

# EQUIPMENT CHECKLIST



Whether you're a seasoned player or new to the game, it's essential to ensure you have the proper equipment to play safely and effectively. Below are the equipment requirements for both players and goalies.

## PLAYER EQUIPMENT

- Helmet:** Must wear a CSA (Canadian Standards Association) approved helmet with a full cage. Safety is our top priority, and a properly fitted helmet is crucial to protect against head injuries.
- Gloves:** Hockey gloves are mandatory to safeguard your hands during gameplay. They provide protection and enhance grip on the stick.
- Shin Guards:** are mandatory. Soccer shin guards are acceptable.
- Footwear:** Running shoes are necessary on the playing surface.
- Hockey Stick:** Standard ice hockey sticks are the only approved sticks for gameplay.
- Optional Recommended Equipment:**  
While not mandatory, it's highly recommended to wear this optional recommended equipment for added protection against falls, collisions, and impact during game play.
- Athletic cup**
- Elbow pads**
- Knee pads**

## GOALIE EQUIPMENT

- Helmet and Face Shield:** Must wear a CSA (Canadian Standards Association) approved helmet with a face shield. This ensures full protection for the face and head while in the net.
- Gloves:** Hockey gloves are mandatory to safeguard your hands during gameplay. They provide protection and enhance grip on the stick.
- Leg Pads**
- Chest Protector**
- Blocker**
- Catcher**
- Goalie Pants**
- Optional Recommended Equipment:**  
While not mandatory, it's highly recommended to wear this optional recommended equipment for added protection against impact during game play.
- Athletic cup**

*Goalies require specialized gear designed to protect them from high-speed shots and collisions.*

We prioritize the safety and well-being of all our players, and adherence to these equipment requirements is crucial for a fun and injury-free experience on the ball hockey court. If you have any questions or need assistance regarding equipment, feel free to reach out to our league officials. Let's gear up, hit the court, and enjoy the game!