



Equipment Guide

The goal of this guide is to provide some basic information to help new families get their kids geared up to play Ringette. This guide is the opinion of one parent. Over time you will learn what equipment works best for your player. The prices included below are guides; actual prices will vary.

Timing: It could take a couple of hours to source all the equipment your player will need. Please be patient. The reward for taking your time to get good quality and good fitting equipment is your player will have more fun, develop more confidence and become a better Ringette player. A good time to source equipment is August.

Hockey Equipment: many parents understand Hockey equipment. Much of the equipment for Ringette and Hockey is the same. However, there are important differences which are explained below.

- Ringette equipment that is the same as Hockey: skates, helmet, neck guard, chest protector, elbow pads, shin pads, practice jersey, equipment bag, tape
- Ringette equipment that is different than Hockey: cage, stick, girdle, pants



Ringette Equipment Checklist: equipment normally worn by females:

1. Helmet	1. Ringette Cage	2. Neck Guard	3. Elbow Pads	4. Chest Protector	4. Jersey
5. Hockey Gloves	6. Ringette Girdle	7. Ringette Pants	8. Shin Pads	9. Skates	10. Ringette Stick

- In lieu of a Ringette girdle and pants some players choose to wear hockey pants with a jill/jock and socks
- What do players wear under their equipment? A base layer or winter underwear

Equipment Details:

Ringette Stick: this is NOT a cut-off hockey stick

- Sticks are tapered with a reinforced tip in order to properly stab and shoot the ring
- Proper height for the stick
 - With skates on - the stick MUST come under the armpit of the player, anything higher compromises the ability of the player to perform properly. THIS IS A RULE. Officials may penalize players using longer sticks.
 - Stick length is personal preference. Keep these tips in mind:
 - Generally, shorter sticks make a player harder to check, and provide better control and a quicker shot release. This makes a shorter stick style often more popular with forwards.
 - Conversely, a longer stick allows for a longer reach when checking, and can produce a harder shot. This makes a longer stick style often more popular with defenders.
- Sticks are available in a variety of materials. Each has potential advantages. Here are some general guidelines - please note that there may be exceptions so it is advised that you check a stick out in person
 - Wood sticks are highly durable and can offer good flex for older players. Wood sticks vary wildly in price, mostly depending upon flex.
 - Fiberglass sticks are very light making them easy to handle. They typically do not flex well and aren't as durable as wood.
 - Composite sticks offer the greatest flex for experienced shooters. They are the highest in price and aren't as durable as wood.
- Sticks with ribbed tips make it easier to raise the ring off the ice while shooting.

Skates: 'Hockey' skates only – figure skates are not appropriate.

- To Fit Skates: find someone knowledgeable at a shop to help you

- If you can't find help, here are a few tips: loosen laces; have the player wiggle their foot to the front of the skate so the toe is just touching the front of the skate. Slide finger between heel and back of skate (player can bend their knee forward).
- Should be able to barely slide one finger between heel and skate; two fingers (width) and skates are likely too big.
- Tip: right after you have purchased skates, have your player try them out at a public skate at a local rink. If they are not comfortable you should be able to return them.
- Tip: when you purchase skates remember to get them sharpened as many retailers will do so for free the first time.
- Skate Sharpening: How often? Older, experienced skaters - every 5 or 6 ice times; new skater less frequently
 - Test: scrape blade using back edge of finger nail
 - Tip: purchase good skate guards; you will sharpen less frequently

Helmet: find someone knowledgeable at a shop to help you.

- Helmets from every manufacturer will fit a little differently.
- Fit (with cage on): shake head; helmet should not flop up and down. Should fit snug but not tight
- Some players' head will swell slightly during exercise causing discomfort – if so adjust slightly
- Helmets must be CSA certified; note that all helmets have expiry dates on a sticker.
- Helmets must not have cracks and should have all snaps, screws, and hardware secure.
- Please check your helmet periodically for safety.

Ringette Cage: triangle (to protect against stick); rectangle hockey mask is not allowed

- Ringette visors and cages are not the same as hockey; a ringette visor or cage is designed to stop the narrow tip of a ringette stick from contacting the face of a player. Hockey cages have larger openings which will not stop a Ringette stick.
- There are different sizes of visors and cages, so make sure that you buy one suited for the player's face and helmet. For best results, bring the player and their helmet to the store to have it fitted properly.
- Cages have the advantage of having virtually no maintenance. They do not fog up, and are generally lower in price.
- Clear visors can offer enhanced visibility that some players prefer. They may fog up in play and may scratch. It is advisable to store the visor in a soft bag if it is being placed in an equipment bag.
- Watch this YouTube video on how to put a cage on a helmet <https://youtu.be/KGFtjqlvYM>

Neck Guard

- Neck Guards must be CSA approved
- A protective bid is optional, but does offer additional protection for the lower neck and collarbone area.

Shoulder/ Chest Pads

- While ringette is a non-contact sport, impacts do occur, and shoulder pads can help prevent a variety of injuries
- Proper fit - should be comfortable and not constrict movement

Elbow Pads

- It is advisable to choose an elbow pad that doesn't impede the motion of the shoulder pad (try them on at the same time)
- Hard plastic ones are suggested over soft ones because they provide more protection

Gloves

- Proper glove fit - fingertips are within 1/8" from the tips of the gloves
- For good wrist/forearm protection, choose a glove with a larger cuff
- Avoid using lacrosse gloves, choose hockey or ringette specific gloves

Girdle

- Proper fit - the girdle cannot extend below the knees. It should be comfortable to move in
- Different girdles offer varying thicknesses and quality of pads, particularly in the tailbone area

Shin Pads

- Proper fit - should not impede with the skate or skate tongue
- Bring your skates along to test fit and comfort

Pants: - CMRA approved colours are plain Black or Association Pants

- Practice pants are available through the association, contact your team manager
- Association pants are available for purchase, contact your team manager

Equipment Suppliers:

Ringette equipment can be purchased or used with some searching on sites such as Craigslist. There are also gear swaps that happen in the community such as the [Kidsport Used Sporting Good Sale](#) (check their website for locations and dates)

Online Retailers:

- Streamline Ringette: Abbotsford www.streamlineringette.com

Ringette gear may be available at the following. Please call ahead to ask:

- Rocket Rod's Hockey Shop: Coquitlam <http://rrhockey.com/>
www.facebook.com/RocketRodsCoquitlam
- The Hockey Shop: Surrey www.thehockeyshop.com
- Cyclone Taylor: Coquitlam www.cyclonetaylor.com
- Sport Chek: Coquitlam www.sportchek.ca