



EQUIPMENT AND UNIFORM REQUIREMENTS FOR TEAM PLAY

For the safety of all our players and coaches, full equipment is required for every Stallions practice and game play.

DRESS CODE FOR GAMES AND TOURNAMENTS

Chicago Stallions Hockey Association requires the following dress code:

ALL PLAYERS are **required** to wear club approved **game jerseys, pant shells and game socks**. Game jerseys should be clean and carried on a hanger or in a garment bag to games. Both home and away jerseys and socks should be brought to every game. Official game socks should be worn for games only. We encourage families to purchase separate socks for team practices.

UNIFORM JERSEYS AND SOCKS

Each player is required to purchase the following:

- one home (gold) and one away (black) game jersey
- one pair of home and one pair of away game socks

Additional socks are available for purchase from the uniform coordinator. Fittings will take place prior to the start of each season. Should any of these items be misplaced or outgrown, you are responsible for purchasing a replacement

ALL TRAVEL TEAM PLAYERS are **required** to wear **official Stallions warm-ups** for the pre-game warm-up routine. Warm-ups are optional for NSYHL team players.

Team Bags are suggested for all Travel team players. Bags reflecting other teams are not permitted.

Pant Shells - Required for all skaters to wear at all practices and games. Pant shells are optional for full-time goalies.

Helmets and Gloves

Helmets and Gloves should be black. Stallions will provide helmet stickers to each skater prior to the beginning of league play. For Mite team players it is recommended to purchase the above items in black when resizing and purchasing your next helmet.

Dress Code for Practice

Stallions-provided reversible practice jerseys are the only jerseys to be worn for practice. Game socks are not to be worn during practices.

HOCKEY EQUIPMENT NEEDED FOR TEAM PLAY

The selection of hockey equipment is very important for players. When purchasing and fitting hockey equipment, remember two important factors:

1. Make certain the player is adequately protected and
2. Be sure the fitting allows freedom of movement so the player can properly perform the necessary skills.

By carefully considering these two factors, your child will be more comfortable and will maximize his or her playing safety and have more fun playing hockey.

Skates – Required. Purchase skates that will fit your child today with no more than ½” allowed for growth. Skates normally fit 1-1.5 sizes **smaller** than street shoes.

- Tips on proper fitting: While wearing the sock that will be worn when skating, slip your foot into the skate, pressing the ends of the toes against the front of the skate. In this position you should be able to place one finger between the inside of the boot and the heel of your foot. Walk 10-15 minutes in the skates checking for comfort. No more than ½” should be allowed behind the heel.
- Seek adequate protection in the ankle, toe and instep areas. Improperly fitted skates will hamper your child’s ability to skate.

Skate Sharpening -- The rule of thumb on frequency is every 4-6 skates on indoor ice, more frequently on outdoor ice and a must after skating on synthetic ice. Using a skate guard will assist in keeping your skates sharp and prevent slicing of game socks and other equipment in the bag. Check your child’s skates frequently. If you feel a nick on the blade or they feel dull, it is time to have them sharpened. If you’re unsure, ask your player’s coach to look at the skates.

Helmet (black for all NIHL travel teams) – Required. Must be of a design and construction approved by the Hockey Equipment Certification Council (HECC). The chin strap must always be fastened.

- Tips on fitting: Helmet must be sized at the time of purchase. The helmet should be adjusted to fit snug to prevent any shifting and maximize protection.

Facemask/Cage – Required. Must be of a design and construction approved by the Hockey Equipment Certification Council (HECC).

Mouthpiece – Required for PeeWee and above and **strongly recommended** by Stallions Coaches and our Safe Sport Coordinator.

Neck Guard- Required. You can either purchase a neck guard or purchase an undershirt that has a neck guard built into the shirt.

Stick – Required. Quality and price differ greatly, so the choice is yours. You may also ask your player’s coach for a recommendation.

- Tips on fitting: The length of your player’s stick should generally extend from the ice to the player’s chin when wearing skates, or to the nose when wearing street shoes. Remember to tape your stick with hockey tape. Tape the top of the stick with a small knob, this makes the stick easier to hold and easier to pick up. Tape the blade of the stick too; this makes it much easier to handle the puck.

Shin Pads – Required.

- Tips on fitting: A player’s kneecap should fit directly into the center of the kneecap cup of the shin pad. The shin pad should then extend down the full length of the lower leg. It’s

important to make sure that it isn't too long so that the skate would push it up out of position. Conversely, if you find the shin pad no longer extends to the skate, it is time to purchase a bigger size.

Supporter and Cup- Jack/Jill – Required.

Gloves – Required.

- Tips on fitting: The main concern is making sure the gap between the glove and the elbow pad is minimal. The tightness or looseness of a glove is an individual preference. The tip of the fingers should not go completely to the end of the glove. Look for good finger and hand mobility.

Shoulder Pads – Required. Good shoulder pads will provide protection for the collarbone, chest, ribs, back and upper arms.

- Tips on fitting: It is very important that the center of the player's shoulder lines up directly with the center of the shoulder caps. A fiber cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder.

Pants – Required. Held in proper position by suspenders or a strap, pants provide protection for the lower spine, hips and thighs.

- Tips on fitting: Pants should come down to meet at the top of the shin pad. If there is a gap between the shin pad and the pants, it is time to purchase a larger size.

Elbow Pads – Required.

- Tips on fitting: The player's elbow should fit comfortably into the center of the elbow pad cup. A good elbow pad will not slide and will provide forearm protection that extends down to the cuff of the player's hockey glove.

For Goaltenders- special equipment is necessary such as:

- Goalie mask (with dangler recommended)
- Chest pad (for chest, stomach, shoulder and arm protection)
- Goalie cup
- Neck/clavicle guard
- Leg pads
- Catcher
- Blocker
- Stick

The goaltender equipment is especially important, so please seek advice on the proper equipment for your player from a knowledgeable source such as our Goalie Director, Eric Bragagnolo (ericbrags30@gmail.com).

We recognize that hockey equipment can be a continuous investment. Shopping around for the best values and remembering that you need not buy the most expensive equipment helps to keep costs lower. Additionally, seeking out local equipment swaps can help, but keep in mind the equipment must fit properly to provide the maximum protection. Fit and protection should always be the top priority.

If you have any questions about any of the above, please discuss with one of our Stallions coaches or director, or email our Uniform Coordinator (uniforms@chicagostallions.com) or Operations Manager at Admin@chicagostallions.com.