



Cloverdale Minor Hockey Association

Equipment Checks

The following is a guideline for the proper fitting of hockey equipment. Some of it is common sense, some of it is mandated by the rules as set forth by Hockey Canada, BC Hockey and or PCAHA.

Equipment should be checked periodically through the year. Check it for damage, missing part, as well as proper fit.

HELMET

The helmet should fit properly and be adjusted so it is snug. The front of the helmet should come about halfway down the forehead. It should not be able to move around unless the player moves their head.

There should be no cracks in the shell. If there are, then get a new one.

There must be a valid CSA sticker on the helmet.

There should not be any stickers on the helmet unless they are specifically approved for application to a hockey helmet (such as provided by Hockey Canada). Believe it or not, the glue on the stickers can degrade the plastic.

All straps must be in good shape and firmly fastened. The chin strap must be done up and snug enough that only a finger will fit between the strap and the chin.

MASK

The mask must be attached firmly. Check the clips that hold the mask to the helmet for cracks. The mask should be made for the helmet, preferably made by the same company that made the helmet as they tend to fit better as a package. The J clips on the side of the helmet must be in place, they are there to keep the mask in place during a collision. The chin guard in the mask should be in good shape and not chewed up.

There must not be any broken bars on the mask. There must also be a CSA sticker on the mask.

NECK GUARD

The neck guard should completely cover the neck. It should fit snug enough to avoid exposing parts of the neck and upper chest.

The neck guard must have BNQ certification. It must not be altered in any way. Rips and tears must be sewn up. The Velcro strap must not be worn and should be in good condition. There should be no tape on the neck guard.

SHOULDER PADS

The shoulder pads should be the proper size. The cap should cover the shoulders. The caps should not squeeze together so much that the neck is pinched when the arms are raised. The arm straps should be snug. The chest padding should extend down to cover the ribs.

ELBOW PADS

The elbow pads should fit snugly. They should cover the area from the shoulder pads to inside the gloves. They should be tight enough not to roll over. The Velcro straps should be in good shape. For those who are new, the padding goes on the outside of the arm (away from the body).

GLOVES

The gloves should be the right size for the hand. The cuff should cover the wrists. The padding should be in good shape and there should be no pieces missing. There should be no holes in the palms of the gloves greater than the size of a quarter. Anything larger and they are not suitable for use in a game.



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PANTS

The pants should fit reasonably snug. They should be long enough to cover to the middle of the knee cap on the shin pad. They should be high enough to cover the kidneys. Most pants have a waste strap that tightens. This is usually not sufficient to hold the pants up. If they didn't come with suspenders, get a set. Especially for kids in initiation.

There should be no rips or tears. Any zippers must be done up. All straps should be of reasonable length and not hanging out.

JOCK/JILL

The jock should fit snug (whether for boy or girl, it should fit properly). The waistband should not be too tight and also should not be torn. Check the cup/padding for breaks and get a new one if there are any. There should be no holes in the cup pocket where the cup may slip out.

SHIN PADS

The shin pads should be of adequate padding for the level of hockey. The cup should fit over the kneecap so the center of the kneecap is in the center of the cup. The pad should extend down to the top of the foot. When dressed, the tongue of the skate should go under the shin pad. The shin pad should be tight enough so they don't move around.

SKATES

The biggest issue with skates is sizing. Most people tend to buy skates that are a little big so the kid can grow into them. This can hamper skating performance. Laces should be in good shape. Check them for cuts. Also, inspect the rivets that hold the blade holder to the boot as they can become rusty and fall out making the blade move around. Also, if the blades are held in by bolts, check how tight they are.

STICK

The stick should be the right length. This can vary by player but typically, this is somewhere between the chin and the V of the jersey.

If using a carbon fibre stick, the plug must be in the end. There should be enough tape on the end of the stick so that it can't pass through the holes in a helmet.

There should be no sharp edges on the blade or pieces missing.

Cleaning Equipment.

Equipment should be cleaned periodically. Of most importance, the gloves and the shin pads. Studies show that of all the equipment used, those are the 2 that collect the most bacteria. This is only natural as sweat flows downhill and collects in the lowest point. Gloves are hard to clean but shin pads are not so bad. Use a good cleaner every couple months and your house will smell much better.

Reference: "Safety Requires Teamwork" and "Safety For All" booklet from Hockey Canada.



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GOALTENDERS

Goalie equipment should also be inspected regularly for fit and abnormal wear and tear. It is generally more expensive than regular player equipment, but it is also much heavier due to the nature of the position. This is one set of equipment that must not be overlooked.

As with the other players, one big problem is parents who buy equipment that is too large to save some money as the kids grow into it. This can be detrimental to performance as well as being dangerous. If equipment is too big, it can shift around and expose parts that wouldn't normally be exposed if properly fitted.

