



HURRICANE WARNING!!

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2015

IMHA Equipment

EQUIPMENT CHECKLIST:

Helmet/Face Mask	
Neck Guard	
Shoulder Pads	
Elbow Pads	
Gloves	
Jock Short	
Hockey Pants	
Shin Pads	
Socks	
Skates	
Jersey	
Equipment Bag	
Hockey Stick	

No IMHA players will be allowed on the ice without adequate protective equipment. Full equipment includes jock shorts (or jock & garter belt), shin pads, socks, hockey pants, skates, BNQ approved neck protector, shoulder pads, elbow pads, jersey, gloves, CSA approved helmet with a facemask and a stick.



Proper Fit Ensures Proper Protection

Skates

To find the right fit, try on one size smaller than street shoes. (Skate sizes are not the same as shoe sizes). Player should be able to place one finger between heel and back of skate when laces are loosened and toes are pushed forward to touch front of skate. When tied the toes should lightly touch the toe of the boot; the heel should feel stable. Lace the skates firmly for a snug fit.

When skates are laced up, ensure there is 1½ to 2" between eyelets. Walk around in skates to check comfort. Check feet for

red areas or pressure points – both are indicators of improper-



ly fitted skates. Player should wear the socks they intend to use when playing hockey.

Most skates require time to be broken in. Baking in a skate ov-

en speeds up this time.

Standing with feet shoulder-width apart have the player crouch slightly so the knee is over the toe. If their toes are scrunched up, the skate is too small. If their foot has room to move around, the skate is too big.

Every foot is different. Try several skates to see which provides the best comfort and stability.

Check fit periodically during the season—kids grow fast!!

NOTE: All skates need to be sharpened before their first use.

Helmet & Facemask

All Helmets/Facemasks must be CSA approved and CSA sticker must remain visible during play. Fit is far more important than colour or style. Helmets come in many styles & sizes and are adjustable in order to get the fit just right.

Once you know the approximate size, try different brands to find the one that fits best. Some brands and styles will fit better than others, depending on the shape of the player's head. The adjusting mechanism (screws or clips depending on the type of helmet) must be used to ensure a snug fit and eliminate discom-

fort. Open the helmet to its largest setting and put it on the player's head. Tighten gradually until the fit is snug. Front of the helmet should fall just above eye brows. Ensure chin strap is fastened snug and does not hang down. There should be no slack in the chinstrap.

The helmet must fit all around. It should rest so that the rim is one finger width (1 cm) above the eyebrow. The top of the player's head should be in contact with the padding. There should be no gaps at the temple.



Do the YES and NO test: have the player shake their head as if saying 'yes' and 'no' - the helmet should stay firmly in place.

Best bet is to have the supplier of the helmet fit the helmet to your player before purchase.

Elbow Pads

The pad should protect beyond the elbow so that no part of the arm is exposed above the glove or below the shoulder pad. Test the range of motion by bending the arm at the elbow, making sure there are no re-

strictions.

When the arm is straight, check that the elbow

pad doesn't slide toward the hand.



Shoulder Pads

Shoulder pad size generally corresponds to shirt size (i.e. S, M, L). The shoulder cap must be directly over the shoulder joint and the pads must completely cover not only the shoulder but the upper back, chest & upper arms down to the elbow pads (there should be no gap between the bicep of the shoulder pad & the elbow pad). The back section of shoulder pads should slightly overlap the pants. Lift arms slightly above shoulder level & check that pads do not dig into neck.



Mouth guard

Though sometimes difficult for this age group, a mouth guard can & should be used for added protection. Mouth guards can reduce the incidence & severity of injuries to the teeth and mouth. And may reduce more serious injuries like jaw fractures and concussions.

Pants

The pants should overlap the top flair padding of the shin pads by 1-2". When done up snugly the padding around the waist must cover the kidney area & the rear padding must cover the tail bone. Hockey pant size corresponds to regular pant size (i.e. waist in inches). Test the range of motion by lifting the legs, making sure there are no restrictions.



Shin Pads

should underlap pants by approx. 2" & the bottom should rest approx. 1" above foot when foot is flexed upward. To determine size, measure in inches from the centre of the knee to 1" above the ankle. There should be no exposed area between the top of the skate tongue and the bottom of the shin pad—for more comfort, shin pads can be worn over top of the tongue of the skate.



The top flair padding of the shin pads

The cuff of the glove should extend up to the elbow pad.

The player's fingertips

should not reach completely to the ends of the glove. When the player's palm is facing up, make sure it aligns with the palm of the glove. The palm of the glove should not be lower than one finger width from the palm of the player's hand.

Gloves



Socks for IMHA Tyke & initiation Players will be available for purchase at the Tyke/Initiation Parent Meeting this September.

Socks are \$12 per pair and typically players in this age group will only require one pair per season.

Socks



Equipment Essentials

Please Note : Helmet must have a face mask



Jersey

Jerseys for the IMHA Tyke & Initiation Program are supplied via the Tim Horton's Timbit program. Each player will receive a team jersey to wear for the duration of the season once teams have been formed. These jerseys are to be worn for all games and, if the player wishes, all practices—some players prefer to wear their own personal jersey for practices and that is their choice. That being said, each player will require an alternate jersey for the evaluation process as the Timbits jersey will not be available.

Neck guard sizing is

Neck guard

based on neck circumference and the guard should completely cover the neck between the top of the shoulder pads and the bottom of the face mask. However the guard should also be comfortable to wear and not too wide for the players neck. All neck guards need to be BNQ certified.

Stick

Choosing the correct stick for a 4-6 year old can be difficult—a 4 year old may not shoot the same way every time they pick up a stick. That being said it is NOT necessary to spend a lot of money on a stick for players in this age group! But here's some quick tips for selecting a stick.

When standing without skates, the height of the stick should reach between the player's chin and nose. Choose a stick length and flex but know that length affects flex. The longer the stick, the softer the flex. The shorter the stick, the stiffer. Composite sticks can be cut shorter - or made longer by inserting an extension. For every inch added, subtract five from the flex scale. For every inch cut off, add five. (For players in this age group, the flex of the stick will not greatly impact their ability to shoot).

For youth aged 3-8 years; height 3'0" - 4'8"; and weight 40-80lbs, the recommended shaft flex is 40/42 and the recommended stick length is 46-49".

