



Mississauga Ringette Association

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Equipment fitting information House League Players.




Ringette Player Equipment

Ringette Equipment



Make certain the player is adequately protected and 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.

The equipment is listed in the order that the player would get dressed.

	<p>Underwear</p> <p>Not included in the rental program but required.</p>	<p>“Long Johns” - one or two piece underwear. There is also “under armour” type of undergarment found in sports stores.</p> <ul style="list-style-type: none"> Wear light fitting, cool, comfortable undergarments during all games and practices. When fitting all other equipment, the same undergarments should be worn in order to get the proper sizing. Wash after every use.
	<p>Pelvic protection ("Jill Strap")</p> <p>Hockey pants and girdle in the rental program do have a built in Jill</p>	<p>Pelvic protection ("Jill Strap") if wearing Hockey pants or required if the Ringette Girdle does not have a built-in Jill Strap.</p>
	<p>Ringette Girdle with built-in Jill Strap</p> <p>Ringette Girdle</p> <p>OR</p> <p>Hockey pants with socks are included in rental program</p>	<p>Ringette Girdle with built-in Jill Strap or Hockey Pants</p>

	<p>Shin Pads</p> <p>Included in the rental program</p>	<p>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.</p>																
	<p>Ringette Pants</p> <p>Included in the rental program when a girdle is provided.</p> <p>Tape for hockey socks is not included in the rental program</p>	<p>Ringette pants with a Ringette girdle OR Hockey pants with Hockey socks and straps/tape to hold socks up.</p> <table><tr><th>Measurement</th><th>Letter</th></tr><tr><td>Length</td><td>A</td></tr><tr><td>Waist</td><td>B</td></tr><tr><td>Pant leg</td><td>C</td></tr><tr><td>In seem</td><td>D</td></tr><tr><td>elastic at waist</td><td>E</td></tr><tr><td>Crotch</td><td>F</td></tr><tr><td>elastic at bottom</td><td>G</td></tr></table>	Measurement	Letter	Length	A	Waist	B	Pant leg	C	In seem	D	elastic at waist	E	Crotch	F	elastic at bottom	G
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	<p>Shoulder Pads</p> <p>Included in the rental program</p>	<p>Shoulder pads same as in hockey 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 fiber cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder.</p>																
	<p>Elbow Pads</p> <p>Included in the rental program</p>	<p>Elbow pads (the same type as used in Hockey). 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.</p>																

	<p>BNQ Neck Guard</p> <p>Included in the rental program</p>	<p>BNQ Neck Guard regular or with collar. Neck guard pictured has a collar.</p>
	<p>Sweater</p> <p>Included in the rental program</p>	<p>Mississauga Ringette Association provides Jerseys for House League.</p>
	<p>Skates</p> <p>Not included in the rental program</p>	<p>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.</p>
	<p>Mouth Guard Recommended</p> <p>Not included in the rental program</p>	<p>Mouth guard: single or double.</p>
	<p>Helmet</p> <p>(CSA Approved)</p> <p>Not included in the rental program</p>	<p>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 chin strap must always be fastened. Helmets do have expiry dates. Please check the expiry date annually and when you purchase your helmet. Occasionally helmets on sale have expiry dates of a year or less. A helmet of Navy blue is in line with MRA colours.</p>
	<p>Ringette Face Mask - CSA Approved Type 5 or Type 6.</p> <p>Included in the rental program</p>	<p>Senior - 491 Type 5 CSA Approved Junior - 494 Type 5 CSA Approved Tyke - 496 Type 6 CSA Approved Lexan Combination - 493 Type 5 CSA Approved Goalie - 471 Type 3/5 CSA Approved Senior ITECH Type 5 CSA Approved Junior ITECH Type 6 CSA Approved</p> <p>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</p>

	<p>Protective Gloves</p> <p>Included in the rental program</p>	<p>Gloves (the same type as used in Hockey). Check for proper fit, with good finger and hand mobility.</p>
	<p>Ringette stick</p> <p>Included in the rental program</p>	<p>. The player's stick must have both ends smooth (not cracked or splintered), with no added tape within the playing end of the stick (lower 1/3 of the stick). Maximum 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. A shorter stick allows for better play.</p> <p>A bit of history trivia: players' positions used to be denoted by the colour of their stick - defence used red sticks, forwards blue sticks, and centres' white</p>

Tips

- Keep your equipment DRY! This is the most important thing you can do to extend the life of your ringette equipment. Particular attention should be placed on skates and gloves as these items receive the most damage from excess moisture.
- Use skate guards only when transporting your skates. Most skate guards have a tendency to collect moisture which can cause your skate blades to rust.
- To prevent rust build-up in your helmet loosen and re-tighten screws about once a month.

FOR THE GOALKEEPER

House league players must all have a turn in net. The team is provided with pads, shoulder protection, gloves and a stick. Other than the shin pads and gloves all other player equipment must be worn while playing goal. If looking to purchase goalie equipment so seek advice from a knowledgeable source

All Rental equipment must be returned at the end of the year including the face mask and stick and jersey.

The equipment rental program was originated with a grant from Ontario Trillium Foundation in 2013.