



St. Jude Hockey Equipment Guide



The official color for St. Jude Hockey is **BLACK**. Helmets, pants and gloves should be black.

If you have existing equipment that does not conform, we strongly urge you to purchase black the next time one of these needs to be replaced for your player.

The following information can be used to assist in purchasing equipment for your player.

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Hockey Skates

Fitting Guidelines:

BAUER, CCM, GRAF and EASTON Hockey Skates fit 1.5 sizes down from your shoe size for senior sizes, 1 size down in the senior sizes for growing feet, and 1 size down in the junior and youth sizes. NIKE and MISSION skates fit true to shoe size to 1/2 size down from shoe size.

How To Determine Your Shoe Size:

Determining your proper shoe size is essential to a comfortable fit. The following measurement tips are valuable aids in getting an accurate reading on your own feet. If you already know your shoe size, we recommend that you skip this process and order a size based on your shoe size.

Measuring Tips:

- Take your measurements at the end of the day, when your feet are the largest.
 - Wear the socks you'll wear with your new skates when you measure.
 - Measure both feet and fit shoes to the larger foot. If you are doing the measurement by yourself, you will get more accurate results if you sit in a chair when measuring. Don't stand.
 - If you have someone to help you take your foot measurement, standing is the best choice.
- You may take measurements in inches or centimeters. To convert inches to centimeters, multiply inches by 2.54.

How To Measure Your Foot:

- While seated, place your foot on a piece of paper in front of you.
 - With a pencil, trace around your foot. Hold the pencil as straight up-and-down as possible while measuring and be sure that your pencil remains in constant contact with your foot during this process.
- With a ruler, measure your tracing to determine your foot length and width.

Foot Length:

- To find your foot length, measure the distance between the two longest points on your tracing. Reduce this number by 5 mm, or 1/5-inch. The result is your foot length and the number you will use to determine your shoe size.

Foot Width:

To find your foot width, measure the distance between the two widest points on your tracing. Reduce this number by 5 mm, or 1/5-inch. The result is the number you will use to determine your foot width. Use the chart below to determine your width.

Find Your Shoe Size & Width:

The standard width for skates is D - or R in GRAF skates.

*Note: This chart is here to give you a general idea on sizing and widths. St. Jude is not responsible for mismeasurements or ordering the wrong size.

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Men's Shoe Size Chart

| Inches | Centimeters | Shoe Size | D Width | E Width |
|--------|-------------|-----------|---------|---------|
| 9 1/3 | 23.7 | 6 | 3.5 in. | 3.7 in. |
| 9 1/2 | 24.1 | 6 1/2 | 3.6 in. | 3.8 in. |
| 9 2/3 | 24.6 | 7 | 3.6 in. | 3.8 in. |
| 10 | 25.4 | 8 | 3.8 in. | 3.9 in. |
| 10 1/6 | 25.8 | 8 1/2 | 3.8 in. | 4.0 in. |
| 10 1/3 | 26.2 | 9 | 3.9 in. | 4.1 in. |
| 10 1/2 | 26.7 | 9 1/2 | 3.9 in. | 4.1 in. |
| 10 2/3 | 27.1 | 10 | 4.0 in. | 4.2 in. |
| 10 5/6 | 27.5 | 10 1/2 | 4.1 in. | 4.3 in. |
| 11 | 27.9 | 11 | 4.1 in. | 4.3 in. |
| 11 1/6 | 28.4 | 11 1/2 | 4.2 in. | 4.4 in. |
| 11 1/3 | 28.8 | 12 | 4.3 in. | 4.4 in. |
| 11 1/2 | 29.2 | 12 1/2 | 4.3 in. | 4.5 in. |

Hockey Helmets & Masks

Determining Your Size At Home.

Place a tape measure 1" above the eyebrows and measure the distance around the head. Nike, Bauer and CCM Helmets do not come in Senior and Junior sizes, the sizing is based on head size with Xsmall being the smallest size available (Yth/Jr) and XLarge being the largest size available (Sr.). Match head measurements to sizing charts on each item.

When You Receive Your Helmet.

Open your helmet to its largest setting. Position the helmet on the head so the rim is one finger width above the eyebrow. Gradually begin to downsize the helmet (if necessary) until a comfortable snug fit is achieved. Tighten and secure the helmet adjustment. The helmet must be snug enough to prevent rotation with the adjustment secure and the chin strap securely fastened at all times. Face mask should match helmet model and size. Hockey faceguards must meet CSA or ASTM Standards, and must be approved for use with the helmets to which they are attached.

