

# HOCKEY

## How to Fit Hockey Equipment

### A.) Shoulder Pads Fitting Guide:

Your shoulder pads protect your upper body including upper arm, shoulder, collarbone, back, chest and ribs.

- To select a size, measure the circumference of your chest by wrapping a tape measure around your chest just under your armpits. (You may need to convert between inches and centimeters to locate the right size– multiply centimeters by .3937 to get inches or multiply inches by 2.54 to get centimeters.)
- For proper protection, your shoulders should fit comfortable into both shoulder cups.
- A variety of straps will allow you to adjust the fit for chest and back.

SHOULDER PAD SIZE	LENGTH (inches)	LENGTH (cm)
Adult XXL	44-48	111-121
Adult XL	42-46	105-115
Adult L	40-43	99-109
Adult Medium	37-41	93-103
Adult Small	35-39	87-97
Adult XS	32-36	80-90
Child Medium	30-34	74-84
Child Small	28-32	69-79
Child XS	25-29	62-72
Child XXS	22-26	55-65

\*Note: This chart is for Jofa shoulder pad sizes. Different shoulder pad manufacturers will vary, but this measure can be used to help you select the right size.

### B.) Pants Fitting Guide:

Your hockey pants protect your midsection from the bottom of your shoulder pads to the top of your shin pads.

- Above the waist, the pants should extend up to the lower rib cage and the bottom of your shoulder pads.
- At the knee, the pants should overlap the top of your shin pads by one or two inches to provide coverage when you bend your knee
- Your pants should fit loosely enough to allow a full range of motion in your waist and hips, but not so loose that they shift out of position.
- Most pants include a belt so that you can secure the pants firmly at your waist. For most players, your waist size can be used to select hockey pants. (You may need to convert between inches and centimeters to locate the right size– multiply centimeters by .3937 to get inches or multiply inches by 2.54 to get centimeters.)

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## B.) Pants Fitting Guide:

PANTS SIZE	LENGTH (inches)	LENGTH (cm)
Senior XXL	38-40	95-100
Senior XL	36-68	90-95
Senior Large	34-36	85-90
Senior Medium	32-34	80-85
Senior Small	30-32	75-80
Junior Large	28-30	70-75
Junior Medium	26-28	65-70
Junior Small	24-26	60-65
Junior XS	22-24	55-60
Child XL	24-26	60-65
Child Large	22-24	55-60
Child Medium	18-24	50-55
Child Small	18-20	45-50

\*Note: This chart is for Jofa pant sizes. Different pants manufacturers will vary, but this measure can be used to help you select the right size.

## C.) Shin Pad Fitting Guide

Your shin pads protect your knees and shins from contact with both puck and stick.

- Your knee should fit comfortably into the kneecap cup of the shin pad.
- You should select a shin pad long enough to reach the top of your skate boot without interfering with the skate. If the shin pad is too short, your ankle could be exposed. If it too long, your skate could push the shin pad out of position causing your knee to improperly positions in the kneecap cup.
- To select a size, bend your leg at a 90-degree angle and measure the length of your shin from the center of you kneecap to the top of your skate boot. (You may need to convert between inches and centimeters to locate the right size- multiply centimeters by .3937 to get inches or multiply inches by 2.54 to get centimeters.)

## D. Elbow Pad Fitting Guide

Your elbow pads protect your arm from the bicep extension of your shoulder pads to the cuff of your gloves leaving no part of your arm exposed.

- Your elbow should fit comfortably into the elbow pad cup
- The elbow pad should fit securely without twisting or sliding in your arm

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## A. Gloves Fitting Guide

Your elbow pads and gloves should provide continuous protection from above the elbow to the tips of your fingers.

- The cuff of the glove should extend to the bottom of your elbow pads leaving no part of your lower arm exposed.
- To protect your fingertips, your fingers should not go all the way to the end of the glove.
- Put on your elbow pads.
- Hold your arm and hand outstretched.
- Measure the distance between the tips of your fingers and the bottom of your elbow pad. (You may need to convert between inches and centimeters to locate the right size—multiply centimeters by .3937 to get inches or multiply inches by 2.54 to get centimeters.)

