

# Ringette Equipment Guide: For Players



1. Girdle (hip protector): Put on like a pair of shorts
2. Shin pads: Put over the player's shins and knees
3. Ringette pants: Pull on over the player's shin pads and girdle
4. Skates: Put on like shoes and tighten the laces, ensuring ankle support

Skates should be tight around the player's ankle and foot, ensuring support but loose enough that blood flow is not restricted. It is not recommended that laces be tied around a player's ankles.

5. Neck guard\*: Place strap around the player's neck
6. Shoulder pads: Pull over head and tighten straps around chest
7. Elbow pads: Put on the player's elbows so that straps are on the inside of their arm
8. Jersey: Goes over shoulder, neck and elbow pads. The athlete can choose their jersey
9. Gloves: Put them on the player's hands, these should be snug
10. Helmet\*\*: Put on the player's head and ensure that all straps are attached and that the helmet is not too loose
11. Stick: The stick should come to a player's rib cage when the player is on their skates

## Don't have ringette gear?

Some associations have gear to lend. Please reach out to your local association and ask!

Hockey gear (pants, hockey socks, jock) can also be used in replacement of ringette girdle and pants.



\*Neck guards must be certified by the Bureau de normalisation du Québec (BNQ)

\*\*Helmets must be Canadian Standards Association (CSA) approved & have a triangle shaped mask.

12. Mouthguard (optional)