Hockey Neck Protection

Determining Your Size At Home.

Measure the circumference of the neck and then select the corresponding size from the chart below. Neck guards are designed to protect the throat area from lacerations and cuts - they are not designed to protect against spinal injuries. **Neckguard Sizing: Junior 11" to 14" Senior 14" to 18"**

When You Receive Your Neck Guard.

The neck protector should be snug but not uncomfortably tight. It should completely cover the throat, and with the bib style the upper chest area.

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Hockey Shoulder Pads

Determining Your Size At Home

Measure the player's chest just below the arm pits. Match the player's chest size to the shoulder pad that corresponds.

When Your Receive Your Shoulder Pads

Check to be sure your shoulder pads fit snugly and the vital tips of the shoulder are properly under the shoulder caps. The bicep pads should not interfere with your elbow pads.

| Age | Sizes | Chest Size | Height |
|--------|--------|-------------|----------------------|
| Junior | XXS/XS | Up to 28in. | Up to 4ft. 0in. |
| Junior | S/M | 28in.—32in. | 4ft. 0in.—4ft. 10in. |
| Junior | L/XL | 32in.—36in. | 4ft. 10in.—5ft. 6in. |
| Senior | S/M | 36in.—40in. | 5ft. 4in.—6ft. 0in. |
| Senior | L | 40in.—44in. | 5ft. 8in.—6ft. 4in. |
| Senior | XL/XXL | 44in. + | 6ft. 0in.—+ |

Hockey Gloves

Determining Your Size At Home

With the player's forearm bent, measure the distance between the fingertips and the elbow pad. All gloves on the website have inch sizes in the dropdowns showing what sizes we have in stock. Select an inch size corresponding to your measurement.

When Your Receive Your Gloves

The glove should offer freedom of movement in all positions without chaffing or restricting movement. Gloves should fit like loose winter gloves over the fingers. The top of the glove need to extend up to the forearm and meet the bottom of the elbow pads (except short-cuff fit)

| Glove Size | Player Height |
|------------|-------------------------|
| 9 in. | Up to 3 ft. 8 in. |
| 10 in. | 3 ft. 8 in.—4 ft. 0 in. |
| 11 in. | 4 ft. 0 in.—4 ft. 4 in. |
| 12 in. | 4 ft. 4 in.—4 ft. 8 in. |
| 13 in. | 4 ft. 8 in.—5 ft. 4 in. |
| 14 in. | 5 ft. 4 in.—6 ft. 0 in. |
| 15 in. | 6 ft. 0 in.— + |

Hockey Shin Guards

Determining Your Size At Home.

Shinguards are measured best while the player is sitting. Measure from the center of the kneecap to the top of the skate boot. Match the player's shin size to the inches of shin-guard.

When You Receive Your Shin Guards

Shinguards which are either too long or too short will result in the knee or instep being exposed and unprotected. Shinguards should be secured with shinguard straps or tape, never tight hockey stockings.

| Size | Height Range |
|--------|----------------------------|
| 8 in. | 3 ft. 4 in. to 3 ft. 8 in. |
| 9 in. | 3 ft. 8 in. to 4 ft. 0 in. |
| 10 in. | 4 ft. 0 in. to 4 ft. 4 in. |
| 11 in. | 4 ft. 4 in. to 4 ft. 8 in. |
| 12 in. | 4 ft. 8 in. to 5 ft. 0 in. |
| 13 in. | 5 ft. 0 in. to 5 ft. 4 in. |
| 14 in. | 5 ft. 4 in. to 5 ft. 8 in. |
| 15 in. | 5 ft. 8 in. to 6 ft. 0 in. |
| 16 in. | 6 ft. 0 in. to 6 ft. 4 in. |

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Hockey Pants

Determining Your Size At Home.

Measure the player's waist. Check the size reference below and then select the correct size in the dropdown on the pant page. Most pants on the site also have individual sizing guidelines. .

When Your Receive Your Pants.

