



**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**

**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 16 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.