

Mandatory and Optional Ice Hockey Equipment

Most of the equipment below is mandatory for all skaters who skate with NFHA. This equipment is to be worn during practice and game situations, and during any skill and development sessions (including camps). This equipment is worn for the skater's protection.



Helme



Mouth Guard (mandatory)



Neck Protector/ (mandatory)



Shoulder Pads/Chest Protector (mandatory)



Elbow Pads (mandatory)



Hockey Pants (mandatory)



Suspenders (optional)



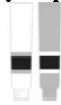
Athletic supporter/male or female (mandatory)



Shin guards (mandatory)



Hockey Tape – helps to keep socks in place (recommended – optional)



Hockey socks (mandatory)



Ice Skates (mandatory) Cross Ice may borrow skates from rink



Hockey Gloves (mandatory)



Hockey Stick (mandatory)

NFHA does not advocate any particular brand of equipment. Hockey socks and jerseys may or may not be included in registration fees. It is recommended that skaters include a pair of hockey socks and practice jersey in their equipment bag.