

Full equipment is required for all Youth and Adult Hockey Programs & Leagues*

**With the exception of select levels of Bruins FUNDamentals Beginner Hockey School*

BRUINS FUNDAMENTALS BEGINNER HOCKEY SCHOOL

EQUIPMENT REQUIREMENTS:

Tot Hockey 1

- Hockey Skates (rental skates available on first-come, first-served basis)
- HECC approved helmet and facemask

Tot Hockey 2

- Hockey Skates (rental skates available on first-come, first-served basis)
- HECC approved helmet and facemask
- Hockey Pants
- Elbow Pads
- Shin Pads
- Gloves (Hockey Gloves optional)

Tot Hockey 3

- Full Equipment Required
- Hockey Sticks are not required at this level

Level 1-3 & Teen Hockey 1-2

- Full Equipment Required*

*Depending on arena location, sticks may not be utilized within the Bruins FUNDamentals Beginner Hockey School

Equipment Requirements

It is important to your safety and enjoyment that you have the proper equipment before you step on the ice. Here is a full list of equipment, as well as some helpful information on how to fit and size:

- Single-blade skates
- HECC approved helmet with full facemask
- Ice hockey stick (no plastic)*
- Elbow pads
- Shin pads
- Hockey gloves
- Hockey pants
- Shoulder pads

**Depending on arena location, sticks may not be utilized within the Bruins FUNdamentals Beginner Hockey School*

How To Buy Protective Gear

Hockey is a fast-paced, hard-hitting sport, with hard pucks and sharp skates a part of the game. It is imperative that the hockey player chooses the proper protective equipment and wears it at all times when on the ice.

Helmets

All levels of hockey, even the NHL, require players to wear a protective helmet when playing. There are a large variety of helmet types available. To assure their safety compliance most helmets and face masks are certified by a professional association, such as the Hockey Equipment Certification Council (HECC). Look for a Seal of Approval.

Construction

- Most helmets are made of a polycarbonate material, which is basically a lightweight plastic
- Hockey helmets come in either one or two-piece construction, with the two-piece version offering a more customized fit
- All helmets have liners inside the shell to help absorb impact and to make the helmet more comfortable. Many have double liners--one to absorb the impact and the other to help with comfort.
- Safety experts recommend that padding be at least 5/8 in thick
- Determining your helmet size
- Helmets come in a variety of sizes and are usually measured in inches
- To ensure a player's safety it is important that his/her helmet fits properly
- For the perfect fitting helmet, see Determine Your Helmet Size, before making your purchase decision

Face Masks

All juniors through college level players are required to have a face mask on their helmets. Face masks are either sold as part of the helmet or come separately. There are three kinds - wire cage, face shield, and combination.

Wire Cage

- *A wire cage consists of a metal or composite shield that covers the entire face area*
- *Wire cages provide more protection and do not fog up like face shields*

Face Shields

- *These are generally a high impact-resistant plastic that covers the front of the face*
- *Some players choose face shields because they offer better overall vision with no wires getting in the way*

- *Face shields tend to fog up during use, but they are often now made with fog-resistant coatings*

Combination Masks

- *Some manufacturers now offer the best of both designs - a plastic face shield to protect the eyes and upper part of the face, and a wire mesh to cover the lower jaw and to add ventilation*

Mouth Guards

- Although mouth guards are not mandatory in all leagues, they are highly recommended because they not only protect your teeth but also soften blows to the head and prevent against concussions
- Mouth guards either come pre-formed to mold to the mouth during use, or can be softened by heating and then molded by biting down on them
- Mouth guards come in general sizes to fit youths, teenagers and adults

Ear Protectors

- An additional piece of helmet safety equipment is the ear protector, which can be inserted into helmets for extra comfort and protection
- Ear protectors are also very useful on cold days for extra warmth

Shoulder Pads

- These protect your collarbone, upper chest, back, upper arms, and your shoulders
- You should look for shoulder pads that provide the most padding available for your needs
- Forwards should look for lighter weight pads that offer more freedom of movement
- Defensemen require larger pads with maximum protection against being hit by pucks
- Some pads also protect the heart area
- There is also extra lower-back protection available either as part of the shoulder pad or as an attachment

Determining Your Shoulder Pad Size

- Most pads are sized according to body type
- To measure, wrap a tape measure around your chest just below your arm pits
- Different manufacturers use different sizing charts, but the chart below provides a general guide

Finding Your Shoulder Pad Size

Finding Your Shoulder Pad Size		
Size	Inches	cm
Junior Small	22 - 24	56 - 61
Junior Medium	24 - 28	61 - 71
Junior Large	28 - 30	71 - 76
Senior Small	30 - 32	76 - 81
Senior Medium	32 - 34	81.5 - 86.5
Senior Large	36 - 38	91.5 - 96.5
Senior X-Large	40 - 42	101.5 - 107

Elbow Pads

- Elbow pads are necessary to protect against painful bone bruises, and even fractured elbows, from falls or being hit by a stick
- Elbow pads cover the muscular part of the arm in addition to the elbow
- They cover the area from just below the shoulder pad to just above the hockey glove
- Most elbow pads are adjustable and are secured with Velcro straps, so sizing is general according to body size. There are also varying numbers of straps available on different pads to help with adjustments.
- You may want to add a forearm slash pad for further protection in a sensitive, highly vulnerable area

Determining your elbow pad size

- Determine the distance between the edge of your shoulder pads and the cuff of your hockey glove
- The elbow pad should leave no exposed skin between the shoulder pad and the glove.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the elbow pad size you should buy based on the above measurement

Finding Your Elbow Pad Size

Finding Your Elbow Pad Size	
Size	Inches
Youth Small	7.5
Youth Medium	8.5
Youth Large	9.5
Junior Small	10.5
Junior Medium	11.5
Junior Large	12.5
Senior Small	13.5
Senior Medium	14.5
Senior Large	15.5 and above

Shin Pads

- These are mandatory to protect against hits by a puck or an opponent's stick
- Shin pads range from 7 to 17 inches in length and are designed to fit over the kneecap to just above the skate top
- You should look for one sized to your height.
- Forwards usually prefer lighter pads with less protection that allow them to skate faster
- Defensemen should look for a heavier shin guard that helps protect against pucks and opponent's sticks

Determining Your Shin Pads Size

- While you are sitting down, measure from the middle of your knee cap to the top of your skate
- This is your shin measurement and should be matched to the manufacturer's specifications on the shin pad
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the shin pad size you should buy based on the above measurement

Finding Your Shin Pad Size

Finding Your Shin Pad Size		
Size	Inches	cm
Youth	7	18
Youth	8	20.5
Youth	9	23
Junior	10	25.5
Junior	11	28
Junior	12	30.5
Senior	14	36.5
Senior	15	38.5
Senior	16	41
Senior	17	43

Gloves

- Hockey gloves protect the hand and wrist without loss of flexibility or comfort
- Traditional gloves have all-leather construction, but modern versions incorporate Kevlar and nylon for increased strength, durability and comfort
- It is okay for gloves to be a little large, as long as the padding covers all areas of the hand and wrist

Determining Your Glove Size

- Gloves range from youth sizes of about 9 inches up to full adult sizes of 16 inches
- Use a tape measure to measure the distance from where your elbow pads end to the tip of your fingers. This number equals your glove size.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the glove size you should buy based on the above measurement

Finding Your Glove Size

Finding Your Glove Size		
Size	Inches	cm
Small	9	23
Small	10	25.5
Medium	11	28
Medium	12	30.5
Medium	13	33
Large	14	35.5
Large	15	38
X-Large	16	40.5
X-Large	17	43