

Guide to Ringette Equipment

To ensure the proper protection of the players, the following is a guide for ringette equipment and what to look for. Each family has different needs and this guide may not be for everyone, but it provides general information, especially for those starting out.



Where to get equipment

New

- In Medicine Hat, Sports Connection Source for Sports on Kingsway Ave carries new equipment; everything required to play the game.
- In Calgary, the Ringette Store carries a slightly wider range of brands and styles.

Used equipment is available with some searching.

- There is a Facebook group in Medicine Hat to buy/sell/trade used Ringette Equipment.
- Check Kijiji and other classified sites

Equipment Checklist

Skates

- Skates should never hurt; there is no such thing as a “break in period”. If they hurt right away, **don’t buy them**.
- If possible, take out the insole to measure the size.
- Perfect length fit is the toes 1/8” away from the tip when the skates are tied.
 - Some parents buy skates 1 or more sizes larger than required, to allow the child to “grow into” them. This is not recommended, as it can be uncomfortable, will impede proper skating, and can lead to injury.
- Perfect width is also important. “D” denotes regular width skates, while “E” and “EE” are wider fits. You may need to consult with a skate fit expert to determine proper width.

Ringette Stick

- A Ringette stick is not a cut-off hockey stick, although it may look like it at first glance. They 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 due to the stick being too long. This is a rule. Officials may penalize players using longer sticks.
 - Otherwise, stick length is largely 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.
- There are many sticks materials available. Each has potential advantages. Here are some general guidelines. Please note that there may be exceptions, so please check out a stick in person before buying.
 - 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. These sticks are usually among the lowest in price.
 - Composite sticks offer the greatest flex for experienced older shooters. They are the highest in price, and aren't as durable as wood.
- Sticks with ribbed tips make it much easier to raise the ring off the ice while shooting.

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.

Helmet

- Helmets must be CSA certified; note that all helmets have expiry dates on a sticker.
- Proper helmet fit – should be snug in all directions with no gaps. While fitting, leave the helmet on the head for at least 5 minutes to test comfort.
- Helmets must not have cracks and should have all snaps, screws, and hardware secure. Please check your helmet periodically for safety.

Visor/Ringette Cage

- 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 possibly fog up in play (anti-fog solutions are available. They usually cost a bit more. They may scratch, so it is advisable to store the visor in a soft bag if it is being placed in an equipment bag.

Elbow Pads

- It is advisable to choose an elbow pad that doesn't impede the motion of the shoulder pad (try them both on at the same time), and extends all the way down to the gloves for forearm/wrist 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.
- There are gloves that are customized for Ringette. The most distinguishing feature is that they have a thinner pad across the knuckles, which allows players to lay their stick closer to the ice in order to defend against passes and shots.

Shin Pads

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

Shoulder Pads

- Please note that while shoulder pads are not mandatory equipment in Ringette, it is highly advisable to wear them. 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.
- While fitting, have the player mimic a variety of motions including shooting, to test comfort.

Hip Pads / Girdles

- Proper fit - the girdle can not 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.

Ringette Pants

- There are several styles of Ringette pant on the market. All are acceptable.