

Required ICG Athlete Equipment List

**It is the responsibility of the city team to ensure that their athletes have the proper equipment and clothing prior to competition.*

Hockey

- C.S.A. approved facial protector (full cage or full visor)
- Mouth guard is mandatory for all players, including goalies
- C.S.A. approved throat protector (collar or bib type)
- Athletic support cup/jock (male)
- Athletic jill support (female)
- Hockey pants
- Shoulder pads
- Elbow pads
- Shin/knee pads
- Hockey gloves
- Hockey socks
- Hockey skates
- Dark & light jersey with a number of the back with a 3 inch stop sign logo (see picture)
- Hockey stick (Two are recommended)
- Shin pad tape & tape for stick



Curling

- Curling broom
- Curling shoes/ Clean indoor athletic shoes may be worn with a slider
- Team uniform if playing in competitive division
- Stopwatch(optional)
- Gloves (optional)

- *Players in the Novice Division may borrow equipment but notice must be given by January 1st 2011 to Kelowna ICG Sports Committee.*



Figure Skating

- Figure skates and skate guards
- Competitors clothing must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
- The clothing must not give the effect of excessive nudity for athletic sport. Men must wear trousers; no tights are permitted. Accessories and props are not permitted;
- Clothing not meeting the foregoing requirements must be penalized by a deduction of 1.0 point.
- Competition music on compact disc (Competitors should have two copies)



Cross Country Skiing

- Each competitor will require skis (classic or freestyle depending on the event they are entered in) that are equipped with bindings, cross country ski boots for those skis, and cross country ski poles.
- All equipment must be commercially available.
- Competitors wearing non-regulation FIS equipment shall not be allowed to start. The TD's decision is final and binding.
- Skis can be waxed for the suitable temperature conditions. There are some waxing stations on site. Participants will have to provide their own wax and tools, and do the waxing. There will not be any on site waxing completed by Telemark Venue.
- Clothing suitable for outdoor skiing is required. This includes pants, jackets, warm socks, suitable headwear and gloves. The temperature at this time of year can be between -15 C and 5 C.



Alpine Ski Equipment

- All equipment used by Children is governed by the FIS Specifications for
- Competition Equipment.
- Alpine Skis
- Alpine Ski boots and bindings
- Ski Poles
- The wearing of gloves is strongly recommended. Protective padding along the entire length of the glove is permitted. The use of protective guards in the form of shields, which are pulled over the glove, is permitted.
- The use of ski goggles is recommended
- Competitors are required to wear a crash helmet that conforms to the FIS

specifications



Snowboarding

- Only Snowboards can be used in competitions. The boards minimal width is restricted as follows:

<u>Gliding surface length.</u>	<u>Minimal width:</u>
up to 135 cm	14 cm more than
More than 135 cm	16 cm
- The Snowboard bindings must be fixed diagonally on the long axis of the board. The boots cannot overlap each other.
- Snowboard Boots
- Safety leashes are optional
- The competitors are not allowed to wear anything on the hands besides gloves or to use any kind of devices to additionally support their balance, reduce or accelerate their speed, like poles or sticks etc.
- Back support may be worn by competitors so long as such equipment does not offer an aerodynamic advantage.
- Helmets are mandatory for all training, inspection and competition. All competitors and forerunners must use helmets manufactured for snowboarding and/or ski racing. events.
- The shape and size of the start numbers may not be changed on penalty of disqualification/sanction/ All bibs must be worn in the proper position at all times during warm up, training competition and awards.
- SBX competition suits must be two piece- pants and separate top.
- Forms fitting speed or downhill suits are not permitted. Non protruding body protection and padding is recommended. No Straps or fastening equipment can be used to tighten the suit material to the body.



Speed Skating Equipment

- All skaters must wear speed skates (long blades)
- All skaters must wear safety type headgear that is in compliance with the current ASTM standard for Short Track Speed Skating. The helmets must have a regular shape and may not have protrusions (ISU rule 291, paragraph 1a);
- All skaters must wear gloves or mitts of a cut resistant material;
- All skaters must wear shin protection inside their competition uniform and padded or padded hard shell knee protection;
- Uniforms must be long sleeved and long legged with no skin showing on the back or ankles;
- All speed skates must have the tubes closed and the blade ends must be rounded off, with a minimum radius of 10 mm. Blades must be fixed to the boot at a minimum of two points with no moveable parts;
- Bib style neck protection of a cut resistant material is required
- Protective eyewear and cut resistant uniforms or under-suits are recommended.
- Each skater is solely responsible that his personal equipment meets the highest safety criteria in order to obtain the utmost safety of the Skaters.
- All skaters/teams are responsible for providing their own sharpening equipment.

