

RINGETTE EQUIPMENT REQUIREMENTS

When purchasing Ringette equipment, consider these two important details:

1. Make certain the player is adequately protected and
2. Be sure the fitting allows freedom of movement so the player can properly perform the necessary skills and better enjoy the game.

A complete set of Ringette equipment can be purchased for a relatively reasonable cost. Shop around for the best values and remember to start early: you do not need to buy the most expensive equipment. There are also many discount sports stores in the Greater Edmonton Area that buy and sell used equipment. Just keep in mind that the equipment must fit properly to provide maximum protection.

MANDATORY EQUIPMENT:

- **Helmet:** CSA Approved. **One of your most important purchases** Only a CSA approved helmet is allowed and it must be sized at the time of purchase to fit properly. It is best to size this at the same time as the mask. The chin strap must always be fastened. A helmet typically expires after 6 years so ensure to check the date of yours before you buy.
- **Facial protector:** (i.e. face mask) - CSA Approved. A square type cage made for hockey is not safe for Ringette players. There is a specific face mask designed for Ringette.
- **Gloves:** (the same type as used in hockey) Check for proper fit, with good finger and hand mobility.
- **Elbow pads:** (the same type as used in hockey) Check for proper fit.
- **Ringette girdle and pants:** (these are different than used in hockey) Check for proper fit and hip and pelvic protection. Association pants (required for league games) can be purchased from our equipment director at a very low cost.
- **Shin guards:** Check for proper length so they protect the knee and shin completely. Shin guards are best fitted while the player is sitting. To fit properly, measure from the centre of the knee cap to the top of the skate boot and match the player's shin measurement to the size of the shin guard. Shin guards should be secured with proper shin guard straps.
- **Skates:** (the same type as used in hockey) the other most important purchase. Skates that will fit the player today, with no more than 1/2" allowed for growth. Ensure that there is adequate protection in the ankle, toe and instep areas. Improperly fitted skates will hamper the player's ability to skate. Used skates that are well fit are readily available especially in the smaller sizes. Remember that skate sizes are not synonymous with shoe sizes.
- **BNQ Approved Neck Guard:** regular or with collar.
- **Jersey:** Game jerseys are provided by Fort Saskatchewan Ringette for games; players need their own for practices.
- **Ringette stick:** (*is not* a cut-off hockey stick) **provided free to new U9 players.**
 - the player's stick must have both ends smooth neither cracked nor splintered), with no added tape within the playing end of the stick.
 - the stick may be made of wood, plastic, or aluminum, and/or any other material approved by Ringette Canada.
 - Maximum allowable length of the stick is from the ice up to the height of the underarm. The measurement is to be taken while the arm is extended at 90° to the body while the player is standing on skates.
- **Shoulder pads:** Adjust to fit the individual at the time of purchase. Measure the player's chest just below the arm pits and match the player's chest measurement to the shoulder pad size in inches. A fibre cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder.

MISCELLANEOUS EQUIPMENT should also include a water bottle (one with a long straw to allow drinking through helmet cage is easiest) labelled with your child's name, and an equipment bag to carry everything in.

OPTIONAL EQUIPMENT: mouth guard, "skull cap", or bandana for under the helmet

May 31, 2010