

RINGETTE EQUIPMENT REQUIREMENTS

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 and 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. There are also many discount sports stores in the Greater Edmonton Area that buy and sell used equipment. 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 chin strap must always be fastened. Facial protector (i.e. face mask) - CSA Approved, Ringette masks are those with the diamond pattern.
- **Gloves** (the same type as used in Hockey). Check for proper fit, with good finger and hand mobility.
- **Elbow pads** (the same type as used in Hockey). Check for proper fit.
- **Ringette girdle and pants** (these are different than used in hockey). Check for proper fit and hip and pelvic protection.
- **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.
- **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.
- **BNQ Approved Neck Guard** regular or with collar.
- **Jersey** game jerseys are provided by Fort Saskatchewan Ringette for games; players should also provide (at least) one jersey for practices.
- **Ringette stick** (*is not* a cut-off hockey stick) The playing end of a consists of the lower one-third of the total length of the player's stick (goal stick excluded) as measured from the playing tip upwards towards the butt end.
 - The player's stick must have both ends smooth (not cracked nor splintered), with no added tape within the playing end of the stick. Width faces of the stick must form two straight parallel lines from end to end. Thickness faces must form two straight parallel lines, except at the playing end.
 - The minimum thickness at the tip of the playing end must not be less than 12 mm., and the taper length must not be more than 250 mm. The tip of the playing end must be at 90° to the parallel portion of the thickness faces. Thickness faces must also form two straight parallel lines except at the playing end which, if tapered, must be symmetrical and formed of smooth straight faces.
 - The stick may be made of wood, plastic, or aluminum, and/or any other material approved by Ringette Canada.
 - The width of the shaft must not be less than 27 mm. nor more than 35 mm. The thickness of the shaft must not be less than 17.5 mm. nor more than 25 mm.
 - 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.

OPTIONAL EQUIPMENT

- **Shoulder pads** this is, however, highly recommended for all players. 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.
- **Mouth guard** single or double.



Required Equipment

- 1 Hockey helmet and ringette face protector (both CSA certified)
- 2 Neck guard (BNQ approved)
- 3 Elbow pads
- 4 Jersey
- 5 Gloves
- 6 Girdle/pelvic protection
- 7 Ringette Pants
- 8 Shin pads
- 9 Skates
- 10 Ringette Stick

NOTE: Please consult provincial rules regarding the use of shoulder pads.

Équipement obligatoire

- 1 Casque de hockey et protecteur facial de ringette (les deux certifiés par l'ACN)
- 2 Protège-cou (approuvé par la BNQ)
- 3 Coudières
- 4 Maillot
- 5 Gants
- 6 Gaine / Protection pelvienne
- 7 Pantalon de ringette
- 8 Protège-tibias
- 9 Patins
- 10 Bâton de ringette

NOTE : Veuillez consulter les règlements provinciaux en ce qui concerne l'utilisation des épaulettes.