



WEST VANCOUVER MINOR HOCKEY ASSOCIATION

Hockey Equipment Guidelines

One of the first things you're going to have to do when taking up hockey is get proper hockey equipment. When purchasing hockey equipment, the most important aspect to consider is that the equipment is properly fitted. When equipment is not suitably fitted, the player is exposed to injury.

This guide is intended for parents, coaches and players when selecting appropriate protective equipment before stepping on the ice. The information contained here should only be used as a guideline when purchasing hockey equipment.

General Guidelines:

- Neck guards are mandatory for all ages. Players may not participate in on-ice activities without a neck guard.
- Skates should be tied snugly using all eyeholes. Laces should not be wrapped around the ankles as this inhibits proper movement and blood flow. Tuck extra long laces under the hockey socks.
- WVMHA game socks and game jerseys should not be worn during practices.
- Helmets must be CSA approved and should be snug and remain in place when chinstrap is fastened. Facemasks should fit properly; chin should fit comfortably in cup of facemask.

General Equipment List:

- Hockey bag
- Jock for boys and Jill for girls
- Shin pads
- Hockey pants
- Skates
- Shoulder pads
- Elbow pads
- Neck guard
- Helmet with full cage
- Jersey and hockey socks for practice
- Hockey stick
- Skate guards (optional)
- Water Bottle
- Stick tape



1. Hockey Equipment Bag

- The bag is used to carry all the items listed above. There are different sizes available and also wheeled hockey bags and non-wheeled hockey bags.

2. Water Bottle

- Essential for practices and games;
- Use a hockey water bottle with a long straw;
- Label your child's water bottle.

3. Helmet with Full Cage/Facemask

- Should be snug and remain in place when chinstrap is properly fastened.
- Facemasks should fit properly; chin should fit comfortably in cup of facemask.

WVMHA Hockey Equipment Guidelines

- The front of the helmet should fit just above the eyebrows.
- Helmet **MUST** be CSA approved and must be a hockey helmet.
- When fitting: open the helmet to its largest setting. When on the head, the rim should be one finger width above the eyebrow. Gradually begin to downsize the helmet until a comfortably snug fit is achieved.
- Never paint or add stickers as this removes CSA certification (except for CSA approved stickers – such as WVMHA helmet logo stickers).
- Replace loose or missing screws immediately.
- WVMHA uses black helmets.

4. Neck Guard

- The neck guard protects the neck from the very rare chance that a hockey stick or skate blade comes in contact with the throat.
- Neck guard is mandatory for all ages.

5. Jock and Undergarments

- A jock protects the important parts (female hockey players use Jills). There are a number of different jock styles available; shorts or pants with integrated jock and Velcro tabs to secure hockey socks tend to be most comfortable.
- Hockey undergarments such as Under Armour help keep players warm and dry.

6. Shin Pads

- Shin pads protect the legs from the top of the knees down to where the skates start. It's important to have proper fitting shin pads so there are no gaps between the skates and the shin pads.
- When fitting: a player's kneecap should fit directly into the center of the kneecap cup of the shin pad. To select a size, bend the player's leg at a 90 degree angle and measure the length of the shin from the center of the kneecap to the top of the skate boot.

7. Hockey Pants

- Yes they are called hockey pants, even though they look like shorts. The pants protect from the knees up to the belly;
- Fitting is best done with shin pads in place;
- Pant should slightly overlap the top of the shin pad (1 or 2 inches);
- Pants are fitted according to waist size;
- Pants must completely protect the front and side of the thigh, tailbone, hip and kidney areas throughout the entire range of motion.

8. Hockey Socks

- Socks go over the shin pads and then attach to the jock shorts/pants. Some players also use clear hockey tape to help keep the socks snug and hold the shin pads in place.
- WVMHA game socks should not be worn during practices.

9. Hockey Skates

- Usually fit a size smaller than shoes;
- Before lacing up the skate, have the player kick the heel back in order to ensure a snug fit;
- The heel should stay firmly in place;
- When completely laced, eyelets should be 1.5 to 2 inches apart;
- Do not buy skates that are too large as this puts the player at risk of injury and will inhibit their skating ability;
- Laces should never be wrapped around the ankle as this inhibits blood flow and range of motion;
- Tuck extra long laces under the hockey socks;
- Blades should be completely dried after every use;
- Skate guards should be used during transport or when walking on non-ice surfaces;
- Skates must be sharpened. Typically after 5-6 uses for younger players and more frequently for older players.

