



Ice Hockey

Equipment Fitting Guide - Fit to Play the Right Way

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YOUTH AGE GROUPS:

8-and-Under (mite), 10-and-Under (squirt), 12-and-Under (peewee), 14-and-Under (bantam)

Each player is personally responsible to wear protective equipment for all games, warm-ups and practices. Such equipment should include gloves, shin pads, shoulder pads, elbow pads, hip pads or padded hockey pants, protective cup, tendon pads plus all head protective equipment as required by USA Hockey rules. It is recommended that all protective equipment be designed specifically for ice hockey.

HELMETS

A hockey helmet's primary purpose is to prevent a skull fracture, not a concussion. A skull fracture or other blunt impact can be dissipated across the shells and foams of a helmet, but a concussion occurs due to rotational forces. What this means is, if your head moves rapidly, such as in a whiplash situation, a concussion may occur even without any impact to the head.

WARNING

Ice hockey is a collision sport that is dangerous. Hockey helmets afford no protection from neck or spinal injury. Severe head, brain or spinal injuries including paralysis or death may occur despite using a hockey helmet.

Youth athletes should wear youth helmets.

All players, including goalkeepers are required to properly wear a Hockey Equipment Certification Council (HECC) approved helmet as designed by the manufacturer and with no alterations and chin strap properly fastened.

All youth through college players, including goalkeepers, are required to wear full facial protection—wire cage, full shield or combination mask certified by HECC, plus any chin protection that accompanies the face mask.

HECC certification includes an expiration date on the sticker and a helmet that has an expiration date that has expired is no longer considered certified. The player may not wear a helmet that does not have a valid and current certification sticker. For more information about HECC visit <http://www.hecc.net/certcomm.html>

Any helmet or face mask that is altered shall be deemed to be illegal equipment and shall not be allowed to be used in a game. The player, or such equipment, shall be removed from the game until corrected. (This shall include helmets from which a part has been cut or removed, facemasks from which the chin-cup has been removed or any other such alterations from the original manufacturing specifications.)

HELMET FITTING

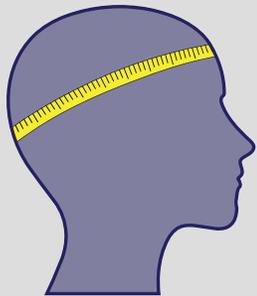
<https://www.youtube.com/watch?v=iao9UeQVlxM>

STEP 1: Inspect the helmet for any cracks or damage

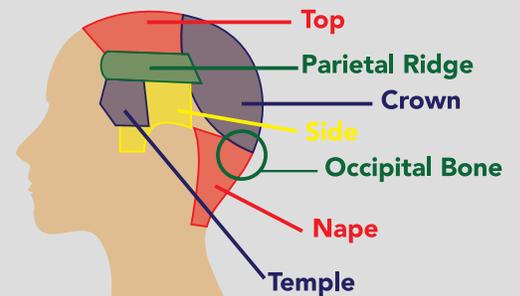
Athletes should NEVER wear a cracked or damaged helmet.

STEP 2: Measure head circumference

Note: For those with thicker hair, compress tape measure until feeling the hair “push back” or create slight resistance to the tape measure. This will serve as a good approximation for the helmet fit.



- Use a fabric or paper tape measure to find head circumference in inches
- Make sure the tape measure touches the following points on the head:
 1. 1 inch above the brow line
 2. ½ inch above the ears
 3. Occipital bone on the back of the head



STEP 3: Select helmet size

Refer to your manufacturers' size charts in selecting a helmet size.

Manufacturers' Size Charts resource -- <https://www.hockeymonkey.com/helmetsizing.html>

STEP 4: Put the Helmet on and Adjust the fit

- a. Use the helmet's adjustment mechanism to make the helmet open to its largest setting and put the helmet on.
- b. Use the helmet's adjustment mechanism to adjust the helmet to feel snug and comfortable. See manufacturers' guidelines for more details.
- c. The helmet should:
 - i. Touch the top of the athlete's head.
 - ii. Rest 1" above the eyebrows.
 - iii. Cover and touch the athlete's Occipital bone.
- d. Fitting face guard/chin guard.
 - i. Secure the top of the face guard to the helmet with J-clips.

