



# Nashville Youth Hockey League

## Ice Hockey Equipment Requirements, Suggestions & Information

USA Hockey and the Nashville Youth Hockey League require certain protective equipment **AT ALL TIMES** during games and practices while on the ice and team BENCH area.

1. Protective Jock -- Suggested: Built-in shorts with Velcro on outer legs
2. Shin Pads & Hockey Socks (stick to Velcro)  
Suggested: Firm straps for good fit
3. Hockey Pants (padded) – Belted or with suspenders
4. Ice Hockey Skates – Suggested: Firm ankle support
  - A. Use the smallest size that is comfortable; Skates should not be too big
  - B. Most fit 1-2 sizes below foot/shoe size
5. Shoulder Pads -- Suggested: Snug fit but not restricting arm motion
6. Elbow Pads -- Suggested: Snug fit – not easily moved from the elbow
7. Ice Hockey Helmet & Face Mask (HECC – Certified)
8. Ice Hockey Neck Guard
9. Ice Hockey Gloves
10. Mouth Guard – Colored (not clear); No attachment requirements  
Suggested: Dentist created from dental mold provides a good fit!
11. Ice Hockey Stick  
Suggested:
  - A. Tape the stick on the blade and the butt-end.
  - B. Held with the blade touching down, the stick height should be between the chin and the eyes – cut down if too long.
  - C. Straight blades for young players.
  - D. If possible, have an extra stick.

USA Hockey rules govern protective equipment violations. Nashville Youth Hockey League recommends purchasing quality equipment for all levels of play. Please direct any questions regarding sizing of or caring for equipment to a member of the coaching staff.

### NYHL Equipment Rental

Hockey equipment can be purchased locally or rented through the Nashville Youth Hockey League by any registered member.

Contact Scott Phillips, Hockey Director for renting NYHL Equipment

615.862.8480 x 261; [nyhl@comcast.net](mailto:nyhl@comcast.net)

- The Centennial Sportsplex offers skate sharpening.

### Goaltending Equipment

### Game Jerseys and Socks

All game jerseys and socks for house league teams, including goaltender's, are provided by the Nashville Youth Hockey League. Each jersey is numbered and teams have the option of adding player names on the back at player's cost. This will be coordinated by each Team's manager and/or Head coach.

### Safety and Heads-Up Hockey

To help reduce the risk of serious injury, particularly neck and spinal cord injuries, USA Hockey has developed a set of guidelines called "Heads Up Hockey." Nashville Youth Hockey League requires that all coaches and players teach and play the game according to the principles of Heads Up Hockey.

#### Heads Up Hockey

Ø Heads up! Don't duck!

Ø When going into the boards or goal posts, try to put up your hands, arm or shoulder to cushion your collision. Hit the boards or goal posts with an arm, a leg or anything but your head first.

Ø If you are unable to get your hand, arm or shoulder up to cushion your collision, then be sure to keep your head up. Do not put your head down.

Ø Skate into the boards on an angle to dig out the puck.

Ø Taking a check: Keep your head out of it. Keep your skates parallel to the boards, knees bent, low center of gravity. Skate through the check and get away quickly.

Ø Do not check anyone from behind. It's illegal, dangerous and bad hockey.

Ø Wear a snug-fitting, HECC-certified helmet in good shape, plus full facial protection & mouth guard.