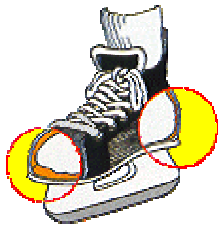


# Sizing guide for ice hockey gear

## SIZING YOUR SKATES



Skates normally fit 1 to 1½ sizes smaller than your street shoes. While wearing the sock that will be worn when skating, slip your foot into the skate, pressing the ends of the toes against the front of the skate. In this position, you should be able to place one finger between the inside of the boot and the heel of your foot.

Before lacing up, kick your heel back into the boot's heel. Snugly lace the first 3 eyelets, with the next 3 or 4 loosely laced to avoid restricting the arch area of the foot. The remaining eyelets should then be snugly laced to optimise the energy transfer to the skate. Eyelets of the skates should be roughly 1½" to 2" apart. If further apart, a wider boot would work better. And if the eyelets are closer look for a narrower boot. Some skate models have been designed to fit either narrow or wide feet.

Walk 10 to 15 minutes in the skates checking for comfort. Red areas or pressure points on your feet are signs of an improperly fitted skate.

Hockey boot style inline skates and ice hockey skates fit the same. Moulded skates fit differently. Every player has his personal preference that must be considered. However, skates are constructed to meet the foot's requirements and an improperly fitted skate can result in the premature breakdown of the boot, regardless of skate quality, workmanship and features.

Generally, a sewn skate will fit 1 to 1 1/2 sizes down from your regular shoe size. Moulded skates fit basically the same as your regular shoe size.

Sitting down, the skater should put the skate on and immediately kick the heel into the rear boot. The toes should "feather" the toe cap, and not be crushed or curled.

The tightening should be firm, but not so tight that circulation in the foot is hampered. A proper fitting skate does not require extremely tight lacing, only a "snug" fit.

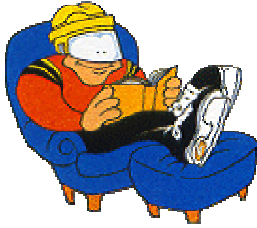
After the boot is completely laced up, get up and walk around. The rear area of the boot should feel snug and secure with no movement or slipping. The foot should rest comfortably on the footbed; looseness in the area will surely result in "sloppiness". The toes should extend flat within the toe cap area. If the toes are stretched (pushed ahead), you should be able to "feather" the toe cap.

Remember: For a maximum performance the skate should be extremely snug. With bare feet you can take out the insoles and place your feet on them (again in the sitting position). You should not see any excess material extending beyond your toes. With your heel at the very back of the insole your toes should rest at the front edge of the insole. You will curl your toes when skating giving you more room in your skate. Do not be concerned with the width as the insole is made only to support the weight bearing portion of your foot so the insole will always appear to be too narrow.

Children: Feet will reach maturity before the rest of the body. Boys feet will usually stop growing around 13 1/2 and girls at approximately 12 1/2 years old. Growing feet will normally grow 1/3" or 1 full size per year.

Skates should not be sized more than one full size for growing room and 1/2 size is recommended.

## BREAKING IN YOUR SKATES

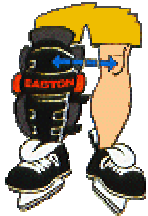


Breaking in a new pair of skates takes longer than breaking in a used pair. A good, clean way to break in skates is to lace them up at home. You can wear your skates while you're doing your homework, reading or watching television. Make sure to walk around in them and always wear your skate guards. If you do this for a few hours it should help your feet feel better when you first skate. This is also a good way for young skaters to strengthen their ankles.

## FITTING SHIN PADS

The importance of a quality pair of shin pads cannot be overstated. The lower leg is an extremely high contact area which must be shielded against injuries caused by collisions with sticks, pucks and skates.

The kneecap of the player is the starting point when sizing a shin pad. A player's kneecap should fit directly into the centre 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 the kneecap would be out of position. It's always a good idea to have a skate available when fitting a shinpad.



Most shin pads provide protective foam which wraps around the lower leg to cover the back of the calf. Many also provide a strap which wraps around the leg to hold the shin pad in position. Although many people remove this strap, instead preferring to anchor the shin pad with tape, it is important to leave it attached. Using it will secure the shin pad in its proper place. If at anytime the shin pad becomes cracked or dented the shin pad has lost its protection and should be replaced at once!

To measure the exact size of shin pad be seated in a chair with a skate on your foot, knee bent at 90 degrees. Measure from the ledge just above the top eyelet on your skate all the way up to the centre of the kneecap.

Child 7 ½" – 19cm	Youth 10 ½" – 27cm	Junior 13" - 33cm	Senior 16" - 40.5cm
	9 ½" - 23cm	12" - 30.5cm	15" – 39.5cm
	8 ½" – 20cm		14" - 35.5cm

## FITTING YOUR SHOULDER PADS



Quality protection is para-mount in a shoulder pad for a collision sport like hockey. It is very important that the centre of the player's shoulders lines up directly with the centre of the shoulder cups. These cups are designed to protect the shoulder joints from receiving direct impacts.

