



EQUIPMENT SIZING - GOALIES

New to hockey? It is important to wear your equipment properly!

Additionally, it is important to note:

- ❖ Goal pads should always be fitted with goaltender skates on.
- ❖ Kneecaps should be in the middle of the knee roll.
- ❖ When completely fastened, the pads should extend from the toe of the skate to four inches above the knee.
- ❖ Extra kneepads may be worn under the goal pads for added protection.
- ❖ Check straps regularly.
- ❖ Pants should fit the same as regular pants, but should be loose enough to fit belly pad inside.
- ❖ Pants are expected to be heavier than usual because of their extra padding.
- ❖ Belly pad should tuck in about two inches below the belly button.
- ❖ Upper body protection should cover collarbone, chest, abdomen, and should extend down arms to the wrist.
- ❖ Goaltenders should wear special athletic support.
- ❖ Blocker and trapper should fit to the hand size of the player and should overlap arm pads.
- ❖ Never warp the block as this reduces its structural integrity.
- ❖ Skates 'out of the box' are NOT sharp. They will need to be sharpened prior to the participants first skate session.

FULL EQUIPMENT is ALWAYS MANDATORY!!

Use the following links for more information and resources about equipment:

[Equipment Details](#)

[Hockey Canada - Equipment Fitting Video](#)

