



Goalie Equipment Checklist

Helmet/Goalie Mask

- Both the helmet and cage must be certified with a visible CSA sticker
- For U7-U9 it is usually permissible to wear a player's regular helmet and protective cage. By U11 it is recommended to start using a designated goalie mask with a D1 rating (blue sticker) face protector.

*A limited number of goalie masks are available through BMHA

Throat Protector

- A BNQ certified throat protector is required and is recommended to be an apron style or clavicle protector style.
- Additional protection in the form of a plastic dangler is optional.

*Available through BMHA

Skates

- Player skates are acceptable, though as they progress, they will want to wear goalie specific skates (longer, flatter blade surface).

*A limited number of skates are available through BMHA

Leg Pads

- Properly sized leg pads that offer adequate coverage and mobility.

*Available through BMHA

Knee Pads (optional)

- Goalie knee pads fit under the hockey socks and leg pads. They provide additional protection for areas around the knee that can be exposed during play.
- Younger age groups may find the addition of knee pads cumbersome and are not as at risk of hard shots to that area.

*A limited number of knee pads are available through BMHA

Pants

- Regular hockey pants can be used at younger ages, if they cover the gap to the leg pads.
- Higher levels will require the additional protection of proper goalie pants.

*A limited number of pants are available through BMHA



Athletic Supporters

- Athletic pelvic protection is required.
- Goalie specific Jocks and Jills are recommended at higher levels of play.

*Not available through BMHA

Chest Protector

- Goalie chest protectors are a single unit that covers the entire upper torso and arms.
- They are adjustable and should be sized properly.
- Overlapping between the bottom of the chest protector and the top of the pants.
- The arms should come up just short of the wrists and fit inside the glove and blocker.

*Available through BMHA

Catcher and blocker

- Available in Regular (catches with the left hand) and Full Right (catches with the right hand).
- Fits over the bottom of the arm portion of the chest protector.
- New catchers will require breaking in to be able to open and close them.

*Available through BMHA

Jersey

- Jerseys come in specific Goalie sizes for Youth, Junior, Intermediate, and Senior.

*Practice jerseys are available through BMHA

Stick

- Fitted to the appropriate paddle size where the blade should sit level on the ice when in skates and crouched in a goalie stance.
- Tape should be wrapped around the blade and the butt end of the stick enough to prevent it from lying flat on the ice should they need to pick it up.
- Optional taping above the paddle where the stick is held.

*Available through BMHA

Athletic Undergarments

- These provide a base layer of protection and help absorb sweat and odours, keeping the other equipment in better shape
- The leggings should have Velcro flaps for holding the socks in place.

*Not available through BMHA

To inquire about borrowing goalie equipment for the season, please contact the Goalie Equipment Manager at goalie@burnabyminor.com