10. Shoulder Pads

- Shoulder pads protect the shoulders, biceps, chest, and upper part of the back;
- Arm pads should extend to just above the elbow to ensure full protection;
- Back pad should meet the top of the pants.

11. Elbow pads

- The elbow should fit comfortably into the center of the elbow pad cup;
- A good elbow pad will provide forearm protection that extends down to the cuff of the player's hockey glove.

12. Jersey for practice

- WVMHA will provide game jerseys, however, game jerseys should not be worn for practice. Instead players should supply their own practice jerseys (unless a team purchases practice jerseys as a group).

13. Hockey Stick

- Determine if the player prefers to shoot right or left. Typically the dominant hand is put on the top of the stick, so if a player is right handed they will shoot left, and if they are left handed they will shoot right. The dominant

- hand goes on top because the top hand does most of the movements during stickhandling.
- In street shoes, the stick should reach between the chin and the mouth of the player and just below the chin when on skates.
 - Junior sticks should be used for younger players, as these sticks have features that are more suitable for this age group.
 - The hockey stick blade should be taped to help control the puck and protect the blade.
 - The “knob” or end of the hockey stick must be taped to permit better grip and must be large enough to so that it cannot go through a player’s facemask and so that it makes it easier to pick up the stick off the ground, but should not be so large that it impedes the player’s ability to grasp the end of the stick.

14. Hockey Equipment Bag

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15. Where to Buy

- **Time Out Source for Sports** in North Vancouver has excellent WVMHA specific gear (<http://www.timeoutsports.ca>).
- **Sportchek** at Park Royal has fair prices, broad selection and an excellent skate trade-in program.
- **North Shore Sport Swap** is always an option for new and used equipment (<http://www.nssportsswap.ca>).
- **Larry’s** in North Van also has high-end equipment and extremely knowledgeable staff (<http://www.myhockeystore.com>).
- Likewise for **Scoff’s** in Burnaby (<http://scoffshockey.ca>) and **Cyclone Taylor** in Vancouver (<http://cyclonetaylor.com>).

16. How to get dressed for Hockey in 10 minutes or less!

- Check all your gear before you leave home. If your child is missing any equipment he or she won’t be allowed on the ice!
- Pack gear in bag in the order it is going to be put on, from the top down. It saves time not hunting through the bag.
- Dress in the following order:
 1. Jock Shorts – don’t use garters and separate jock.
 2. Shin pads
 3. Hockey socks
 4. Hockey Pants
 5. Skates
 6. Neck guard
 7. Shoulder pads
 8. Elbow pads
 9. Jersey

10. Helmet
11. Gloves
12. Stick, leave it at the door in the rack.

17. Tips, Tricks and other things you need to know!

Parents and Family

- **Parents, unless they are team officials, are not permitted on the bench or the ice at any time!**
- Siblings should not play in the dressing room and hallway or anywhere near the bench. Keep small children away from the dressing room doors. Most if not all Hockey players use their shoulder to push the locker room door open. The bigger players really crash through the doors.

Timeliness

- Arrive at the rink at least **25 minutes** before practice – or earlier as per coaches' discretion.
- If you can't make a game or practice please let the team manager know.
- Players are to be **fully dressed and ready at least 5 minutes before ice time.**
- **Players are not to go on the ice without a Coach.**

Dressing Room

- Have your child go to the bathroom before you start getting dressed.
- **No cell phones or photographs** in the dressing room.
- Consider giving the player a light snack while you are dressing them.
- Never let players walk around the locker room without skates or shoes on.
- Goalies must wear gloves when lying on the floor having their pads laced.
- Take skate guards off in the dressing room just before they go to the bench.
- Do not dress your child in the lobby, the stands or on the bench.
- Once your child is fully dressed, parents and siblings should leave the dressing rooms and dressing room hallway.

Equipment

- Bring a water bottle to each game and practice with a name clearly marked.
- If you don't have under armour, old soft PJs are great for wearing under hockey gear; some rinks are really cold.
- Make a small tab on the end of the sock tape so it is easy to find when trying to take off the tape or use Velcro straps.
- Keep the skates sharp.
- Hang gear out to dry when you get home. Don't put gloves or skates over a heater vent.
- Consider purchasing a purpose-made "hockey tree" for drying equipment.
- Wipe blades before putting on skate guards.
- Put an identifying mark on every piece of equipment.