

INFORMATION ON A GUIDE TO PROPERLY FITTING HOCKEY EQUIPMENT



PARENTS

Please note this is a guide intended to be used by parents, coaches, trainers and players when selecting appropriate protective equipment before stepping on the ice. The information contained herein should only be used as a [guideline](#) when purchasing hockey equipment. This guide contains valuable information about fitting and caring for equipment, including tips that parents may find helpful when starting their children off into the wonderful and exciting world of hockey.

SKATES



CCM and Bauer skates tend to be a bit wider in fit and the Graf skates tend to fit a bit narrower. A proper fit is determined by trying on a number of different brand name skates and sizes. Skates sizes run 1 to 1 ½ smaller than normal shoes (CCM tend to fit a full two sizes smaller). When getting fitted for skates, wear socks that would normally be worn and slide the foot in all the way to the toe of the skate. If the player skates barefoot, use ultra-thin socks when fitting the skate. A space measuring one finger should exist between the heel and the back of the skate. Now kick the heel into the complete back part of the boot – the toes should only barely be able to feel the “toe cap”. If the toes curl, the boot does not fit. Note as the boot is laced; continue to kick the

heel back to the spine of the skate so that it remains firmly locked against the back of the boot. Laces should be snug, but not too tight. Laces should never be wrapped around the ankle at this inhibits blood flow. Also, a skate that is too big in length will cause blisters and premature breakdown of the skate. Walk in the skates (with guards on) for approximately 15 minutes to get a good feel for the fit and comfort. If red areas or discomfort develop, review to see if the skate fits properly. Note: The heels should remain firmly against the back of the skate if it slips or there is movement, then the skate is too large. The foot should be comfortable in the foot bed, and the toes should be able to lay flat in the boot. When fitting children, do not fit them with “room to grow”. The skater will not be able to perform on the ice with too large a boot, and this risks ankle injury. A slight adjustment can be made for minor growth, but there should only be about a half an inch between the heel and the toe.

HELMETS



The helmet should be adjusted to fit snug to prevent any shifting and maximize protection. Hockey rules require the helmet **MUST** be CSA* approved. All CSA certified helmets have a sticker indicating their certification, make sure to look for this. Make sure the chin strap is adjusted so it gently makes contact under the chin when fastened. Open the helmet to its largest setting. When on the head, the rim should be one finger width above the eyebrow. Gradually begin to downsize the helmet until a comfortably snug fit is achieved. Replace

loose or missing screws immediately. Check for cracks or deterioration and replace if necessary. Never paint or add stickers as this removes the CSA certification.

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

HELMET STANDARDS

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

Medium (Youth): 8 to 14 years. Circumference of head: 21" 5/7th - 22" 3/8th

Small (Junior): up to 8 years. Circumference of head: 20" 1/8th – 22"

FULL SHIELD OR SCREEN FACE MASK?

When fitting a proper measurement should be taken from the front of the helmet to the bottom of the player's chin. Note that this is a matter of personal preference. Although the full shield offers better vision, they can fog up. Defoggers are available for this but this is an added expense. A screen face mask provides better ventilation but restricts full vision but this you can get used to. There are now combination masks with a half screen half mask. These can all be purchased separately and attached to the helmet.

THROAT PROTECTOR (neck guard)

A mandatory piece of equipment, a neck guard should fit snugly and should completely cover the throat area. This protects the neck from some high sticking. They size small, medium, large, extra large.

MOUTH GUARDS

Very important in prevention of injuries to the mouth, teeth and head injuries. This is highly recommended and best if they are attached to the helmet. Take care to follow package instructions for proper fit. Mouth guards should be changed often! Look for signs of thinning and replace immediately if broken.

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 our elbow pad. The cuff of the glove and the end of the elbow pad should meet to protect the skin. Select a glove with a pliable palm and a dense thumb. Proper fit is crucial. If too small, they can jam the fingers and too large inhibits play and handling. Leather gloves tend to last longer, provide better

protection and are more comfortable.

Note: The sizing may vary by the 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 SIZE: 9' – 11' *** INTERMEDIATE SIZE: 12" – 13" *** SENIOR SIZE: 14" – 15"

STICKS



Wood, Aluminum or Graphite? Wood is heavier, much less expensive and may break easier. Aluminum is durable, a bit more expensive and can bend. Graphite/composite shafts are the most expensive and vary in shape and weight, but are thought to be as durable as aluminum. To measure proper length, stand with the stick straight, place the flat in between your feet and mark the stick where it touches the nose (with your skates off) or the chin (with the skates on). This is where the shaft should be cut. Blades can be curved or straight. Curved blades are slightly harder to play with and always favor either left or right shooting. Determine which shot is best by testing the stick in both positions.