The remainder of the shoulder pads have adjustable straps and can be adjusted to fit properly as long as the shoulders and shoulder cups line up correctly. Good shoulder pads will provide protection for the collar bone, chest, ribs, back and upper arms. This is accomplished by using a combination of foam and hard plastic. It is important that the shoulder pads achieve this protection while still allowing a full range of motion.

For example, lifting the arms above the head should not push the shoulder pads uncomfortably high around the player's neck.  
Take your measurement from just under the arm pits around the widest part of the chest.

Shoulder pad sizes	Senior	Junior
	S 28"-30"/ 71cm-76cm	S 20"-24"/ 51cm-61cm
	M 32"-34"/ 81cm-86cm	M 24"-28"/ 61cm-71cm
	L 36" – 38"/ 91cm-96cm	L 28"-30"/ 71cm-76cm
	XL 40"-42"/101.5cm-107cm	
	XXL 44"-46"/112cm-117cm	

## ELBOW PAD FITTING

Elbow pads are one of the easiest pieces of equipment to fit. A good elbow pad will have some form of a suspension system to cup the elbow and prevent a direct impact. The player's elbow should fit comfortably into the center of elbow pad cup. Also, a good elbow pad will provide forearm protection which extends down to bear the cuff of the player's hockey glove.

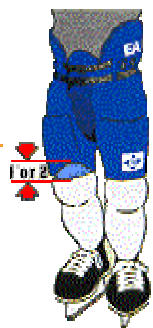


Men 12"- 15"/ 30.5cm-30.5cm

Boys 9"-11"/ 23cm-28.5cm

## FITTING YOUR HOCKEY PANTS

Sometimes choosing the correct size of hockey pants can get a little confusing because of the different sizing systems. 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 pants. Make sure you check the length of the pant legs to insure a proper fit. The bottom of the pants need to overlap the top of the shin pad kneecaps by 1 or 2 inches. This will insure proper protection even when in a kneeling position. The leg length is very important. Sometimes a taller player will have to purchase a pair of pants which is one size too big in the waist in order to achieve the proper leg length. There are pants made specifically for tall people but they are not easily attained except by custom order.



Measure around your waist as you would for street clothes.

Senior XS	26"-28"/66cm-71cm	Junior	S 6-8years
S	28"-30"/ 71cm-76cm		M 8-10years
M	32"-34"/ 81cm-86cm		L 10-12years
L	36"-38"/91.5cm-96.5cm		
XL	40"-42"/101.5cm-106.5cm		
XXL	44"-46"/112cm-117cm		

## BUYING AND SIZING A HELMET

The areas to consider when choosing a helmet are protection, comfort and fit. There are several acceptable brands of helmets which offer quality protection and these may be recognized by the Canadian Standard Association (CSA) or HECC sticker they carry. 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. It is important that the helmet is not too tight, so it remains comfortable.



Make sure the chinstrap is adjusted so it gently makes contact under the chin when fastened. Again, it should not be too tight or create any other discomfort. If the helmet is ever dented or cracked it must be replaced. In addition, it is good practice to change the foam padding inside the helmet every 2 to 3 years.

To obtain the correct head size measure around your head with a flexible tape measure directly where a sweat band would rest. Use the following inch conversions to match the helmet manufacturer sizing:



21 1/4" = 6 3/4    21 5/8" = 7 5/8    22" = 7    22 3/8" = 7 1/8

22 3/4" = 7 1/4    23 1/8" = 7 3/8    23 1/2" = 7 1/2    23 7/8" = 7 5/8

24 1/4" = 7 3/4

## FACE MASK OR FULL SHIELD...from 2002 ,for those 20years and youger



Both types provide excellent protection for the face and chin from sticks, pucks and virtually every body part and piece of equipment on the ice. The traditional screen face mask is strong and durable and provides excellent ventilation for cooling and breathing, and adequate vision.



The face shield provides excellent straight ahead and peripheral vision, but does not provide as good of air flow as the screen. Full face shields are virtually fog resistant, but do collect sweat and moisture which needs to be wiped off occasionally. To insure that you are purchasing a good quality mask, be sure that your mask is HECC or CSA approved when purchasing it. If the face mask or shield becomes dented or cracked the mask has lost its strength and must be changed immediately.

## WEARING A MOUTHGUARD.... Being instigated in Australia in 2002 for those born, 1980 Or later



Did you know a hockey puck can reach speeds of 50 to 90 miles per hour in recreational play? Did you know the maximum impact force of an air-borne puck at its highest velocity is 1250 pounds? Collisions with flying pucks or with other team-mates are inevitable on the ice. However.

