

Fort Garry Ringette Association

REQUIRED EQUIPMENT, 2009/2010

1. CSA approved helmet with full cage or shield. Cage must be CSA approved for Ringette (triangular pattern). (Calcoat is one manufacture of the Ringette cage.)
2. Shoulder pads - with chest protector.
3. Elbow pads
4. Throat (neck) protector (BNQ approved)
5. Gloves – ringette or hockey gloves
6. Girdle - with pelvic protector
7. Shin pads
8. Ringette pants
9. Skates – figure skates are not acceptable
10. Ringette stick *
11. Personal Water Bottle**

* For all players, a legal ringette stick is required. Old style, unmodified, Stinger 1000, 5000 etc. are not legal. The Stinger 7000, RingJets, among others, is legal.

** While we cannot enforce this, it is recommended that each player also has their own water bottle with some means for easy identification reducing the spread of germs leading to winter colds and flus.

A good sports bag is also required to transport the equipment. New and used equipment is available at sporting goods stores such as: Play it Again Sports, Source for Sports, and a few others.

