



ROANOKE VALLEY ADULT HOCKEY ASSOCIATION

Roanoke, Virginia

EQUIPMENT REQUIREMENTS

For ALL ice hockey related activities with the **ROANOKE VALLEY ADULT HOCKEY ASSOCIATION** the following equipment items are mandatory to be allowed to compete;

SHOULDER PADS ELBOW PADS
HOCKEY PANTS SHIN PADS
HOCKEY GLOVES CUP w/SUPPORTER
HOCKEY SKATES
***HOCKEY HELMET**
*****NEW FOR 2009*** CHIN STRAP**

FACIAL PROTECTION - At least HALF/SHIELD or CAGE

(The Association strongly recommends use of a Mouth Guard)

(* For Adults, 18 & over, helmet does not have to be HECC Approved, but must have been designed for use in ice hockey; Final approval of any questionable equipment rest with the Executive committee of the RVAHA)

For those who participate and are under the age of 18 (but at least 14 years old), it is mandatory that all of the above articles be used, as well as the following:

HELMET MUST BE HECC Approved
FACIAL PROTECTION MUST BE FULL FACE & HECC APPROVED
MUST USE a Tethered MOUTH/TEETH GUARD
MUST USE HECC APPROVED NECK GUARD

NOTE for ALL PARTICIPANTS; All of the equipment listed above for both adult and juvenile players must be designed specifically for ice hockey use. It cannot be hybrid or multi-sport equipment. Equipment designed for lacrosse, soccer, or other sports, are designed just for that. Ice hockey equipment is designed for just that, ice hockey. The HECC Certification requirements listed **ARE** mandatory for your protection, and to meet our insurance requirements. Also, the facial and neck protection requirements are also in place to meet both our and **Roanoke Civic Center's** insurance requirements.