

Required Equipment to play Holliston Youth Field Hockey:¹

- ☐ Field Hockey Stick – appropriately sized based on height and sizing chart, see below
- ☐ Fitted/Molded Mouthguard
- ☐ Field Hockey Shinguards
- ☐ Recommended: Cleats for grass and Turf shoes for various turf surfaces

Mouthguard:

- Super easy to mold/re-mold (especially for littles who are constantly losing, growing teeth) using mug of water and microwave: [Bulletproof Kevlar Mouthguard](#)
- Sisu (dentists always have signs recommending these ones, hard to mold for kids IMO) – [linked here](#)
- Old School [Boil & Mold](#) – great, low cost option especially if your kid loses them a lot.
- [Easy to cut silicone mouthguards](#) - if your athlete lost their mouthguard, this is what we gave them in a jam - kids love them!

Shinguards:

- Pull over soft/sock style: [STX Brand](#) – make sure you get actual shin guards not just “socks” that need inserts for protection!
- Hard shinguards ((typically worn under soccer socks or [sock sleeves](#)): [Harrow](#) , [FHS](#)

Already purchased/used soccer shin guards with ankle protection are perfect! Hard ball deserves hard protection!

****If you buy new pull over shin guards or sock sleeves – please try to stick with red/black Holliston colors for games!****

“All-inclusive” Starter Packs:

- [STX Brand Stick \(30-36”\), Bag, Foam Shinguards and ball](#)
- [Various Longstreth Beginner Bundles](#) and sticks
- Penn-motto Starter Pack (28-36”) Stick, Bag, Ball, Shin guards, Mouth guard - <https://www.penn-monto.com/> (click on “Starter Packages” on the left hand side)

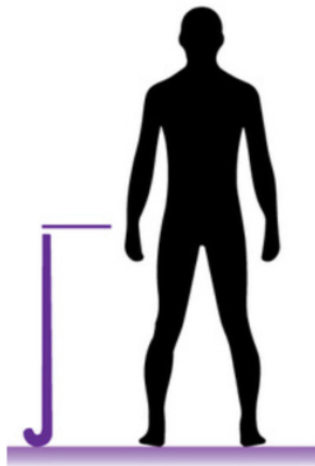
Penalty Corner Face Protection - Grade 5/6 and up ONLY

Not to be confused with goggles (which are no longer required)

Our teams will have enough penalty corner face masks to share during games but feel free to purchase your own – a few options on Longstreth [here](#).

¹ Last updated 8.11.2026

Most equipment can be found at Dick's Sporting Goods, except smaller sized sticks. Recommend ordering sticks online from Longstreth.com, they are located in PA and usually ship quickly plus they have great customer service. Amazon is also an option but smaller sizing can be more challenging to find.

**Player Height**

Under 4'2"
4'2" - 4'4"
4'5" - 4'7"
4'8" - 4'11"
5'0" - 5'2"
5'3" - 5'9"
5'10" - 6'0"
Above 6'1"

Stick Length

28"
30"
32"
34"
35" or 35.5"
36" or 36.5"
37" or 37.5"
38"