PANTS



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 pant need to overlap the top of the shin pad kneecaps by 1 or 2 inches. The pants should extend up to cover the kidneys and lower ribs. The molded pads should cover all critical areas, (i.e. kidneys, hips, tail bone). Pants should fit snugly so the padding stays in place, but it should not be so tight that movement is restricted. The pants should extend from the lower ribcage to the top of the knees.

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 is not 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. Shin pads should be secured with heavy elastic, shin guard straps, or a more prevalent hockey tape.

STANDARDS

CHILD 7 ½" ** YOUTH 8 ½" to 10 ½" ** JUNIOR 12" to 13" ** SENIOR 14" to 17"

SHOULDER PADS



Primary protection for the upper body. 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. The bicep pads should not overlap the elbow pads. A fiber cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder. Shoulder pads that are too big will slip off of the shoulder and not provide adequate protection. They will also restrict the player's range of motion. To select a size, measure the circumference of your chest by wrapping a tape measure around your chest just under your armpits.

Note sizing varies by manufacturer, but the table below can be used as a 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 XXXS	22 - 26	55 - 65

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. Periodically check the Velcro straps for signs of wear. Make sure pads are not cutting off the circulation to the arms and hand. Elbow pads should not slip!

Use the table below for reference:

SIZES	height
Youth	Up to 4'0"
XXS	4'0" to 4'10"
XS	4'10" to 5' 6"
S	5' 4" to 6' 0"
M	5' 8" to 6' 4"
L	6' 0" +

ACCESSORIES, HANDLING AND CARE TIPS

SKATE SHARPENING

You should get your skates sharpened as soon as you purchase them to take the manufacturer grind off and put a hockey refined grind on. Find a good skate sharpener or dealer that will stand behind his sharpening skills. When you find someone you like and have good faith in, then stay with this person or company. You should get your skates sharpened approximately every 30 hours, depending on usage and care. Watch your blades carefully. If blades get chipped or an edge taken off you will have to get them sharpened more frequently than 30 hours use. Be sure to dry your blades off and take them out to air dry as blades will re-sweat and rust in your hockey bag.

UNDERWEAR

Wear light fitting, cool comfortable undergarments during all games and practices this helps pull the moisture away from the body keeping it dry and warm. Wash after every use.

SOCKS

Usually determined by the team, be sure not to purchase socks that are too restrictive.

GARTER

Very much like a lady's garter, with an elastic belt that loops around the waist and clips that hang that hook onto the hockey socks. There is an underpants garment with a cup and Velcro that also are made to hold the socks as an alternative to the garter belt.

JOCK or JILL STRAP

Male or female, protection of most vital equipment (jewels) is necessary. Girls should wear a pelvic protector.

TAPE

Tape is used for pads and to keep socks secured in place on shin pads and stick. There are two types of tape designed to protect. Pad tape is usually clear plastic and stick tape is generally cloth base tape.

STICK GRIP

Many players tape their own grips, but plastic grips are also available for purchase. This keeps the end of the stick nestled securely in the palm and prevents loss of hold during play.

HOCKEY BAG

Now imagine!!!! Lugging all that equipment around without one ... wheels are a wonderful invention on those huge hockey bags, this way mom and dad do not have to carry their heavy hockey bag! Be sure to take all your equipment out of your bag to air dry to prevent mould and mildew build up on pads and hockey gloves after **EVERY** practice and **EVERY** game.

GOALTENDERS



Require special equipment such as: gloves (catching and stick gloves), chest and stomach protector, goalie skates, leg pads, shoulder and arm protectors. Please seek advice from a knowledgeable source before purchasing goaltender's equipment to ensure the fit and quality of the equipment. Goalie equipment can become very costly. Sizing for conventional pads and foam pads varies slightly.

Conventional pads: The knee should fit at the bottom of the center knee roll, the pad securely attached to the goal skate and properly centered on the leg. Once the pad breaks in, the knee will be directly behind the center knee roll.

Foam pads: The center of the knee should be also positioned in the middle of the center knee roll, with the pad securely attached to the goal skate and resting properly on the leg. Note: because foam does not settle with time, no allowances need to be made for settling in the initial fitting. A size guide can be used to determine the size of the goal pads, but remember that sizing will vary due to type and size of goalie skates and the width of the thighs.

PLEASE REMEMBER

Enjoy every minute that you are on the ice. It is a great place to be and a wonderful game to play. Hockey is for everyone. It is a wonderful family experience and a great life experience. Play safe and clean. Always have respect for your opponent, coaches and team members.

HAVE A GREAT YEAR !!!