Athletic mouthguards are an essential piece of safety equipment that should never be overlooked. Mouthguards not only significantly reduce the incidence and severity of injuries to the teeth and mouth, but they also act as a shock absorber against more serious injuries like concussions and jaw fractures. A good mouthguard will offer the following five-way protection.

- Protect the brain from concussion by absorbing and dissipating the shock of a blow to the lower jaw.
- Protect the temporomandibular (jaw) joint from dislocation and other injury by supporting and cushioning the lower jaw.
- Protect the jaw from fractures by providing a cushion between the upper and lower jaw.
- Protect against broken, chipped, lost or nerve-damaged teeth by absorbing and deflecting the force of a blow.
- Protect oral tissues from laceration by shielding the lips, tongue, cheeks and gums.

## FITTING YOUR HOCKEY GLOVE

The main concern with the fit of a glove is making sure the gap between the glove and the elbow pad is minimal. The hand and forearm are often subject to slashes and therefore need to be protected. The tightness or looseness of a glove is an individual preference. However if the glove is too loose it may turn on the player's hand and reduce the glove's protective ability.

Also, it is important that the fingers of the gloves are not too short. The tip of the fingers should not go completely to the end of the glove. If they do, they may be exposed to injury by a slash from an opponent's stick.



Always check the glove to see if it provides adequate protection. The back of the glove should be lined with both foam and hard plastic. The glove should also feature a lock thumb system which will protect the thumb from being bent backwards.

Senior 16"/ 40.5cm  
15"/ 38cm  
14 "/ 35.5cm

Junior 13"/ 33cm  
12"/ 30.5cm

Youth 10 ½"/ 26.5cm  
9 ½"/ 24cm  
8 ½"/ 21.5cm

## HOW LONG YOUR STICK SHOULD BE

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. (See Illustration) A general rule is to mark and cut the handle of your stick where it touches the tip of your nose. Then when standing on your skates, the stick should come up to your chin or just below it. (See Illustration)



Also, a defenseman may want to use a longer stick to give them a longer reach for poking the puck away and a forward may want to use a shorter stick to help them stickhandle better. This is an individual preference for each player.

## IMPORTANCE OF STICK FLEX

Flex is the most important aspect when choosing a shaft. If the shaft is too flexible or too stiff it will lessen the players shot accuracy, dampen the puck speed on shots and provide less feel for the puck. The correct flex allows the shooter to "bend" the shaft on wrist shots as well as slap shots. When choosing a shaft in a store you should be able to bend the shaft with a moderate effort. Finesse style players generally prefer flexible and light shafts for wrist/snap shots, stick handling and shot accuracy. Aggressive/ Defensive players generally prefer a heavier, durable and stiff stick for slap shots and stick checking. General hockey players prefer average stiffness and weight for wrist shots and slap shots. These are usually wingers and rushing defensemen.

## WOOD, ALUMINUM, OR COMPOSITE

**Wood sticks** are generally manufactured with a standard square shape with the exception of some higher-end wood sticks which can have a convex contour. These are generally the heaviest sticks. They are a good value but have poor consistency and many breakages. Aluminum shafts most often are manufactured with a classic concave shape though some aluminum shafts now have a rounded ergonomic shape.

**Aluminum shafts** are fairly durable and have consistent flexes. They are higher priced than wood, vibrate more than wood and eventually deform and bend..

**Composite shafts** can be found to have all types of shapes, weights and flexes. A composite shaft should be purchased for the shaft consistency, shot speed and accuracy and its lighter weight. These are the most expensive and have less durability than aluminum. Lower priced composites shafts are generally targeted at the recreational market, less advanced players or young amateurs. These shafts cannot withstand hard play. Consumers should be careful when choosing the proper shaft, just because a composite stick is more expensive does not mean that it will last longer!

## NECK GUARD

In Australia it is compulsory to wear a neck guard up to the end of junior age divisions.

Neck Guards are designed to protect the throat area from lacerations and cuts. They are not designed to protect against spinal injuries. The best way of fitting a neck guard is to put one around your neck and make sure it does not choke you nor slide around on your neck. It should completely cover the throat. If you have a bib style it should go down to the upper chest area.

There are a few different brands that feel different. Be sure you find one that is comfortable and does not restrict your breathing.

Senior 14"-18"/ 36cm-46cm

Junior 11"-14 "/ 28cm-36cm

**BOX** is a very necessary item in a hockey kit. Youth, junior and senior sizes are available.

- Other items you can purchase but are not necessary- skate guards and suspenders,

## Brands of ice hockey gear that are available to purchase

Easton , Itech , Jofa , Bauer , CCM , Franklin , Misson , Koho , Hespeller , Titan , Nike

\*All the above brands are as good as the other and it all depends on what is available and what price you want to spend

