



Required Equipment to play

- Hockey Helmet with full face shield (Cage or Plastic Shield)
- **As of August 1st, 2024 all players are REQUIRED to wear neck laceration protection. Players are required to wear a neck laceration protector that is commercially designed and manufactured for that purpose. More information can be found here. **Please make sure they are BNQ Certified Neck Guards as this will be required!**
- Mouth guard
- Shoulder pads
- Elbow pads
- Hockey gloves
- Protective cup (boys) Pelvic protector (girls) – shorts or pants with pad in front and velcro that holds up (Highly Recommended but not required)
- Socks
- Shin pads
- Breezers (hockey pants)
- Skates
- Hockey Stick
 - Stick length should extend from the ground to a player's nose (with skates off). If the stick is below the chin, it's too small. Too short impedes development, too long is difficult to stick handle

Recommended

- Bag to carry equipment
- Skate guards
- Hockey tape (for taping hockey stick)

Equipment that you will receive from OMGHA

- OMGHA Team Jersey & Hockey Socks

Places to get equipment

Letterman Sports– Plymouth (Preferred Vendor)

Dave's Sports Shop– Maple Grove

Play it Again Sports– (Various locations in the Twin Cities)

Any National Sporting Good Retailers (Dick's, Scheels, etc)

OMGHA Hockey Equipment, Sell, Swap or Give Facebook Group