

Ringette Equipment Guide: For Goaltenders



RINGETTE | RINGUETTE
CANADA

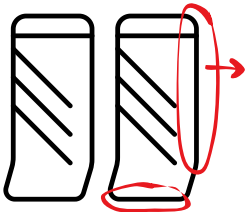


1. Jock/jill: Put on like a pair of underwear
2. Pants: Put on like a pair of shorts
3. Goalie pads: Place on the goaltender's shins and then attach straps.
4. Skates: Put on like shoes and tighten laces to ensure ankle support

Skates should be tight around the goaltender'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 goaltender's ankles.

Putting on goaltender pads

The goaltender should put on their skates, jill and pants before putting on their pads.



Each pad will have a thicker edge/line. The thicker edge/line should face the outside of the goaltender's leg. The forward-tilted edge on the bottom of the pad should lay over the skates.

It is often easiest to put pads on the goaltender if they kneel on the ground.

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

5. Neck guard*: Put around the goaltender's neck and attach the straps
6. Chest protector: Put over shoulders and attach straps. The straps may need to be adjusted to ensure a snug fit
7. Elbow pads: Put on the goaltender's elbows with the straps facing the inside of the goalkeeper's arms
8. Jersey: Put on over the chest and elbow pads. The goaltender can select their jersey.
9. Helmet**: Put on head and attach all straps to ensure a snug fit
10. Protective gloves: Blocker or glove
11. Goalkeeper stick: This is the same as a hockey goalie stick
12. Mouthguard (optional)

*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.