HELMET

Goaltenders are required to wear a different mask than regular players. Some goalies wear a fiberglass type mask and others wear a helmet and wire cage. The helmet can be like other players helmets. For kids under the age of 11, the regular wire cage will be sufficient. For kids 11 years and older, the rules state that the goaltender must have a mask with a White CSA sticker.

Check the helmet for cracks. If there are any, discard it and get a new one.

Check the helmet for missing foam pieces. If there are any, discard it and get a new one.

Check the chin cup. It must be intact or the CSA approval is void. If it isn't, discard it and get a new one.

Check the straps. They must all be intact. If any are missing, get new ones. Especially the chin strap. If it is missing, the player will not be allowed to play.

NECK PROTECTOR

The goaltender neck protector is similar to the player neck protector except that it has extra padding. It is still required to have the BNQ certification.

Any other neck protector used must be in good shape. If it is cracked or missing pieces, discard it and get a new one. If it is the style that hangs from the cage, ensure that the strings are not frayed or ready to break. Ensure it is not so loose that it exposes the neck. Ensure that it is not so tight that it restricts head movement.

UPPER BODY PROTECTION

Upper body protection should fit properly. Equipment that is too large or too small can be equally dangerous. The equipment is designed to protect the collar bone, chest, arms and down to just below the navel.

The arm pads have pieces to fit the elbow, they should be positioned at the elbow properly and then the arm padding should extend down to the wrists. They should extend down into the gloves so the wrists are not exposed.

The belly pad should cover the collar bone and extend down to about 2" below the navel. It should tuck into the pants.

PANTS

Goalie pants are much like other pants but they have extra padding. They should be fit properly. The extra padding means they should also have suspenders so they don't fall down.

CUP

The goaltender cup is much different than the regular player cup. It is large and has more padding. The waist band also has some padding to it. Make sure that the straps are all intact and it fits properly. If it has Velcro straps, make sure they function properly. Check the cup to make sure it is not cracked. If in doubt, get a new one.



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LEG PADS

New pad designs make sizing very confusing. The main issue is that the pad fits properly so the knee is where it should be in the pad. The skate must be completely covered (toe of pad must be at least 7" long). The pads should extend up over the bottom of the pants (roughly 3" above the knee). Hockey Canada rules dictate maximum pad sizes.

New pads are worn loose to allow them to rotate when the goalie goes down on his/her knees. They have thick padding for the knee to rest on when the pad rotates.

Check all straps to make sure they are not torn or missing. If they are replace them. Check all buckles to be sure they are not broken or missing. The toe of the pad is held to the skate with string. Typically it will be an old skate lace. Make sure this string is in good shape. The toe string and heel strap are all that hold the pad to the foot and maintain its position over the leg. If either of them break, the pad will rotate around and create a dangerous situation where the legs will be exposed.

Any tears in the pads should be repaired promptly. Long gone are the days of deer hair stuffed pads, but the new padding can still come out if tears are allowed to grow.

KNEE PROTECTORS

For extra protection for the knees, some manufacturers make "thigh boards". These thigh boards have been deemed illegal equipment as they are quite wide and provide extra stopping surface. They should not be used as they will result in a penalty and the player will be pulled from the game until they are removed.

There are other alternatives to the thigh board. Most manufacturers make a smaller version that fits under the pad snug to the knee. They can be relatively inexpensive (\$35) to expensive (\$100+). Think before buying. Don't just buy the most expensive knee protection as it may not be the right one. A simple foam pad that straps to the knee is more than sufficient. There are models with plastic knee caps, but probably aren't necessary depending on the level of play. Again, if you already own a pair, check the straps. Most of them use Velcro. Ensure it is in good shape.

SKATES

Goalie skate are designed with an extra layer of plastic to protect the inside of the foot and the toe. Check this plastic for cracks. If there are any, replace the skates.

The blades are not typically replaceable so it is not as important to check them. They should be kept sharp to enable the goalie to move around the crease quickly. Check the rivets that hold the boot to the skate body.

GLOVES

Goalie gloves are made to do more than just protect the hand. Hockey Canada rules dictate the maximum size of the gloves. Again, a glove that is too large can be detrimental to performance. The cuffs of the gloves should give adequate protection to the wrists. The finger guards on the blocker should be intact and any straps must not be torn. Any wrist straps that allow the glove to be tightened should be in good shape so the glove does not come off during play. Like a player's glove, there must not be any holes in the palm of the blocker larger than a quarter.

UNIFORM

The goalie jersey should be large but not so large it extends down between the knees. The goalie must wear the same socks as the players, or at least sweat pants. There must not be any bare skin.

Reference: "Safety Requires Teamwork" and "Safety For All" booklet from Hockey Canada.