



COMPETITIVE DRESS CODE POLICY

To promote team unity and uphold the image of our association, all **SGHA competitive players and staff** are expected to adhere to the following dress code when representing the organization at practices, games, tournaments, and official events.

Applies to All Competitive Divisions (U9–U18)

Player Dress Code

Required for all arrivals, departures, events, and pre-game warm-ups

U9, U11, U13, U15, and U18:

- SGHA logoed track pants¹
 - SGHA logoed short or long-sleeve t-shirt
 - SGHA logoed hoodie
 - SGHA track jacket² or winter coat
 - SGHA hats and toques only
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Coaching Staff Dress Code

- **On the bench:** All team staff must wear a Rockets-branded jacket
 - **On the ice:**
 - Coaches are expected to wear Rockets-branded tracksuits
 - On-ice helpers may wear plain (non-branded) tracksuits
 - Apparel from other associations is not permitted
 - SGHA hats and toques only
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Dryland Training Attire (All Divisions)

- SGHA hoodie and/or t-shirt
 - Navy or black bottoms (e.g., shorts or leggings)
 - Clean, dry indoor running shoes
 - Water bottle
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Optional Team Kits

Teams may propose a coordinated “team kit” to further promote unity and identity. All optional items must be pre-approved by the association **AND** approved by at least 80% of team families (for shared expenses).



Examples include:

- Matching navy helmets and gloves (goalies are exempt)
- Coordinated warm-up gear (e.g., shorts and t-shirts)
- Matching hoodies and team-branded vests
- Themed tournament outfits (e.g., matching shirts and pants)
- Any other team-branded accessories consistent with SGHA colours

Submit all proposals to rocketsshop@sgha.ca for review **before purchasing**.

Required Equipment

- SGHA Hockey Bag³ – players and goalies
 - SGHA logoed pant shells
 - SGHA matching game/practice socks (not torn; properly stored between use)
 - Navy or black helmet (**navy preferred** and required for the 2026 season).
 - Navy gloves (**navy preferred** and required for the 2026 season; Rocket-colour trims only)
 - **Goalie Exception:** Goalies are exempt from the helmet and glove colour requirement; goalie helmets must adhere to Rockets branding guidelines (e.g., SGHA colours, no outside team logos or stickers)
 - SGHA or commemorative helmet stickers only
 - Water bottles plain or with SGHA logos (no outside association logos)
 - Stick tape must be **black or white only**. Themed tape for tournaments is permitted (e.g., *SGHA Rockets Fight Cancer* or *DIFD Paint it Purple*)
 - Sponsor name bars are permitted at the **top of jerseys**. They must match the jersey name bar format
 - SGHA logoed ball caps and toques only
 - Clean indoor shoes for dryland and warm-ups
 - Skull caps or hair coverings are permitted providing they do not extend past the helmet
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Compliance and Enforcement

All team members and staff are expected to follow these guidelines.

Non-compliance may result in corrective action in accordance with SGHA's disciplinary procedures.

¹ U18 players may wear plain black bottoms (e.g., Lululemon-style joggers or dress pants)

² U9 players are not required to have the SGHA track jacket

³ U9 players are not required to have the SGHA hockey bag

Note – SGHA/GGHA branding is interchangeable