



ICE HOCKEY EQUIPMENT FITTING GUIDE

Fitting Ice Hockey Equipment

Ice hockey is a physically demanding and potentially dangerous sport. Having the right equipment and making sure it fits properly is absolutely necessary to reduce the risk of injury and to maximize your enjoyment of the sport. **Please remember that for kids, the equipment fit is the most important aspect. Do not buy oversized equipment with the intent of giving them room to grow into.** This can hinder their ability to learn how to skate correctly and could potentially cause injury. The information below will help you in deciding what gear you need and what gear is right for you based on size and abilities.

Skates

Ice hockey skates do not typically match the size of your everyday shoes. Most hockey skates are smaller than your normal shoe size and should be worn with a tighter fit for more stability and less sloppiness while skating. For best results in selecting skates, always select a brand and style that matches your abilities.

In order to select the appropriate pair of skates, be sure and wear socks that match what you will be playing in. Always use a gauge provided by a skate manufacturer if available since their measurements reflect the skates they make. Once the skate is on, lace them up and walk around to get a feel for their stability and comfort. Remember that many modern skates are now moldable. Molding the skates will create a much more comfortable fit and provide more stability.

If you do not have a manufacturers' gauge available, trace the outline of your foot onto a piece of paper. Place a ruler on the paper and measure the distance from the back of your heel to the longest toe. Write your name and phone number on the paper and note the measurement you determined on the paper and even make tick marks on the paper which represent every inch mark. Once this is done, **fax your tracing to IcehockeyXchange at 480-636-7361.** We will reconfirm your measurements and calibrate our readings from the inch mark ticks you provided. We will call you with a response as to what we have that matches your size.

Helmets

Helmets are now mandatory in any hockey league play. Be sure and only purchase helmets which have been approved for safety compliance with the Hockey Equipment Certification Council (HECC). These helmets can be identified by the HECC sticker usually located in the back of the helmet. Please refer to the chart below to give you the best guide for fitting a helmet properly.

Hockey helmets are sized based on the dimension around your head. To determine your size, wrap a cloth tape measure around the widest part of your head. This location is around your forehead and continuing around the back of your head, just above your ears. The tape measure should be firm, but not too tight nor too loose. Your resultant dimension can then be located in the chart below to determine which helmet size will fit you best. Your helmet should fit snugly with very little allowable movement up and down and side to side. All straps should be adjusted to help provide a secure fit.

Size - Youth	Toddler	S/M	M/L	One Size Fits All
Inches	18 ½" – 20 ½"	20 ½" – 22 ½"	22 ½" – 23 ¾"	19 ½" – 22 ½"
Centimeters	47-52	52-57	57-60	50-57

Size - Senior	S	M	L	One Size Fits All
Inches	20" - 21 ¾"	22" – 22 ¾"	23 ¼" – 24"	20 ¾" – 24"
Centimeters	51-55	56-58	59-62	54-61

Face Protection

It is recommended that all players wear facemasks. Most leagues require face protection for all players. The types of facemasks include the wire cage, shield, and combination masks.

Wire cage masks completely cover the face. They are very strong and when worn correctly will provide complete protection of the players' head. Shields are made of a hard protective plastic. They come in varying sizes, half and full size. Typically the vision through a shield is preferred over the wire cage version. One down-side of shields is that they can sometimes fog up, lessening a players' ability to see clearly. The half size shield also only protects the upper portion of your face. The lower half of your face is still exposed. New technology has created combination masks which combine the two previously described masks. A half shield protects the upper portion of the face while a wire mesh covers the lower half.

Gloves

The main intent of hockey gloves is to protect the hands and wrists. Gloves are sized based on the dimension from the edge of your elbow pads to the tip of your longest finger. It is always best to try and protect as much of your exposed skin as possible, so larger gloves are okay.

