½ inch thick. Donut-shaped pad protecting point of elbow.</p> <p>Condition Watch for worn elastic & worn donut protecting elbow.</p>
Helmet	<p>Size Fits snug (NOT loose) & fully covers forehead, temples, ear area & base of skull.</p> <p>Protection Must have visible CSA label, snug chin strap (one finger width), ear guards, should be decal, tape and paint free as this could affect the manufacturer's warranty and the CSA certification.</p> <p>Condition No cracks in shell or padding. Replace helmet if padding separating from plastic shell or if</p>

	padding is hard or brittle: do not re-glue.
Facemask	<p>Size Never force it to fit helmet. NEVER cut or modify either plastic or wire masks.</p> <p>Protection Tight screws & if replacements, not too long. Straps snug. Never remove the chin cup</p> <p>Condition NO cracks in plastic. Watch for rust at wire seams.</p>
Gloves	<p>Size High enough so no unprotected forearms between gloves & elbow pads. If gloves are short, use slash guards.</p> <p>Protection Firm fingers, thumb & back padding. No compression felt if back pushed down.</p> <p>Condition Palms soft & pliable. No holes near fingers or in palm. NO loose threads.</p>
Skates	<p>Size Tightened eyelets 1 ½" to 2" apart. One finger width between boot and heel when toes touching cap.</p> <p>Protection Tongue long enough to go behind shin pads to protect lower shin. Laces not wrapped around boot top/ankle.</p> <p>Condition No missing/loose rivets, loose/bent blades, torn eyelets &/or soft toe caps.</p>
Throat Protector	<p>Size Completely covers protected area and upper chest if designed with a protective bib.</p> <p>Protection Fits snug enough to avoid exposing parts of intended protected area and upper chest (if bib attached).</p> <p>Condition MUST have BNQ certification. Free of fabric cuts and. Must not be altered in any way. Velcro straps not worn.</p>
Mouthguard (if applicable – parental decision)	<p>Size Fits snugly over teeth and NOT so loose as to fall out of position. Should be dentist fitted.</p> <p>Condition Replace if cracked, brittle, chewed on, does not cover all teeth or sits unevenly on the teeth surface.</p>
Stick	<p>Size Properly sized sticks should reach between a player's chin and the nose when in street clothes.</p> <p>Condition No cracks/splinters on shaft/blade. End cap in place and butt end taped to prevent penetration of face mask.</p>
Socks	<p>Size Long enough to cover shin pads & fit snugly.</p> <p>Condition Rips or tears should be sewn.</p>
Jersey	<p>Size Must be worn entirely over the uniform</p>
Water Bottle	<p>Name on bottle – preferable one with a long spout to drink through the facemask</p>