

# Ice Hockey Equipment Fitting Guide

Brought to you by Center Ice Skate & Sport, Easton, and Edgar Edger

## Skates

Skates are one of the most important things a hockey player can buy. Ice skates normally fit 1 to 1 1/2 sizes smaller than your shoe sizes. Skates should be tried on while you are wearing the socks that you plan to skate in. Unlace the skate far enough to allow your foot to slide in easily. Push your foot toward the front of the skate until your big toe just touches the end of the toe cap. You should be able to fit one finger between the back of your foot and the heel of the skate. This is a good starting point. Next, force your foot to the heel of the skate by kicking it on the floor. Lace up the skate. For a proper fit, your big toe should be able to just barely touch the toe cap.

When sizing skates for younger players, you can go up 1/2 size to accommodate growth, but be careful not to buy the skates too big. A skate that is too big is not supported by the foot, and will cause blisters and premature breakdown.

## Skate Break-in & Care

A good, clean way to break in skates is to lace them up at home. If you do this for a few hours it should help your feet feel better when you first skate. Be sure to wear skate guards around the house.

After skating, be sure to remove the skate's footbed to allow the boot to dry.

Skate blades can rust if not properly cared for. After skating, wipe all water off of your skate blades, and cover them with "soakers" or cloth skate guards.

## Helmets

The areas to consider when choosing a helmet are protection, comfort and fit. You should always look for equipment that feels comfortable. Although most helmets are lined with a protective foam, some do feel better than others. The helmet should be adjusted to fit snug to prevent any shifting and maximize protection. Make sure the chinstrap is adjusted so it gently makes contact under the chin when fastened.

Hockey rules may require that you wear CSA and HECC certified helmets. Check the rules by which you play for the requirements. All CSA and HECC certified helmets have a sticker indicating their certification. Open your helmet to its largest setting and on the head so that the rim is one finger width above the eyebrow. Gradually begin to downsize the helmet until a comfortably snug fit is achieved.

### STANDARDS:

**Large (Senior):** 14 years and up, Circumference of head: 22"- 23 7/8"

**Medium:** 8 to 14 years, Circumference of head: 21 5/8"- 22 3/8"

**Small (Junior):** up to 8 years, Circumference of head: 20 1/8"- 22"

## Gloves

The main concern with the fit of a glove is making sure the gap between the glove and the elbow pad is minimal. The tightness or looseness of a glove is an individual preference. The tip of the fingers should not go completely to the end of the glove. Gloves that are too small will tear and wear out faster than a proper fitting 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.

The sizing may vary by manufacturer, but the table below can be used to help you select the right size:

Glove Size	Length (inches)	Length (centimeters)
Adult Large	15	38
Adult Medium	14	35
Adult Small	13	33

### STANDARDS:

**Junior:** 9"-11" · **Intermediate:** 12"-13" · **Senior:** 14"-15"

## Elbow Pads

The player's elbow should fit comfortably into the center of the elbow pad cup. Also, a good elbow pad will provide forearm protection which extends down to the cuff of the player's hockey glove. Elbow pads that are loose will move around and not provide adequate protection. Use the table below for reference:

Sizes	Height
Youth	Up to 4' 0"
XXS	4' 0" - 4' 10"
XS	4' 10" - 5' 6"
S	5' 4" - 6' 0"
M	5' 8" - 6' 4"
L	6' 0" +

## Shin Pads

A player's kneecap should fit directly into the center of the kneecap cup of the shin pad. The shin pad should then extend down the full length of the lower leg. It's important to make sure the shin pad isn't too long. If so, the skate would push it up and out of position.

To select a size, bend your leg at a 90 degree angle and measure the length of your shin from the center of your kneecap to the top of your skate boot.

### STANDARDS:

**Child:** 7 ½" · **Youth:** 8 ½" to 10 ½" · **Junior:** 12" to 13" · **Senior:** 14" to 17"

## Hockey Pants (“Breezers”)

While the fit should be loose and comfortable the pants should have the ability to be secured firmly by a belt around the waist. Approximately 90% of all players will be able to use their waist size as their guide for choosing the correct size pant. The bottom of the pants need to overlap the top of the shin pad kneecaps by 1 or 2 inches.

## Shoulder Pads

It is very important that the center of the player's shoulder lines up directly with the center of the shoulder caps. Good shoulder pads will provide protection for the collar bone, chest, ribs, back and upper arms. Shoulder pads that are too big will slip off of the shoulder and not provide adequate protection.

To select a size, measure the circumference of your chest by wrapping a tape measure around your chest just under your armpits.

The sizing varies by manufacturer, but the table below can be used as reference to help you select the right size:

Shoulder Pad Size	Length (inches)	Length (centimeters)
Adult XXL	44-48	111-121
Adult XL	42-46	105-115
Adult Large	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

## Sticks

A good way to measure your stick is to stand, without skates in your stocking feet, on a flat surface. Place the toe of your stick on the ground between your feet. Lean the stick straight up-and-down so the handle of the stick touches the tip of your nose. A general rule is to mark and cut the handle of your stick where it touches the tip of your nose. When standing on your skates, most players like their sticks to reach somewhere between the chin and nose. The stick may need to be cut shorter once the player has had the opportunity to shoot and stick handle with it.