



North Bay & District Girls Hockey Association Equipment Policy

- It is mandatory that all players under the North Bay & District Girls Hockey Association wear all required approved hockey equipment including a CSA approved helmet to which a CSA approved facial protector must be attached.
- Coaches, Assistant and On-ice volunteers must wear a CSA approved helmet during all on ice activities, in accordance with OWhA regulations.
- Each season the NBDGHA will make goaltending equipment available to each house league team when needed and U9 and U11 rep teams where needed. It is the responsibility of the coach to return the equipment to their convenor or the association equipment director each season.

Competitive Teams

1. Only NBDGHA approved White home or Blue away jerseys may be used for games. No other jerseys may be worn.
2. Game socks must be matching and coordinated with the appropriate jersey (Home Game – White Jersey with White Socks, Away Game – Blue Jersey with Blue Socks)
3. All players must wear the Jr. Lakers approved track suit in and out of the rink for all games, U18 and U15 teams may wear dress clothes into the arena in place of a Jr. Lakers track suit.

Optional Clothing:

- a. Polo Shirt
- b. Shirt of teams' choice (hoody, long sleeve, short-sleeve t-shirt)
- c. Warm-up shorts

4. Equipment
 - a. Lakers Green Helmet
 - b. Jr. Lakers Green/Blue Gloves or Navy Gloves
 - c. Jr. Lakers Pant Shells or Jr. Lakers Pants
5. Coaches
 - a. Winter Jacket or Track Suit Jacket with NBDGHA Jr. Lakers Logo
AND/OR
 - b. Dress pants, Shirt
 - c. Coaches and team staff are not allowed to wear jeans on the bench.
6. Trainers
 - a. Winter Jacket or Track Suit Jack with NBDGHA Jr. Lakers Logo
 - b. Women's Dress Jacket

As the NBDGHA continues to grow and expand, it is necessary to promote a unified look so that wherever our teams go, everyone will know that they represent the North Bay & District Girls Hockey Association.



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House League Teams

1. Only NBDGHA approved jerseys may be used for games (U7/U9 – Timbits Jerseys, U11 AtoMC Jerseys, U13/U15/U18 – Athletic Knit)
2. All players must wear matching socks (this is an OWHA and Hockey Canada Requirement)
3. House League players can, but are not required:
 - a. Wear NBDGHA Jr. Lakers apparel to and from games this can include:
 - i. Tracksuits (jacket and pants)
 - ii. Jr. Lakers Hoodies, t-shirts, long sleeves, polo shirts, shorts
 - iii. Hats
 - b. Wear NBDGHA Equipment, house league players can wear any colour helmet, pants, gloves.
4. Coaches/Trainers
 - a. Are encouraged but not required to purchase a NBDGHA Track Jacket to wear on ice at practices and on the bench during games. Coaches are asked that no jeans are worn on the bench.

Developmental Steam (DS) Teams

1. Only NBDGHA approved Green Bardown jerseys/socks may be used for games (exhibition and tournaments)
2. Players are expected to wear Jr.Lakers Jacket and navy pants or Track Suit Pants
Optional Clothing:
 - a. Polo Shirt
 - b. Shirt of teams' choice (hoody, long sleeve, short-sleeve t-shirt)
 - c. Warm-up shorts
3. Equipment
 - a. Lakers Green Helmet

Optional DS Equipment

 - b. Jr.Lakers Pant Shells
 - c. Navy Gloves or Lakers Green and Blue Gloves
4. Coaches/Trainers
 - a. Winter Jacket or Track Suit Jacket with NBDGHA Jr. Lakers Logo
 - b. Coaches and team staff are asked that no jeans be worn on the bench.