

Ice Hockey Equipment Guide

Today's hockey equipment helps protect you from head to toe. Most of the gear is specifically designed to help maximize your performance while still helping to reduce the risk of injury. This document will provide you overall guidelines to help you get the proper fit for all of your equipment.

Skates

The right size hockey skate isn't necessarily the same size as your shoe size. Typically most hockey skates are sized smaller than your normal shoe size and hockey skates need to be tighter to offer more stability and less abrasion when skating. Different brands of skates may also feature unique styles and cuts that affect sizing as well.

To get the best fit for your skates follow the guidelines below:

- Explain how often you skate as well as your skate history to our friendly staff.
- Based on this information, ask which skate is right for you.
- Use a brand specific size gauge to get an accurate starting point for sizing. This should be done standing up so the foot is fully extended. Please note that different skate brands fit differently.
- Wear a pair of sport socks (ones you will wear when you play) when sizing for accuracy. It is not suggested to wear skates barefoot as this promotes bacteria, corrosion of materials, and breakdown of the skate.
- Once the skate is on, kick back to lock the heel to the back of the skate.
- Lace the skate firmly, applying the most pressure on the top four eyelets.
- Walk around to feel any painful pressure point or heel slippage.
- Adjust for a comfortable fit accordingly. Remember, a break in period is necessary. Skates are a critical fit - try on a pair of used skates as they are already broken in and will give you a sense of true fit!
- **DO NOT** buy larger sizes for children to grow into it will hinder their ability to learn how to skate, and may hurt their feet and ankles.

Sticks

Wearing your skates, hold the stick with the point of the blade touching the ground directly in front of you - about eight inches out, with the shaft of the stick vertical. The stick should be to the point of your chin.

Helmet & Facemask

You wear a helmet to protect your head from injury, but you won't get the maximum protection unless it is properly sized with a snug, aligned fit. The information below is designed to guide you in achieving a safe, secure helmet fit. All levels of hockey, even the NHL, require players to wear a protective helmet when playing. There are a large variety of helmet types available. To assure their safety compliance the Hockey Equipment Certification Council (HECC) for the USA and Canadian Standards Association (CSA) for Canada certify helmets and facemasks. Look for the HECC and CSA Seal of Approval on your helmet purchase.

Helmet Sizing and Fit

- Helmets come in a variety of sizes and are usually measured in inches (see chart below).

Helmet Size - Adult				
Size	S	M	L	One Size Fits All
Inches	20.00-21.75	22.00-22.75	23.25-24.00	20.75-24.00
Centimeters	51-55	56-58	59-62	54-61

Helmet Size - Youth				
Size	Toddler	S/M	M/L	One Size Fits All
Inches	18.50-20.50	20.50-22.50	22.50-23.75	19.50-22.50
Centimeters	47-52	52-57	57-60	50-57

- To ensure a player's safety it is important that his/her helmet fits properly.
- The helmet should sit squarely on the head with the front of the helmet low on the brow to protect the forehead.
- The padding should exert firm, uniform pressure all around the head so that the skin on the forehead moves as the helmet is rotated from left to right and from front to back.

Chin Strap

If the chin strap isn't correctly adjusted, it's possible for the helmet to be knocked off or out of place. The chin strap is correctly adjusted when:

- The helmet sits squarely on the head with the front low on the brow to protect the forehead.
- The front and rear straps form a "Y" just below and forward of the ears.
- There is no slack when the chin-strap is fastened.

Facemask Selection

All youth level players are required to have a facemask on their helmets. Facemasks are either sold as part of the helmet or sold separately. There are three kinds - wire cage, face shield and combination masks.

- **Wire Cage**
 - A wire cage covers the entire face area.
 - Wire cages provide more protection and do not fog up like face shields.
- **Face shields**
 - These are generally a high impact-resistant plastic that covers the front of the face.
 - Some players choose face shields because they offer better overall vision with no wires getting in the way.
 - Face shields are generally made with fog-resistant coatings.
- **Combination masks**
 - Some manufacturers now offer the best of both designs - a plastic face shield to protect the eyes and upper part of the face, and a wire mesh to cover the lower jaw and to add ventilation.

Gloves

Hockey gloves protect the hand and wrist without loss of flexibility or comfort. It is okay for gloves to be a little large, as long as the padding covers all areas of the hand and wrist.

Glove Sizing & Fit

- Gloves range from youth sizes of about 9 inches up to full adult sizes of 16 inches.
- Use a tape measure to measure the distance from where your elbow pads end to the tip of your fingers. This number equals your glove size.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the glove size you should buy based on the above measurement.

