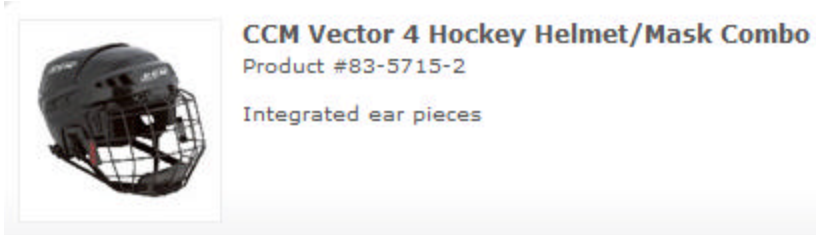


Each player must have:
A CSA approved helmet with full face shield
Protective cup
Hockey gloves
Elbow pads with padded elbows
A wooden or composite hockey stick (no plastic blades)
Soft knee pads (like volleyball pads)
Shin pads (soccer shin pads) that are covered with
Socks
Non marking running shoes

Sports Replay is good for one stop shopping.

Black CCM helmet with cage already installed is the cheapest combination out there. ~ \$45



You want to get the right size helmet and cage. With the helmet on and level across the brow and comfortable cage chin cup should be at the chin, not above or below. The helmets are somewhat adjustable by loosening 4 Phillips head screws. Hopefully, they have a hockey player on staff that can help you if you need it.

Hockey or lacrosse gloves, must cover wrist and have enclosed palms.



Hockey cup (ie. hard). Kids tend not to like wearing them; some find the shorts more comfortable but they are more expensive.
Junior cup up to PeeWee
Senior cup Minors and up

waist band available in various size ranges as required.
~\$8 for strap style, or \$30 for shorts style. Read the package some do not include the cup it has to be purchased separately.



Cooper Protective Cup, Junior/Senior

Product #83-2370-8

Specially designed 4" front panel insert for extra abdominal support (10 cm)



Winnwell Mesh Jock Short

Product #83-0139-4

Cleansport NXT liner odour-control technology

Soft volleyball style knee pads are best.



Hockey elbow pads, soft shell not the type with hard plastic outer shells.



Soccer style shin pads are best (light , comfortable and inexpensive). Start at ~\$10. Some kids do wear one piece ice hockey style. There is also specialized one piece ball hockey style that includes knee coverage.



Soccer style socks that cover the shin pad are required, black is recommended.



World's Greatest Soccer Sock, White

Product #84-6000-4

Over-the-calf soccer sock

Regular hockey stick (wood or carbon fiber).

Most people shoot left-handed "L". You definitely need to know whether your child shoots right or left before purchasing; it has nothing to do with which hand he writes with; if in doubt borrow a stick until you have it figured out.

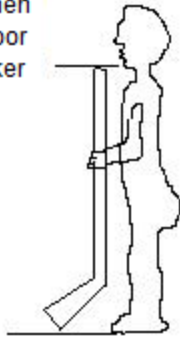
Young kids (tykes, peanuts, pups) may prefer a junior stick as it has a slimmer shaft, but it will also have a smaller blade. PeeWee and up senior is a better bet.

The heel of a carbon fiber stick may crack on concrete. If a referee deems a stick is unsafe it will not be allowed in play.

If practices are in an outside lacrosse box it is a good idea to have a game stick and a practice stick as asphalt wears down a blade quickly.

Stick length is critical; as a general rule to the bottom of the chin when standing flat in your sneakers (see below). An inch short or an inch or two long is ok, it can be an inch below the chin or up to the bottom of nose. The butt end of the stick must be taped large enough not to fit through the holes in the helmets cage (hockey tape is recommended). The blade can be taped but most prefer it untaped for better ball handling.

chin height when
standing on floor
wearing sneaker



Proper running shoes are required (ie. cross training, court, indoor soccer, basketball, etc).
Skate shoes which have become very popular are not a good sport shoe.

Jerseys are supplied (tshirts for tykes). Goalie gear is supplied (except Juniors), generally only left handed catcher, right handed blocker (left handed goalies can use there own road hockey catcher and blocker and goalie stick provided it is of reasonable quality. Child wears his CSA approved helmet and cage. No road hockey (non-CSA approved) goalie masks allowed. No plastic road hockey goalie sticks.