- ii. Secure the bottom of the face guard to the helmet using attached straps.
- iii. Chin guard should set flush to the athlete's chin.

STEP 5: Check the fit. If the helmet does not meet ALL of the following check list items, the player needs a different size and/or a different style of helmet:

- a. The helmet should:
 - i. Touch the top of the athlete's head.
 - ii. Rest approximately 1" above the eyebrows.
 - iii. Cover and touch the athlete's Occipital bone.
- b. Check for movement. Instruct the athlete to keep his/her head still while you turn the helmet side-to-side and up-and-down. Look for the player's forehead skin to move with the helmet. The helmet should be tight, but not so tight as to cause a headache.

STEP 6: Secure the Chin Strap snug beneath the chin.

GOALIE MASK

- a. Follow Steps 1-3 from above.
- b. Loosen the straps and have the athlete put on the mask.
- c. Adjust the chin cup as to not allow mask movement on the athlete's head nor allow the mask to be pushed in closer to the jaw.
- d. Adjust the rear skull plate and straps so they apply enough tension to achieve a secure fit. There should be no gaps between the skull cap and the face mask exposing the athlete's head.
- e. Check the fit:
 - i. The mask's padding should fit flush to the athlete's forehead, cheeks and chin without any gaps.
 - ii. The helmet should feel snug and not move or slide around independently of the athlete's head when the athlete moves his/her head side-to-side and up-and-down.
 - iii. Assure that there are no gaps between the skull plate and the back of the mask.

SHOULDER PAD FITTING

<https://www.youtube.com/watch?v=ekfIA3ayTPO>

A good shoulder pad will provide protection in all areas including the collar bone, ribs, sternum, chest, back, and biceps. A good fit is essential for the prevention of injury. Some shoulder pads come with removable abdominal guards and adjustable bicep guards. Shoulder pads worn too large will restrict movement in the shoulders, resulting in a loss of shooting and passing ability. When pads are loose, they do not fit to the body properly. Sticks can get in these gaps and cause injury.

STEP 1: Using a flexible tape, measure (in inches) the athlete's chest



STEP 2: Based on the measurement obtained in step 1, use the manufacturers' size charts to select the proper pad size.

STEP 3:

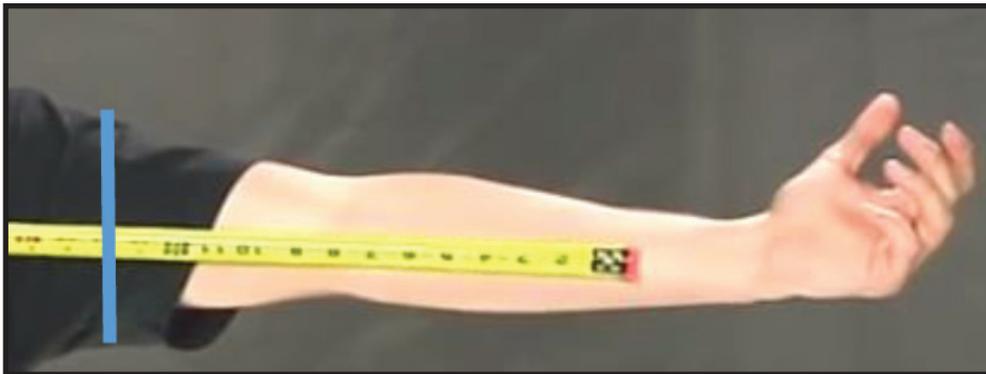
- i. Being careful of the player's eyes, nose and ears put the shoulder pad on over the athlete's head.
- ii. Check for proper coverage
 - a. The shoulder cap covers the deltoid.
 - b. The bicep pad covers the bicep. Some manufacturers offer an adjustable bicep pad to avoid gaps in protection between the bicep and elbow pads
 - c. Collar bones are covered by the collar bone protector
 - d. The sternum pad covers the sternum.
 - e. The ribs protector covers the ribs in front and back.
 - f. The upper back should be covered including the spine.
 - g. Pad fits snug to the body without any gaps where sticks can get to the body and cause injury

ELBOW PAD FITTING

<https://www.youtube.com/watch?v=0CvBDlrFPhA>

The elbow pad is designed to protect the athlete's elbow and close the gap between the glove and shoulder pad to minimize exposed areas.

