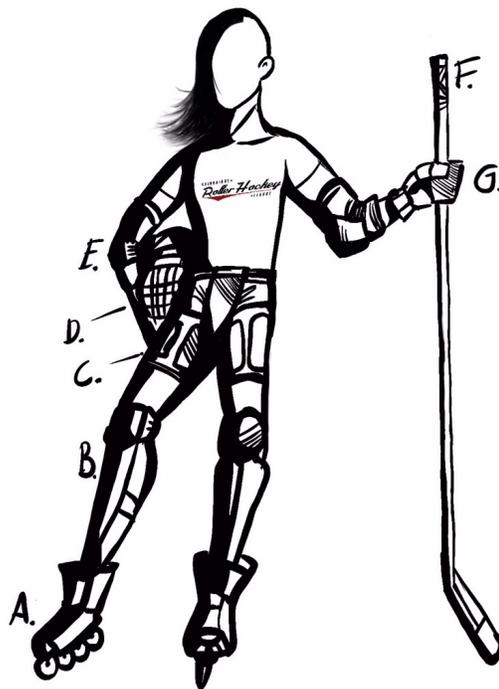


Gear F.A.Q.

What gear is required to play roller hockey? (Letters here and below correspond to letters on the player)

- A. Inline Hockey Skates with softer indoor wheels for new surface
- B. Hockey Shin Guards
- C. Roller Hockey Girdle
- D. Hockey Helmet, with a protective face cage
- E. Hockey Elbow Pads
- F. Wood or composite Hockey Stick, ideally with a composite blade (no plastic blades, please)
- G. Hockey Gloves
- H. Mouthguard
- I. Not pictured: InLine Hockey Pants to fit over the shin guards and girdle
- J. Not pictured: Protective Cup (boys, required) or Pelvic Protector (girls, optional)



*Note: if a piece of equipment looks good and fits, but is missing something (like a helmet cage or skates without laces or shoes), these can be added. ***In roller hockey, shoulder pads are not allowed.****

A. How should roller hockey skates fit?

Inline hockey skates are meant to fit snug like a glove for the greatest amount of power transfer and support. Too big, and the foot will move around inside, taking away power and creating sore feet and blisters. Too tight, and feet will hurt and feel cramped. Most skate sizing is 1 to 1 ½ sizes smaller than your standard shoe size.

A. Can I use regular roller blades?

Roller hockey skates are sturdy, designed to take a lot of impact and forces from all directions. Regular roller blades aren't. Very new and young skaters may get through a season using non-hockey skates. In that case, the brake would need to be removed. In hockey, kids learn how to stop without brakes.

B. How should a hockey shin guard fit?

To determine your size, measure the length of the shin from the center of the kneecap to the top of the boot of the skate with your leg bent at 90 degrees. A proper fit enables the knee pad portion of the shin guard to sit directly on the center of the kneecap.

C. How should a roller hockey girdle fit?

The girdle is designed to fit snugly and protect the pelvic area and the tailbone. A roller hockey girdle is less bulky than an ice hockey girdle.

D. How do I choose a good helmet?

Black helmets are hotter, so consider white or a lighter color. The helmet should be snug against the head but not too tight. It should have an HECC certification and be no more than 6.5 years from the manufacture date. It needs a chin strap and a cage. There are lots of good articles online with comparison charts of different helmets. During the past few years hockey helmets have seen a vast improvement in weight, comfort and performance.

E. How should an elbow pad fit?

The elbow pad should start at the cuff of your glove, with the elbow pad centering on the elbow and then going midway up the arm.

F. How tall should my hockey stick be?

With the bottom toe of the stick touching the ground, if you are wearing skates it should come to the bottom of your chin. If you aren't wearing skates, it should reach your nose.

G. How should my hockey gloves fit?

Measure from your fingertips to the end of your elbow pad (i.e. if this distance measures 13.7", a 14" glove is the proper size glove). If your fingers touch the end of the glove, it is too small.

H. Can I use a mouthguard from another sport?

Yes, a mouth guard from another sport will work fine. Also, some dentists offer free custom sports guards--a very comfortable option.

- What is the difference between a roller hockey pants and ice hockey pants?

Ice hockey pants are much bulkier without significant contouring, allowing them to move freely.

Inline hockey pants are more contouring and close fitting. All of the panels are meant to fit closely and include air pockets to help keep players cool.

- Can I use ice hockey gear?

A number of pieces of ice hockey equipment will work for roller hockey. This includes shin guards, elbow pads, helmet, mouthguard, hockey stick (so long as it is wood or composite), and gloves. The girdle could be used, but will likely prove to be too bulky.

- Where can I find additional gear if needed?

Online resources: InlineWarehouse.com, HockeyMonkey.com, HockeyGiant.com. Amazon.com Play It Again Sports in Lynnwood and Elevate Sporting in Tacoma may also have used gear at a reasonable price. But definitely call ahead to get a sense of their current inventory.