



CARHA STRESSES Safety First

CARHA playing rules were adapted to provide the maximum possible amount of safety when enjoying recreational hockey. The Association has a responsibility to upgrade the safety factor of the rules when areas of potential and unnecessary injuries are identified. Everyone in the game understands that hockey's protective equipment is the first guard to reduce injuries. Many years ago, the rule was introduced that all goaltenders must wear CSA (Canadian Standards Association) approved equipment, in particular goaltender's helmets and masks. The pictures on this page clearly show the type of goaltender masks that are allowed in our game. The mask with the oversized eye openings, sometimes called the "cat's eye" mask will **not** be allowed.

Refer to CARHA's Rule Book, Rule 24 (c), Protective Equipment, which states the penalty that should be assessed and the procedure to be followed when a goaltender attempts to start the game wearing an illegal mask.