### Adult Sizes

We stock gloves from 8" up to 15"

GLOVE SIZE	LENGTH (inches)	LENGTH (cm)
Large	15	38
Medium	14	35
Small	13	33

\*Note: This chart is for Jofa glove sizes. Different glove manufacturers will vary, but this measure can be used to help you select the right size.

## B. Skates Fitting Guide

- Usually, hockey skates fit 1 to 1 ½ sizes smaller than your shoe size.
- Put on the socks you plan to skate with, put on the skate and push your toes all the way to the front of the skate. (With a properly fitted skate, you should be able to slide one finger behind your heel)
- Next, sit down and kick your heel firmly into the back of the boot.
- Tighten the laces firmly through the first 2–3 eyelets so that the skate is snug near the toe.
- Lace the next 3–4 eyelets a little looser to give your arch room to flex.
- Tighten the laces firmly through the remaining eyelets to give a strong support to your ankle.
- Walk around on the skates for 10–15 minutes to check comfort and fit. Your foot should be flat in the boot and not pinched in the toe or heel.
- For children, you can get ½ size bigger to accommodate growing feet; however skates to big can be very difficult to skate on, and most entry level skates are made only in whole sizes.

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## How do I break my skates in?

- To break in skates, put them on and wear them around the house for a few hours (with skate guards of course!)

## C. Sticks Fitting Guide

- If your stick is too short, you will miss a lot of pucks by swinging over them, or worse, you will skate bent over so that your stick is on the ground.
- If your stick is too long, you will have difficulty controlling the puck because the butt-end of your stick will get caught up under your arms and across your body.
- To cut your stick to the right length, stand flat with no shoes or skates and put the tip of the blade on the ground between your feet and hold the stick in front of your face.
- For most players, you will want the stick to reach to the tip of your nose. With skates on, your stick should reach your chin.
- Some defensemen like a longer stick for additional reach and some forwards like a shorter stick for better stick handling.

## D. Helmet Fitting Guide

You want protection and comfort– and these come largely from a properly fitting helmet. Look for helmets certified by CSA (Canadian Standards Association) or HECC (Hockey Equipment Certification Council).

- Your helmet should fit snug at the forehead, top, back and sides of your head. The helmet should not shift or wobble on your head– this will reduce protection and comfort and also be distracting during play.
- The chinstrap should be adjusted so that it gently contacts your chin with your mouth guard.
- The helmet should fit flat on the head about ½ inch above the eyebrows without tilting forward or back.
- To select a size, measure the circumference of your head by wrapping a tape measure around your head about 1 inch above your eyebrows just over your ears to the back of your head. (You may need to convert between inches and centimeters to locate the right size– multiply centimeters by .3937 to get inches or multiply inches by 2.54 to get centimeters.)

HELMET SIZE	HAT SIZE	CIRCUMFERENCE (inches)	CIRCUMFERENCE (cm)
Large	7 1/8" - 7 3/4"	22.5-24.5	57-62
Medium	6 7/8" - 7 1/2"	21.5-23.5	55-60
Small	6 1/2" - 7 1/8"	20.5-22.5	52-57

- Several of the more modern helmets are adjustable

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## **E. Face Masks/Guards Fitting Guide**

To protect your face, you need a cage or shield! Both provide good protection with the cage providing better ventilation and shield better visibility. Your choice should be based on comfort and preference.

- Masks are sized based on length, from the top of the helmet where the mask is attached to the chin cup at the bottom.
- They should fit snug to your chin with your mouth closed.
- Measure from the top of your forehead to the bottom of your chin.

## **F. Mouth guards Fitting Guide**

Mouth guards are not just for teeth! They provide substantial protection for the jaw and even aid in preventing concussions.

- Properly fitted, a good mouthguard will protect teeth, mouth, jaw and even brain by absorbing and dissipating shock from a blow to the mouth or jaw.