

Mite Hockey Equipment Information

Skates

Skates normally fit 1 to 1½ sizes smaller than your shoe size. Ensure proper fit. Do not buy to fit next year.

Moving or lifting your heel inside the hockey skate should be impossible. Your heel should not move.

The skate should fit very snug for proper support to enable a good push-off without any movement of your foot inside the skate.

Stick length

A good rule of thumb when sizing a hockey stick is when a player is wearing hockey skates, the top of the stick should reach to the chin; while in sneakers, the stick should reach the nose.

Choosing a stick

- Youth (20-40 flex)
- Junior (35-50 flex)
- Intermediate (55-70 flex)
- Senior (65-105 flex)

A good way to estimate the flex a player needs is to divide their weight in pounds by two.

The taller and heavier a player is, the higher the flex the player will need.

Helmet with facemask

Make sure the helmet fits snugly on the head.

A properly fitting helmet sits flat on the head and is about ½ inch above your eyebrows, without tilting forward or back.



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Hockey stick length while on skates



Short

Average

Long

Hockey stick taping

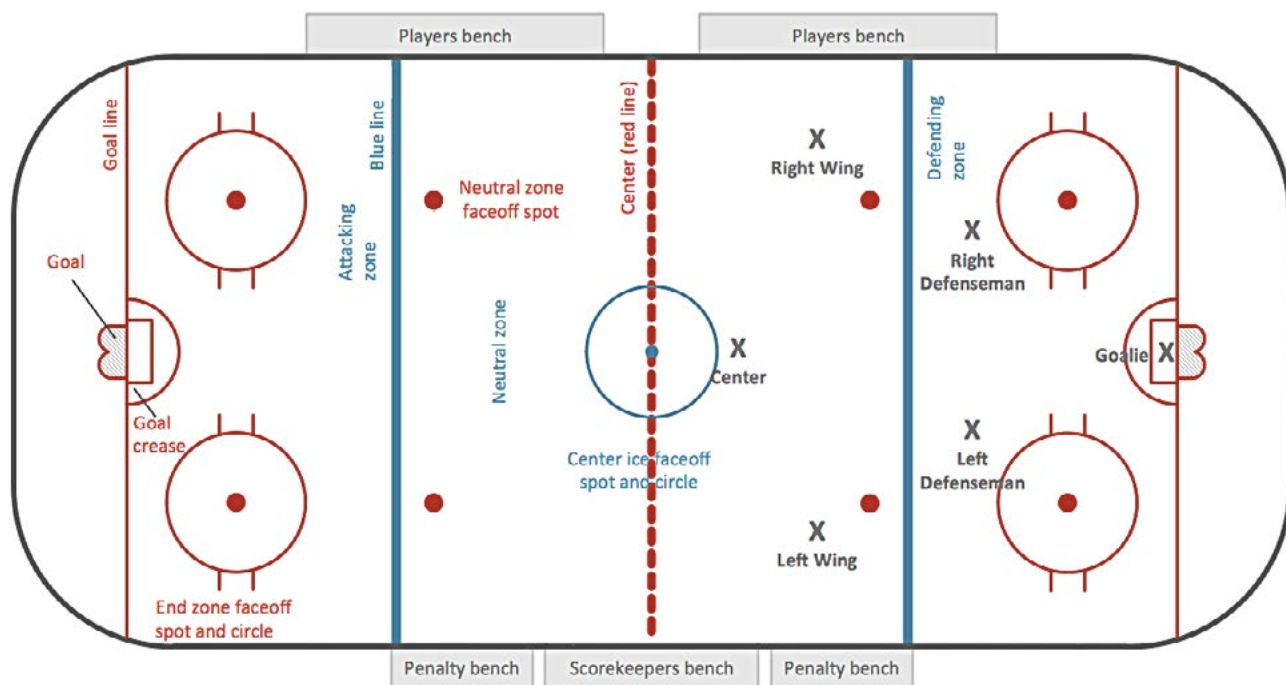


There are two main sections of a hockey stick that can be taped: the handle and the blade. Use cloth tape.

Equipment checklist

- ☐ Helmet
- ☐ Mouth guard
- ☐ Shoulder pads
- ☐ Elbow pads
- ☐ Gloves
- ☐ Pants
- ☐ Shin pads
- ☐ Sharpened skates
- ☐ Stick
- ☐ Puck
- ☐ Equipment bag





Hockey Rink Terms

Lines

The center line divides the ice in half crosswise. It is used to judge icing, meaning that if a team sends the puck across the center line (red line), blue line and then across the goal line (that is to say, shoots or dumps the puck past the goal line from behind their own side of the center line) it is said to be icing.

Faceoff spots and circles

There are 9 faceoff spots on a hockey rink. Most faceoffs take place at these spots. There are two spots in each end zone, two at each end of the neutral zone, and one in the center of the rink.

There are faceoff circles around the center ice and end zone faceoff spots. There are hash marks painted on the ice near the end zone faceoff spots. The circles and hash marks show where players may legally position themselves during a faceoff or in game play.

Spot and circle dimensions

Both the center faceoff spot and center faceoff circle are blue. The spot is a solid blue circle 12 inches in diameter. Within the spot is a center,

a circle 30 feet in diameter, painted with a blue line 2 inches in width. All other faceoff spots have outlines 2 inches thick, forming a circle 2 feet in diameter measured from the outsides of the outlines, and are filled in with red in all areas except for the 3 inches space from the tops and bottoms of the circles, measured from the insides of the outline.

Goal posts and nets

At each end of the ice, there is a goal consisting of a metal goal frame and cloth net in which each team must place the puck to earn points. The entire puck must cross the entire goal line in order to be counted as a goal.

Goal area

The crease is a special area of the ice designed to allow the goaltender to perform without interference. In most leagues, goals are disallowed if an attacking player enters the goal crease with a stick, skate, or any body part before the puck.

Referee's crease

The referee's crease is a semicircle ten feet in radius in front of the scorekeeper's bench.