STEP 1: Refer to manufacturers' guidelines for selecting a size based on the athlete's height. Or, measure your arm from the mid-forearm to the mid-bicep and, using the measurement obtained, refer to the manufacturers' size chart to select a size based on the athlete's arm length



STEP 2: Put on and fasten the elbow pad and check for proper fit:

- a. The elbow pad covers from the mid-forearm (where the glove stops) to the mid-bicep (where the bicep pad stops), and does not overlap the glove or bicep pad which could hinder mobility
- b. The slash guard wraps around the forearm, and there is no exposed skin:

GOALIE CHEST AND ARM PROTECTOR

https://www.youtube.com/watch?v=jg4PBF6k_iw

Measure the athlete's wing span and height, and, based on the measurements obtained, consult the manufacturers' guidelines for sizing.

MEASURING HEIGHT:

Have the athlete stand up straight, flat footed and without shoes against a wall. Then measure the athlete from the floor to the top of his/her head.



MEASURING WING SPAN:

Have the athlete hold a cloth or paper tape measuring tape in both hands with arms stretched out. The number the athlete grabs between his thumb and forefinger is the his/her wing span:

Put on the Chest and Arm Protector and check the fit:

- a. The Catch Glove and Blocker overlap the end of the arm pad, and there should be about a 1" gap between the end of the arm pad and the wrist bone to allow the wrist to flex properly.
- b. The elbow should fit squarely into the elbow cap of the arm pad.
- c. The chest pad should end at the athlete's belt line
- d. The shoulders should be centered under both shoulder caps and the padding under the shoulder floaters should set squarely on the athlete's shoulders.
- e. There should be enough space around the neck to allow movement while fitting snug enough to keep the protector from sliding.
- f. The neck pad should sit a few inches below the neck and moves up when the athlete bends into his/her goalie stance.
 - Note: the neck pad is not a neck guard. It is recommended that goalies also wear a separate, snug fitting neck guard underneath the Chest and Arm Protector to protect the athlete's neck and clavicle.
- g. Put on the Chest and Arm Protector with the Goalie Mask and Pants:
 - The Chest and Arm Protector may be worn inside or outside of the pants. Have the athlete move around and check for mobility and adequate coverage between the Chest and Arm Protector and the Pants.
 - Have the athlete move his/her head around to make sure the chin of the Goalie Mask does not get caught in any of the padding of the Chest and Arm Protector.

GLOVE FITTING

<https://www.youtube.com/watch?v=cQOIw8EY6VA>

STEP 1: Refer to manufacturers' guidelines for selecting a size based on the athlete's height

Or, measure your hand from the base of your palm to the tip of your longest finger, then multiply the measurement by 2.



The picture shows this athlete is a size 14" glove (7x2=14)

STEP 2: Put on the glove with the elbow pad and check for proper fit:

- a. The athlete's fingers should go to the edge of the finger gussets without protruding.
- b. The glove covers the athlete's wrist, stopping at the elbow pad and does not overlap the elbow pad which could hinder mobility
 - i. Glove Types: Entry, Intermediate, Advanced

GOALIE (BLOCKER AND CATCH GLOVE)

General size chart for Blockers and Catch Gloves:

BLOCKER

(https://www.youtube.com/watch?v=_AClpDwK06Y)

Goalies wear a Blocker on the hand that holds the stick. "Regular" Blockers are worn on the right hand. "Full Right" Blockers are worn on the left hand.

The size of the Blocker Board correlates with the size of the palm of the Blocker Glove. If the athlete wears a youth glove, the athlete will also have a youth Blocker Board.

There should be no more than ¼" space between the athlete's finger tips and the end of the finger stalls in the Blocker Glove.

While pinching the end of the Blocker Glove finger stalls, you should be able to feel the tip of the athlete's finger:

Check the fit:

Have the athlete hold his/her stick in different positions with the Blocker on and wear his/her chest and arm protector to check for any mobility interference between the pads.