Sticks

Ice hockey sticks are measured while wearing your skates. Hold the stick vertically, about 8-inches away from the body and touching the ground directly in front of you. For kids, the end of the stick can be up to the top of the nose. This allows for a little longer use since kids are more apt to grow out of the sticks before they become ineffective due to strenuous use. This is the only piece of hockey equipment where it is okay to buy slightly larger. Adults measure the stick in the same manner except that the end of the stick should be between the chin and lower lip.

Pants

Hockey pants provide protection to the thighs, kidneys, and sternum. Pants should be worn so they protect as much area as possible. They are typically sized so that the pant leg ends from 1-inch to 3-inches above the top of the kneecap. Pants also provide a hard plastic protector for the sternum and the kidneys which are located above the belt-line on the sides of the pant. Pants are sized either by waist size in inches or based on XS, S, M, L, XL, & XXL size for Youth, Juniors and Seniors.

Shoulder Pads

Hockey shoulder pads are made in varying sizes and styles to accommodate all types of players. Typically, offensive players prefer lighter weight pads, sacrificing some padded protection for maneuverability and comfort. Defensive players will typically want more padding to protect themselves from pucks and sticks and to provide more protection while being in a more physical contact role. Shoulder pads are made in XS, S, M, L, XL size for Youth, Juniors and Seniors.

Elbow Pads

Elbow pads are intended to cover the area from the upper arm protectors of the shoulder pads and as much of the lower arm as possible. It's also a good idea to utilize slash guards for any exposed areas between the end of elbow pad and the end of your gloves. Elbow pads are sized based on fit. They should fit firmly and not move while skating.

Shin Guards

Shin guards are mandatory in any hockey league play. Shin guards are intended to cover the areas above the top of the skates to the top of the knee area. Like shoulder pads, shin guards are made differently to accommodate all types of players. Offensive players may utilize a lighter pad, sacrificing some padded protection, while defensive players may want more padding to protect themselves from pucks and sticks and to provide more protection while being in a more physical contact role.

Shin guards are sized by measuring the distance from the middle of the knee cap to the top of your skate. For best results make the measurement while sitting down.

Goalie Gear

The goalie position requires specialized equipment due to the nature of the physical stance and required mobility. In order to be completely protected, the goalie will need leg pads, chest protector, helmet, catcher's glove, blocker, neck guards, pants, jock or jill,

special skates and special sticks. The equipment sizing techniques for the goalie are similar to the skater except for a few pieces.

Leg Pads

Sizing hockey leg pads is done by measuring your leg from the ankle to the top of the kneecap. Then measure from the middle of the kneecap to about half way up your thigh. These two dimensions added together make up your needed. It is recommended that the goalie try on a few different pairs to determine which size and style give the most maneuverability and comfort.

Chest Protector

Goalie chest protectors are made in varying sizes and styles to accommodate all types of players. Goalie chest protectors are made differently than shoulder pads in that they typically offer full length arm protection and thicker padding. Some types cover the entire back to protect the spine as well. Goalies should size their chest protectors by trying on a few different pairs to determine which size and style gives the most maneuverability and comfort. Most arm pads are adjustable to accommodate different arm lengths.

Goalie Gloves

Goalies use two different types of gloves. They use a catcher on the nonstick hand and a blocker on the stick hand. To size the gloves accurately, you must measure the distance from the end of the elbow pad to the tips of your fingers. This distance determines your glove size.

Goalie Helmet and Mask

The most popular type of goalie helmet and mask is the tapered version which you see more regularly used by professionals. The tapered helmet provides a more firm fit and also provides the ability to deflect pucks away from the net. The standard version of the goalie helmet is still available and still used by professionals as well. Selection of which type to use is personal preference. Just be sure to select the version which feels most comfortable and gives you the best maneuverability. Sizing goalie helmets is the same as sizing player helmets as noted above in the **Helmet** section.

Goalie Stick

Hockey goalie sticks work best for a player if sized correctly. The method for sizing goalie sticks is the same as sizing a skaters stick. Refer to the section entitled **Sticks** above.

Goalie Skates

Goalie skates are sized in the same manner as described in the **Skates** section above.