

LGBTQ+ INCLUSION IN HOCKEY

In the context of hockey culture, LGBTQ+ inclusion faces several barriers that are reflective of wider societal challenges. One of the main barriers is the dominance of hyper-masculine perceptions within sports, which can make spaces feel exclusive and unwelcoming to those who do not conform to these gender stereotypes. This environment fosters homophobia, making it difficult for LGBTQ+ individuals to participate openly in hockey.

HOCKEY SPACES

Thinking about the spaces that are specific to hockey and taking action in those spaces is a direct way to apply allyship principles to your sport.

- Locker Rooms
- Away Games
- On the Ice
- In the Stands

CULTURAL ISSUES

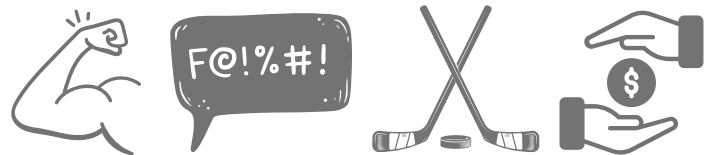
- Toxic masculinity
- On-ice discrimination
 - (900 accounts in 21-23 season)
- Classism / Financial barriers
- White fragility / representation

ADDITIONAL RESOURCES

- [Hockey Canada Report on Homophobia](#)
- [Hockey's Homophobic Language Problem](#)
- [Homophobia + Discrimination in Hockey](#)
- [History of Homophobia in Hockey](#)

TARGETED PENALTIES

Hockey penalties include tripping, unnecessary roughness, high-sticking, tripping, boarding, elbowing, cross-checking. LGBTQ+ players have often reported being the target of more penalties than cis / straight players. Being aware of the different types of physical aggression / fouls helps coaches and players avoid them entirely -- which is better for hockey's inclusion efforts and for your team's success.



STREET & BALL HOCKEY

BRINGING HOCKEY TO THE LGBTQ+ COMMUNITY

LEARN TO PLAY EVENTS

Events that specifically welcome the LGBTQ+ community to hockey can be a great way to engage and teach a new group of fans and potential players!

Ball hockey, street hockey, and other versions of the game can **enable your team to 'bring hockey to the people'**! Remember to keep things basic - teaching terms, the opportunity to hold a stick for the first time, and learning about the players and positions can help bring understanding and affinity for hockey and your team! Some suggestions of activities that promote inclusion:

- Games to teach inclusive terms
- Player meet + greet
- Button-making / DIY Pride gear
- Pride scrimmage / Pride tournament
- Flag raising ceremony
- Educational workshop
- Supply online resources

ICING HOMOPHOBIA OUT OF OUR SPORT

COMMON PROBLEMS IN STREET + ICE HOCKEY

- Playing through pain
- Excessive aggression
- Hazing
- Respect through dominance
- Chauvinism
- Pressure to conform
- Ridiculing emotion
- Homophobic language

Both ball hockey and ice hockey cultures emphasize physical and mental toughness, along with **resilience**.

With this focus on toughness comes the constant **battle against toxic masculinity**, which overly emphasizes toughness, and can make these common problems even more habitual.

