

**Asheville Inline Hockey League  
USA Hockey  
Required Equipment List  
(players over age of 18)**

**Hockey helmet (HECC certified)  
(full-face protection recommended)**

**\*\*MYLEC helmets ARE NOT HECC certified\*\***

**Elbow Pads \***

**Gloves \***

**Shin guards \***

**Hockey pants or girdle \***

**Inline skates**

**Hockey Stick**

- **All items marked with \* are to be “hockey specific” items**
  - **No bicycle helmets, skateboard pads, etc.**

**Recommended Equipment**

**Full facial protection**

**Protective Cup (male) or Pelvic Protector (female)**

**Shoulder pads with chest protector**

**Internal mouth guard**

**Throat protector**