



AMHERST HOCKEY ASSOCIATION - PLAYER EQUIPMENT

EQUIPMENT	INITIATION	ADVANCED INITIATION	TRAVEL TEAMS
Helmet with face shield	Required	Required	Required
Shin pads	Required	Required	Required
Elbow pads	Required	Required	Required
Hockey gloves	Required *	Required	Required
Shoulder pads	Optional	Required	Required
Hockey pants	Optional**	Required	Required
Protective cup	Optional	Required	Required
Mouth Piece	Optional**	Required	Required
Neck guard	Optional	Optional	Optional
Goalie throat guard	Optional**	Required	Required
*some type of mitten/glove must be worn		** recommended	

A Helmet with full-face protection (cage or shield) must be certified by the Hockey Equipment Certification Council (HECC) and approved by USA Hockey. (Recommended color: white)

Hockey pants if required, recommended color is red

Colored mouth guards (clear not allowed) are mandatory for Advanced Initiation level and higher. AHA highly recommends and encourages use of mouth guards at all levels.

Skates should fit properly and be in good condition. It is very important that the skates be sharpened at the beginning of the season and periodically throughout to be effective.

Hockey stick should be cut to proper length (to player's mouth when on skates).

Neck guards are optional. The intent of a neck guard is to provide protection against neck lacerations.

Goalies: AHA will supply goalie equipment (leg pads, chest protector, gloves, guards) to players in Advanced Initiation. Standard hockey helmets may be worn at the AI level.

Equipment should be routinely checked and maintained throughout the season.

If you have questions regarding hockey equipment, you may consult the head coach listed on the website.

Please visit our sponsors who have AHA experience:

Belchertown Sports Shed
(413) 323-0002

Dicks Sporting Goods
(413) 584-6934

Bertelli's Skate Shop
(413) 732-3267