



Policy Revision	Section(s) Revised	Change description	Effective Date
0		Reformat	Sept 2019
1	13.1, 13.2, 13.3	Add Player Equipment, Safety, Drug & Alcohol Policy	June 2024
2		Reformat (Previously Section 13)	June 2025
3	11.1.6, 11.1.8	Changes to reflect Ringette Canada policy change; removal of existing shoulder pad policy	June 2025

11. EQUIPMENT AND SAFETY POLICY

11.1 Player Equipment

All players must wear the mandatory equipment as per “Official Rules” of Ringette Canada.

11.1.1 Skates: All on-ice participants shall wear ice skates.

11.1.1.1 The use of speed skates, figure skates or any skates where the blade extends past the heel or toe of the boot of the skate are prohibited.

11.1.2 Helmets: All on-ice participants shall wear a CSA approved hockey helmet, with proper chinstrap affixed.

11.1.3 Facemasks: Skaters shall wear a CSA certified Type A or Type B facial protector.

11.1.4 Neck protector: All players shall wear a BNQ approved neck protector.

11.1.5 Gloves: All players shall wear gloves that fully cover the hands and that have 2 layers of material on the back with some type of protective padding material in between.

11.1.5.1 Palmless gloves and gloves that expose the dorsal aspect (underside) of the wrist to the risk of injury, are prohibited.

11.1.6 Knee, Shin, **Shoulder** and Elbow Pads: All players shall wear knee, shin and elbow pads. A plastic shell or similar hard-shell protection is required for all knee protectors (goalkeepers excluded). **All players registered in U19 and younger shall wear shoulder pads designed for participation in ice sports.**

- **Shoulder pads must be hard-shell and shoulder capped.**
- **Shoulder pads cannot be cut or altered in any way. Football pads and padded shirts are not acceptable.**

11.1.7 Pelvic Protection: All players shall wear hip, tailbone and genital protection.



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11.2 Safety Policy (Return to Play After Injury)

- 11.2.1 As per the Ringette Canada Concussion Policy: [Ringette Canada - Concussion Policy & Return to Play Protocol](#), a player with a suspected concussion, even if the player not rendered unconscious, will not be permitted to return to play until the player has consulted a physician.
- 11.2.2 Prior to returning to play, the player must consult and follow the Return to Play section of the Concussion Management Guidelines of Ringette Canada: [Ringette Canada - Concussion Management Guidelines](#).

11.3 Alcohol and Drug Consumption

- 11.3.1 The use of illegal drugs is strictly prohibited. Alcohol consumption and marijuana usage by minors is strictly prohibited. Alcohol consumption by those of legal age must be handled with discretion and in a manner not demeaning to Ringette Calgary following the laws according to AGLC.