Glove Sizing		
Finding your size		
<u>Size</u>	<u>Inches</u>	<u>Centimeters</u>
Small	9	23.00
Small	10	25.50
Medium	11	28.00
Medium	12	30.50
Medium	13	33.00
Large	14	35.50
Large	15	38.00
X-Large	16	40.50
X-Large	17	43.00

Pants

Hockey pants are one of the most critical fit pieces of equipment, particularly as a young player is growing. The pants purpose is to protect the thigh/kidney area with rigid protection. The pants should break at the front on top of the rigid kneecap. Pants should also ensure rear leg protection when the player is in full skating stride. The rigid kidney protection should fall above the waistline with the rigid area of the pant protecting the kidney and waist area. Pants are worn over-sized for freedom of movement and manufacturers take this into consideration with their sizing, but always try on the pants as manufacturers' sizing varies.

Shoulder Pads

Shoulder pads are essential for every level of play. They protect your collarbone, upper chest, back, upper arms, and your shoulders. Some pads also protect the heart area. There is also extra lower-back protection available either as part of the shoulder pad or as an attachment. Shoulder protection is manufactured to prevent shoulder dislocation as well as other injuries. You should look for shoulder pads that provide the most padding available for your needs. Properly fitted equipment will neither shift nor resist movement during play.

Typically:

- Forwards should look for lighter weight pads that offer more freedom of movement.
- Defensemen require larger pads with maximum protection against being hit by pucks.

Shoulder Pad Sizing & Fit

- To measure, wrap a tape measure around your chest just below your armpits.
- Different manufacturers use different sizing charts, but the chart below provides a general guide.

Hockey Shoulder Pad Size Chart

	Junior			Senior			
Size	S	M	L	S	M	L	XL
Inches	22-24	24-28	28-30	28-30	32-34	36-38	40-42
Centimeters	56-61	61-71	71-76	71-76	81.5-86.5	91.5-96.5	101.5-107

Youth Hockey Shoulder Pad Size Chart

Size	2XS	XS	S	M	L	XL
Chest (inches)	24-26	26-28	28-30	30-32	32-34	34-36
Back (inches)	12-Nov	41986.00	13-14	14-15	15-16	16-17
Weight (lbs.)	40-60	50-70	60-80	70-100	90-120	110-140

Elbow Pads

Elbow pads, when properly fitted, will protect the elbow as well as the arms. They cover the area from just below the shoulder pad to just above the hockey glove. Elbow pads are necessary to protect against painful bone bruises, and even fractured elbows, from falls or being hit by a stick. The pads should provide adequate adjustment to prevent shifting during play. The elbow pad must integrate with the shoulder pad as well as the cuff of the glove to prevent binding. Most elbow pads are adjustable and are secured with Velcro straps, so sizing is general according to body size. There are also varying numbers of straps available on different pads to help with adjustments. You may want to add a forearm slash pad for further protection in a sensitive, highly vulnerable area. The basic rule: No flesh exposed for that errant slash.

Elbow Pad Sizing & Fit

- Determine the distance between the edge of your shoulder pads and the cuff of your hockey glove. The elbow pad should leave no exposed skin between the shoulder pad and the glove.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the elbow pad size you should buy based on the above measurement.

Elbow Pad Size Chart

Finding Your Size	
Size	Inches
Youth Small	7.5
Youth Medium	8-Jan
Youth Large	9.5
Junior Small	10.5
Junior Medium	11.5
Junior Large	12.5
Senior Small	13.5
Senior Medium	14.5
Senior Large	15.5 & above

Shin Guards

Shin guards are a "must have" protection for every level of play. They are mandatory to protect against hits by a puck or an opponent's stick. Shin guards are designed to prevent a variety of injuries such as hyperextension. Forwards usually prefer lighter pads with less protection that allow them to skate faster. Defensemen should look for a heavier shin guard that helps protect against pucks and opponent's sticks. The shin guard is a critical fit and should be checked yearly for young, growing players. **Remember: Buy to fit, not to grow.**

Shin Guard Sizing & Fit

- Shin guards range from 7 to 17 inches in length and are designed to fit over the kneecap to just above the skate top. You should look for one sized to your height.
- Shin guards are measured from the center of the knee to the instep brackets of the skate tongue.
- While you are sitting down, measure from the middle of your kneecap to the top of your skate.
- This is your shin measurement and should be matched to the manufacturer's specifications on the shin guard.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the shin guard size you should buy based on the above measurement.

Shin Guard Size Chart		
Finding Your Size		
Size	Inches	Centimeters
Youth	7	18.0
Youth	8	20.5
Youth	9	23.0
Junior	10	25.5
Junior	11	28.0
Junior	12	30.5
Senior	14	36.5
Senior	15	38.5
Senior	16	41.0
Senior	17	43.0

Always remember to buy your equipment to fit. Do not buy for your child to grow into the equipment. Not only will their performance be affected, but you can compromise your child's safety.