Pants should reach the top of the player knee and extend up to cover the kidney and lower ribs. The molded polyethylene hip, kidney and tailbone pads and foam padding should cover critical areas.

| Age | Sizes | Waist | |
|-------|--------|---------------|---------------|
| YOUTH | S | 18 in.—20 in. | |
| | M | 20 in.—22 in. | |
| | L | 22 in.—24 in. | |
| | XL | 24 in.—26 in. | |
| | JUNIOR | XXS | 20 in.—22 in. |
| | | XS | 22 in.—24 in. |
| S | | 24 in.—26 in. | |
| | M | 26 in.—28 in. | |
| | L | 28 in.—30 in. | |
| | SENIOR | XS | 28 in.—30 in. |
| S | | 30 in.—32 in. | |
| M | | 32 in.—34 in. | |
| | L | 34 in.—36 in. | |
| | XL | 36 in.—38 in. | |
| | XXL | 38 in.—40 in. | |

Hockey Elbow Pads

Determining Your Size At Home.

Measure the length between the shoulder pad and the cuff of the glove. Match the player's measured size to the size of the elbow pads by inches.

When You Receive Your Shin Guards

When fastened securely, there should be no gap between the pad and either the biceps extension of the shoulder pad or the cuff of the glove. Players who wear a short cuff style glove should choose the longer model of elbow pad.

| Size | Height |
|-------|--------------------------|
| YOUTH | Up to 4 ft. 0 in. |
| XXS | 4 ft. 0 in.—4 ft. 10 in. |
| XS | 4 ft. 10 in.—5 ft. 6 in. |
| S | 5 ft. 4 in.—6 ft. 0 in. |
| M | 5 ft. 8 in.—6 ft. 4 in. |
| L | 6 ft. 0 in.— + |

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SIZING CHARTS

Helmet Sizes

| | | |
|---|---------------|-----------------------|
| L | 7 1/8 - 7 3/4 | 22.5-24.5" / 57-62 cm |
| M | 6 7/8 - 7 1/2 | 21.5-23.5" / 55-60 cm |
| S | 6 1/2 - 7 1/8 | 20.5-22.5" / 52-57 cm |

Senior/Junior Girdles

| Sr. Waist Size | Jr. Waist Size |
|-------------------------|------------------------|
| S (30-34" / 76-86 cm) | S (22-25" / 56-64 cm)) |
| M (32-36" / 81-91 cm) | M (24-27" / 61-69 cm) |
| L (34-38" / 86-97 cm) | L (26-29" / 66-74 cm) |
| XL (36-40" / 91-102 cm) | |

Shells

| Sr. Waist Size | Jr. Waist Size |
|-------------------------|------------------------|
| S (30-34" / 76-86 cm) | S (22-25" / 56-64 cm)) |
| M (32-36" / 81-91 cm) | M (24-27" / 61-69 cm) |
| L (34-38" / 86-97 cm) | L (26-29" / 66-74 cm) |
| XL (36-40" / 91-102 cm) | |

Gloves

| Height | | | | | | |
|-----------|---------|---------|-----------|-----------|---------|-------|
| 3'4"-3'8" | 3'8"-4' | 4'-4'4" | 4'4"-4'8" | 4'8"-5'4" | 5'4"-6' | 6' |
| | | | | 13.5" | 14.5" | 14.5" |
| | | 11.5" | 12.5" | 13.5" | 14.5" | 15.5" |
| | | | 12.5" | 13.5" | 14.5" | |
| | | 11.5" | 12.5" | 13.5" | 14.5" | |
| | | 11.5" | 12.5" | 13.5" | 14.5" | |
| | | 11.5" | 12.5" | 13.5" | 14.5" | |
| 9" | 10" | 11" | | | 14.5" | |

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Pants

| XXS / TTP | XS / TP | S / P | M / M | L / G | XL / TG |
|--------------|---------------|---------------|---------------|---------------|---------------|
| | 46 (28"-30") | 48 (30"-32") | 50 (32"-34") | 52 (34"-36") | 54 (36"-38") |
| | 46 (28"-30") | 48 (30"-32") | 50 (32"-34") | 52 (34"-36") | 54 (36"-38") |
| | 100 (22"-24") | 120 (24"-26") | 140 (26"-28") | 160 (28"-30") | 180 (30"-32") |
| 44 (26"-28") | 46 (29"-30") | 48 (30"-32") | 50 (32"-34") | 52 (34"-36") | 54 (36"-38") |
| | 46 (28"-30") | 48 (30"-32") | 50 (32"-34") | 52 (34"-36") | 54 (36"-38") |
| | 100 (22"-24") | 120 (24"-26") | 140 (26"-28") | 160 (28"-30") | 180 (30"-32") |
| | 46 (28"-30") | 48 (30"-32") | 50 (32"-34") | 52 (34"-36") | 54 (36"-38") |
| | 100 (22"-24") | 120 (24"-26") | 140 (26"-28") | 160 (28"-30") | 180 (30"-32") |
| | | (20"-22") | (22"-24") | (24"-26") | |