AGE GROUP	BLOCKER GLOVE AND BLOCKER BOARD
5-6 years old	Youth
7-9 years old	Junior
10-13 years old	Intermediate
13-adult	Senior

CATCH GLOVE

(<https://www.youtube.com/watch?v=9306AxKgqbo>)

The Catch Glove is worn on the hand the athlete catches with. "Regular" Catch Gloves are worn on the left hand. "Full Right" Catch Gloves are worn on the right hand.

Select a size based on the athlete's age.

Check the fit:

- a. Have the athlete try on the glove with his/her chest and arm protector to check for any mobility interference between the pads.
- b. Check the athlete's finger position in the finger stalls.
 - i. Open the back-hand portion of the glove and check if the athlete's fingers can wrap around the break of the Catch Glove.
 - ii. Verify the athlete's thumb, pinky and ring fingers are secured in their designated loops
- c. Fasten the wrist and hand straps comfortably around the athlete's hand
- d. Have the athlete open and close the glove. The athlete should be able to easily open and close the glove while his/her hand maintains a comfortable position.
- e. Have the athlete grab his/stick with the glove on and simulate shooting the puck to ensure the glove works well with the athlete's grip and playing style.



SHIN GUARD FITTING

(<https://www.youtube.com/watch?v=4gAFWmlwiNU&t=85s>)

STEP 1: Measure the athlete's shin size:

- a. Have the athlete sit on a chair with his/her skates on.
- b. Using a tape measure, measure from about 1" below the top of the skate tongue to the middle of the athlete's knee to obtain the athlete's shin size:
- c. Using the obtained measurement, refer to the manufacturers' guidelines to select the proper shin guard size

STEP 2: Put on and secure the shin guard, and check for proper fit

- a. Knee fits squarely in the Knee Cap:
- b. Shin pad does not move up the leg when foot is flexed
- c. Proper coverage if wearing the shin guard:

GOALIE LEG PADS:

<https://www.youtube.com/watch?v=EBCn8XCMwWo>

SKATE SIZE + SHIN SIZE + THIGH RISE = LEG PAD SIZE

To measure the athlete's shin size and thigh rise:

- a. Have the athlete sit on a chair with his/her skates on.
- b. Using a tape measure, measure from about 1" below the top of the skate tongue to the middle of the athlete's knee to obtain the athlete's shin size.
- c. Measure from the athlete's hip to the middle of the athlete's thigh

Put the pads on and check for fit:

- d. The athlete needs to wear his/her skates and pants when trying on leg pads
- e. The Thigh Rise of the leg pads overlaps the hockey pant and stops near the top of the athlete's thigh
- f. The athlete's knee is centered under the Knee Stack and the Knee Rolls of the leg pads
- g. When in the Butterfly position, the athlete's knee is centered on the knee block of the leg pad.

Note: Improper fit = decreased protection and decreased flexibility

HOCKEY PANTS FITTING

<https://www.youtube.com/watch?v=n-I5UDO27YU>

STEP 1: Based on the athlete's waist size and height, refer to the manufacturers' guidelines for sizing

STEP 2: Put the pants on with the shin guards and check for:

- a. Snug in the waist, form-fitting through the hips and loose enough to allow mobility
- b. Pant hem overlaps the thigh pad portion of the shin guard, but not the knee cap portion of the shin guard

GOALIE PANTS

- a. The belt sits at the waist to ensure hip pads set center on the athlete's hips
- b. The pants stop above the knee to ensure the knee cradle in the leg pad fits snug and directly on the leg

FOOTWEAR

STEP 1: Measure the foot

Always use a Brannock Device to measure feet. A Brannock Device measures foot length (heel-to-toe), width and arch length (heel-to-ball).

STEP 2: Try on a variety of skates by a variety of manufacturers wearing the socks the athlete wears for games and practice.



- Sock manufacturers offer a variety of styles from thick to thin and short to long. The athlete needs to choose which style he/she is most comfortable wearing.
- It is recommended to wear one sock instead of two socks to get a better skate fit.
- Skate manufacturers also offer a variety of hockey skate styles. Due to differences in manufacturing, styling, and other variables, it may be necessary to make a compensation in sizing to achieve a proper fit for each individual athlete. The fitting process often involves trial fittings to ensure that the proper size was selected.



