

PEACHTREE CITY
HOCKEY ASSOCIATION

PLAYERS GUIDE

YOUTH HOUSE LEAGUE

**Everything Players & Families Need
for a Great Season**

In This Guide:

- ✓ Equipment Needed
- ✓ Basic Rules for Youth Hockey
- ✓ Tips & Resources
- ✓ Benefits of Inline Hockey



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1. THE ESSENTIAL GEAR

Inline hockey requires specialized equipment. Unlike ice hockey, the focus is on lightweight, breathable gear since you aren't on a refrigerated surface.

- **Helmet with Full Cage:** Mandatory for all youth players to protect against high sticks and pucks.
- **Inline Hockey Skates:** Wheels instead of blades. A “soft” wheel is needed for our rink.
- **Shin Guards & Elbow Pads:** Essential for protecting joints during falls or collisions.
- **Inline Girdle & Hockey Pants:** A girdle provides hip and tailbone protection. Specialized inline pants are worn over the pads to prevent "rink rash" from the floor.
- **Gloves:** Provide protection for hands and wrists while maintaining a grip on the stick.
- **Hockey Stick:** For beginners, a stick should reach between the chin and nose while the player is in skates.
- **Mouthguard & Protective Cup:** Mouthguard is mandatory for player safety.

*****PTC Hockey provides a jersey for your player.**

2. BASIC RULES YOU SHOULD KNOW

Inline hockey has a few key differences from the NHL games you might see on TV:

- **4-on-4 Play:** Most games are played with 4 skaters and 1 goalie per side, creating more open space for skill development.
- **No Offsides or Icing:** In many amateur inline leagues, there are no offside or icing rules, which keeps the game fast-paced and continuous.
- **No Body Checking:** Most youth inline leagues are strictly "no-check" to focus on puck handling and skating skills.
- **Game Length:** Each game has THREE periods. Each period is 13 minutes long.



3. TIPS FOR A SMOOTH SEASON

How to set your player up for success:

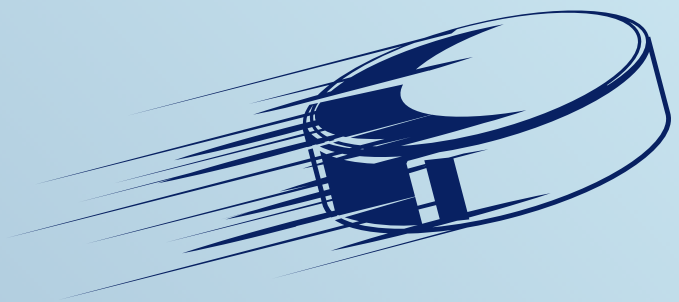


- **Arrive Early:** Aim to get to the rink 20–30 minutes before your scheduled time. Getting a child into full gear for the first time takes longer than you'd expect.
- **Label Everything:** Most kids have identical-looking gear, so use a permanent marker to label skates, gloves, and sticks.
- **Hydration is Key:** Since inline rinks can get warm, make sure your player has a full, cold water bottle for every practice and game.
- **Air Out the Gear:** After every use, take the gear out of the bag to dry. This helps prevent bacteria growth and that classic "hockey smell."

4. CHECKLIST & RESOURCES

What to get and where to get it:

- ☐ Helmet with a cage & Mouthguard
- ☐ Chest pad
- ☐ Elbow pads & Knee pads
- ☐ Girdle & Cup
- ☐ Inline Hockey pants
- ☐ Inline skates
- ☐ Stick
- ☐ Water bottle with a long straw



Where can I purchase equipment?

- PureHockey.com
- (find the PureHockey logo on our website)*
- HockeyMonkey.com
 - Dick's Sporting Goods
 - SidelineSwap.com
 - Amazon.com
 - Play It Again Sports in Fayetteville

5. WHY INLINE HOCKEY?

- **Skill Development:** The extra space and focus on puck possession in inline hockey helps players develop better vision and creativity.
- **Affordability:** Inline hockey typically has lower equipment costs and registration fees compared to ice hockey.
- **Transferable Skills:** Skating mechanics in inline hockey translate directly to improved balance and edge work on the ice.
- **Character & Sportsmanship:** Players learn discipline, respect, and how to win – and lose – with grace.
- **Total-Body Fitness:** Builds leg strength, balance, and endurance while having fun.
- **Community & Belonging:** Tight-knit teammates, coaches, and families, season after season.