Shoulder Pads



| Sr. Chest Size | |
|-----------------|-----------------------|
| S | (36-40" / 91-102 cm) |
| M | (38-42" / 97-107 cm) |
| L | (40-44" / 102-112 cm) |
| XL | (42+" / 107+ cm) |
| Int. Chest Size | |
| i | (32-38" / 81-97 cm) |
| Jr. Chest Size | |
| S | (26-30" / 66-76 cm) |
| M | (28-32" / 71-81 cm) |
| L | (30-34" / 76-86 cm) |
| Yth. Chest Size | |
| S | (22-26" / 56-66 cm) |
| L | (24-28" / 61-71 cm) |

Shin Guards



| Sr. Shin Guard Length | |
|------------------------|---------------------|
| S | (12-13" / 30-33 cm) |
| M | (13-14" / 33-36 cm) |
| L | (14-15" / 36-38 cm) |
| XL | (15-16" / 38-41 cm) |
| XXL | (16-17" / 41-43 cm) |
| Int. Shin Guard Length | |
| i | (12-13" / 30-33 cm) |
| Jr. Shin Guard Length | |
| S | (9-10" / 23-25 cm) |
| M | (10-11" / 25-28 cm) |
| L | (11-12" / 28-30 cm) |
| Yth. Shin Guard Length | |
| S | (7-8" / 18-20 cm) |
| L | (8-9" / 20-23 cm) |

Elbow Pads



| Sr. Elbow Pad Length | |
|-----------------------|---------------------|
| S | (12-13" / 30-33 cm) |
| M | (13-14" / 33-36 cm) |
| L | (14-15" / 36-38 cm) |
| Int. Elbow Pad Length | |
| i | (12-13" / 30-33 cm) |
| Jr. Elbow Pad Length | |
| S | (9-11" / 23-28 cm) |
| L | (10-12" / 25-30 cm) |
| Yth. Elbow Pad Length | |
| S | (7-8" / 18-20 cm) |
| L | (8-9" / 20-23 cm) |

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Goalie Leg Pads

- Most goalie leg pads come in light colors to blend in with the ice and board colors
 - Goalie pads come with two types of clips: *plastic* and *metal*
- Plastic clips are easier to close and open and are recommended for younger players
- Metal clips will last longer but are a little more difficult to manipulate

Determining Your Leg Pad Size

- Goalie leg pads generally come in sizes ranging from 26 to 34 inches
- To determine your proper size, measure your leg from your ankle to the top of your kneecap. Then measure from the middle of your kneecap to half way up your thigh.
- Add these two numbers for your goalie leg pad size
- If you are between sizes, choose the larger size for additional protection
- Some goalies prefer their pads an inch or two shorter for increased maneuverability

LEG PADS

1. LOCATE A U.S. TAPE MEASURE.

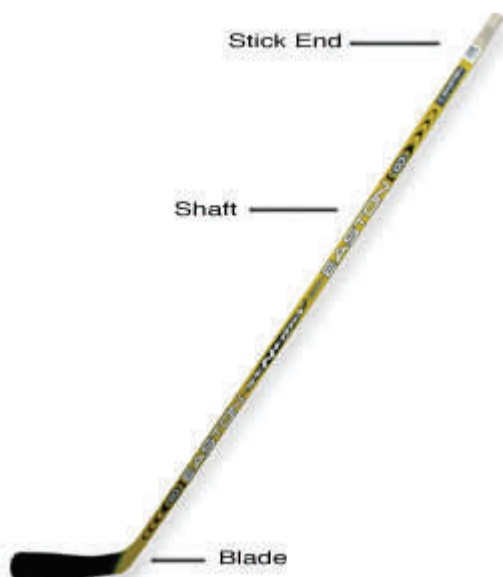
2. MEASURE "A" AND "B" IN INCHES, SEPERATELY.