CORRECT:

eyelets roll over and lay flat across the top of the tongue



INCORRECT:

This skate has not been tightened enough. The eyelets flare out.

STEP 3: Check for proper fit (this applies to all hockey players including goalies).

<https://www.youtube.com/watch?v=Mr3hEuvDILQ>

- Loosen the skate laces down 4 to 5 eyelets.
- Slide your foot into the skate, adjust the tongue and kick the heel of the skate to lock the heel of the foot in place.
- Tighten the laces so the eyelets roll over and lay flat across the top of the tongue. This may need to be done more than once to achieve desired fit.
- While standing the athlete can feel the edge of the toe cap with his/her toes in both skates and there is approximately one finger space between the back of the boot and the athlete's heel (more than a finger space = the skate is too big, less than a finger space = the skate is too small).
- While standing up and leaning forward, the heel slides back slightly, and the athlete cannot feel the edge of the toe cap with his/her toes.
- Check for movement: Have the athlete walk around, bend his/her knees up and down and bend his/her ankles from side to side. The heel should stay locked in and not lift/slide up. If the heel lifts/slides up, this can cause painful blisters.



- g.** After the athlete properly laces the skates check for proper fit in the width.
- A skate is a good width if:
 - a.** You cannot see the tongue felt under the laces and there are no gaps exposing the athlete's ankle.
 - b.** The eyelets run parallel up the athlete's ankle and do not bow out.

NOTE:

NEW SKATES: <https://www.youtube.com/watch?v=JMzHcKNDgZ4>

Consult a skate retailer for baking and sharpening new hockey skates before wearing them on the ice.

New hockey skates are uncomfortable and can be slightly painful to break in. If the athlete feels discomfort after his/her 3rd or 4th time skating in new skates, consult a skate retailer about what adjustments can be made to the skates.

GOALIE SKATES: for more information: <https://www.youtube.com/watch?v=rpmO0FnthFc>

- Goalie skates have cowling for added protection and attaching the blade to the boot.
- The ankle on a goalie skate is shorter and does not have a tendon guard.

STICK SIZING

Hockey sticks are right handed or left handed. Athletes need to consider length and flex for proper stick fit.

<https://www.youtube.com/watch?v=yL4m7h39DCo>

STICK TYPE	ATHLETE'S AGE	ATHLETE'S HEIGHT	ATHLETE'S WEIGHT	STICK LENGTH
Intermediate	11-16 years	4'6" - 5'3"	120-160 lbs.	56" - 57"
Junior	6-12 years	3'9" - 4'9"	50-120 lbs.	50" - 54"
Youth	Up to 7 years	Up to 4'	Up to 60 lbs.	46" - 48"

- a.** Choosing the correct stick length is based on the athlete's playing style and personal preference.
- b.** A good starting point:
 - i.** Holding the stick straight up and down (with the toe of the stick on the ground)
 - a.** Without skates the stick should come up between the athlete's chin and nose.

- b. With skates the stick should come up between the athlete's chin and collar bone.
- c. Stick Flex = how much the stick bends when pressure is applied to it, or how stiff the shaft is. The flex is where most of the power is derived for the athlete's shot.
 - i. Recommended flex = a stick with a flex less than half your body weight at all age & skill levels.
 - ii. If an athlete cuts his/her stick the Stick Flex Rating Increases, making the stick stiffer.

GOALIE STICK SIZING

<https://www.youtube.com/watch?v=apBGdR3ePd0>

Goalie stick sizing is based on the paddle size and the athlete's playing style.

- a. Consult manufacturer guidelines for sizing.
- b. Goalie sticks can be right handed or left handed. The right-handed stick is held in the athlete's left hand. The left-handed stick is held in the athlete's right hand.
- c. The stick is the correct length when the toe and the heel of the stick touch down and the entire blade lays flat on the playing surface when the goalie is in his/her goalie stance.
 - i. The stick is too short if the toe of the stick touches down and the heel stays up when the goalie is in his/her goalie stance.
 - ii. The stick is too tall if the heel of the stick touches down and the toe stays up when the goalie is in his/her goalie stance.

For more information please visit:



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