

# Ringette Equipment Overview

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; the player will be more comfortable and will better enjoy the game.

A complete set of ringette equipment can be purchased for a relatively reasonable cost. Shop around for the best values: you do not need to buy the most expensive equipment. Used equipment may be purchased at Play-it-Again Sports. 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. The chinstrap must always be fastened. If you are unsure about the **FIT** of a helmet, get seasoned advice. Remember it's your child's head that you are protecting.

**Facial protector** (i.e. face mask) - CSA Approved Type 5 or Type 6.

There are specific combinations of CSA certified helmets and facial protectors that are permissible in Ringette. Please check these out to ensure you have the correct combination and size (Mite, Junior and Senior).

**Elbow pads** - Must be properly fitted so that they do not slide. Measure the length between the shoulder and the cuff of the glove and match the player's measurement size to the size of the elbow pad in inches. When fastened securely, there should be no gap between the pad and either the biceps extension of the shoulder pad or the cuff of the glove. Players who wear a short cuff styled glove should choose the longer model of the elbow pad.

**Gloves** - Check for proper fit, with good finger and hand mobility. Gloves with the palm worn out are not legal to play with.

**Ringette pants** - with a Ringette girdle OR Hockey pants: with Hockey socks and straps/tape to hold socks up.

**Pelvic protection** - "Jill Strap" if wearing Hockey pants, or a ringette girdle if wearing ringette pants.

**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.

**Shoulder pads/chest protector** - Adjust to fit the individual at the time of purchase. Measure the player's chest just below the armpits and match the player's chest measurement to the shoulder pad size in inches. A fiber cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder.

**Skates** - 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.

Note! If the urge is to buy skates that will have an extra years of growth in them is strong - perform this task first. Attach a two pound weight on the toe of a pair of work boots and then walk around in them. This gives you the idea of what your child would be enduring if they wore skates too big.

**Neck Guard** - regular or with collar

**Mouth guard** - A variety of mouth guards are available at any sporting goods store. Off the shelf mouth guards usually have to be trimmed to size to fit most players. This is particularly true of the younger ages. Custom fitted mouth guards are available through your dentist and also at mouth guard clinics held in a variety of locations throughout the year.

**Practice Jersey**

**Ringette stick** - The maximum legal length of the stick is from the ice up to the height of the underarm – while the player is wearing skates. The stick should never be this long; the optimal length should have the stick end at or slightly above a player's sternum while they are wearing skates.

## FOR THE GOALKEEPER

AMRA provides goalie equipment for new goalies that are new to the goalie position. You can contact the equipment coordinator at the start of the season to outfit your child. If you are buying your own equipment, the goalie equipment is the same as in hockey although some younger ringette goalies use a belly protector instead of full armor. An important difference is the use of a Keeley glove (instead of a trapper), which are specially made for ringette goalkeepers as they allow goalies to pick up and throw the ring much more easily than a trapper.