3. ADD "A" TO "B", THEN ADD 5 IN. FOR SENIOR, 4 IN. FOR JUNIOR.



Hockey Stick

Stick Diagram



Size & Fit Guide

- To determine the correct stick size, first stand stick on end. The end of the stick should touch the tip of your nose.
- The stick can be cut to achieve your perfect length.
- With your skates on the stick should come up to the bottom of your chin.

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Hockey Skate Sizing

The right size hockey skate that you need isn't necessarily the same size as your shoe size. Typically most hockey skates are sized in Canadian standards, which is smaller than your normal shoe size. Different brands of skates may also feature unique styles and cuts that affect sizing as well. Use the charts below to find the right size skate for you.

Bauer

| Youth Sizes | | | | | | | | | | | | | | | |
|-------------|---|---|----|----|----|----|----|------|---|-----|---|-----|---|-----|---|
| Shoe Size | 8 | 9 | 10 | 11 | 12 | 13 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Skate Size | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 13.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 |

| Adult Sizes | | | | | | | | | | | | |
|-------------|-----|---|---|---|---|----|----|----|----|----|----|----|
| Shoe Size | 5.5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Skate Size | 4.5 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |

CCM

| Youth Sizes | | | | | | | | | | | | | | | |
|-------------|---|---|----|----|----|----|----|-----|------|-----|-----|-----|-----|-----|-----|
| Shoe Size | 8 | 9 | 10 | 11 | 12 | 13 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Skate Size | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 13 | 13.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 |

| Adult Sizes | | | | | | | | | | | | |
|-------------|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|
| Shoe Size | 5.5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Skate Size | 4 | 4.5 | 5.5 | 6.5 | 7.5 | 8.5 | 9.5 | 10.5 | 11.5 | 12.5 | 13.5 | 14.5 |

Easton

| Youth Sizes | | | | | | | | | | | | | | | |
|-------------|---|---|----|----|----|----|----|-----|------|-----|-----|-----|-----|-----|-----|
| Shoe Size | 8 | 9 | 10 | 11 | 12 | 13 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Skate Size | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 13 | 13.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 |

| Adult Sizes | | | | | | | | | | | | |
|-------------|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|
| Shoe Size | 5.5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Skate Size | 4 | 4.5 | 5.5 | 6.5 | 7.5 | 8.5 | 9.5 | 10.5 | 11.5 | 12.5 | 13.5 | 14.5 |

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Hockey Skate Sizing (Con't)

Mission

| Youth Sizes | | | | | | | | | | | | | | | |
|-------------|---|---|----|----|----|----|---|-----|---|-----|---|-----|---|-----|---|
| Shoe Size | 8 | 9 | 10 | 11 | 12 | 13 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Skate Size | 8 | 9 | 10 | 11 | 12 | 13 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |

| Adult Sizes | | | | | | | | | | | | | |
|-------------|-----|---|---|---|---|----|----|----|----|----|----|----|--|
| Shoe Size | 5.5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| Skate Size | 5.5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |

Nike

| Youth Sizes | | | | | | | | | | | | | | | |
|-------------|---|---|----|----|----|----|---|-----|-----|-----|-----|-----|-----|-----|-----|
| Shoe Size | 8 | 9 | 10 | 11 | 12 | 13 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Skate Size | 8 | 9 | 10 | 11 | 12 | 13 | 1 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 |

| Adult Sizes | | | | | | | | | | | | | |
|-------------|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|--|
| Shoe Size | 5.5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| Skate Size | 5 | 5.5 | 6.5 | 7.5 | 8.5 | 9.5 | 10.5 | 11.5 | 12.5 | 13.5 | 14.5 | 15.5 | |

Sherwood

| Youth Sizes | | | | | | | | | | | | | | | |
|-------------|---|---|----|----|----|----|----|------|---|-----|---|-----|---|-----|---|
| Shoe Size | 8 | 9 | 10 | 11 | 12 | 13 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Skate Size | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 13.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 |

| Adult Sizes | | | | | | | | | | | | | |
|-------------|-----|---|---|---|---|----|----|----|----|----|----|----|--|
| Shoe Size | 5.5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| Skate Size | 4.5 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |

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Further Information

- <http://www.thehockeyshop.com/SizingTips-us.htm>
- <http://www.sportsgiant-dev.com/fitting/>
- <http://www.fogdog.com/fog-hockey-protective-equipment-buyers-guide--bg-222795.html>