

# EQUIPMENT GUIDE

\* Please visit [www.hockeyalberta.ca](http://www.hockeyalberta.ca) for goalie equipment information.

## Throat Guard

- Rules require a BNO Certified throat guard (Fit according to style and athletes size)

## Shoulder Pads

- Functions to protect the shoulder joint, collarbone, back, chest and upper arms.
- Style of pad is determined by the size, skill level, and style of the individual player.
- Match the player to the appropriate shoulder pad by ensuring a good fit between the shoulder pads, elbow pads, and pants.

## Elbow Pads

- Functions to protect the elbow, forearm, triceps & biceps.
- Should fit snugly, but comfortably into the elbow cap.
- Straps should secure the pad to the arm while allowing unrestricted movement.

## Hockey Pants

- Functions to protect the hips, kidneys, tailbone, upper legs, and lower abdomen.
- Should fit snug to prevent the pads from moving while still allowing for unrestricted movement.
- Length of pants should fit to the top of the kneecap.
- Age, and skill level can again dictate the style of pant needed.

## Shin Guards

- Knee should be stable within the knee donut and not slip around while you move.
- Bottom of shin guard should sit approximately two finger widths above the ankle's flex point.



## Helmets

- Should fit snugly on the head while not being able to tilt, rotate, or move side to side on the player's head.
- The brim should sit approximately one adult finger width above the eyebrows.
- To size, place a fully expanded helmet on the player's head and reduce the size until the desired fit is achieved.
- The chinstrap should be adjusted to ensure stability, and have no more than one finger width between itself and the neck.

## Facemask

- Should fit snugly against the chin to provide stability to the helmet and to ensure it does not come off during play.

## Gloves

- Functions to protect the fingers, thumb, back of the hand, and wrists.
- Cuff of the glove will be one of 3 styles: short, medium, or long. The glove should work with the elbow pad to offer complete forearm protection.

## Protective Cup

- Sizing based on athlete waste size and should be comfortable and protective.
- Available in an athletic support or "shorts" style.

## Skates

- Skate sizing is not similar to shoe sizing. Skate size should be determined with a fitting gage.
- Heels should fit tight to the back giving no movement. Room should be allowed for one seasons growth, but no more as a skate that is too big can cause blisters.
- Skate boot should be able to flex.



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