

Equipment Fitting Guidelines



Helmet:

Regular inspection of your helmet is one way to greatly reduce your risk of lost time next season. A helmet should be inspected regularly and replaced when necessary.

Protection:

- A hockey helmet should fit snug to prevent any shifting and maximize protection.
- All straps should be snug and attached with proper snaps (no tape holding straps together)
- Make sure the chinstrap is adjusted so it gently makes light contact under the chin when fastened or is no more than 1½ finger width away from the chin.
- All nuts and screws should be free from rust (replaced yearly if necessary) and easily tightened or loosened.
- Hockey rules may require that you wear CSA and HECC certified helmets. Check the rules by which you play for the requirements. All CSA and HECC certified helmets have a sticker indicating their certification.
- If a mouthpiece is not necessary for your level of play, remember that this item may be the most effective tool against a serious head injury and is advised. Custom fitted mouth guards are available through your dentist or orthodontist. Semi-custom mouth guards are available in sporting goods store for about \$25.00. When a mouth guard is properly fit, you should be easily able to swallow and breathe without adjusting the mouth guard.
- NEVER paint a helmet. The oil in the paint weakens the plastic to a degree where the helmet no longer functions to the design specifications (and painting a helmet also voids all warranties).

Comfort:

- You should always look for equipment that feels comfortable.

- Although most helmets are lined with protective foam, some helmets will feel better than others.
- Try on different brands of helmets for fit and comfort.
- EVA (foam) typically begins to degrade after as little as 18 months. If the foam is slipping out of it's proper location or getting 'hard', it is time to replace either the foam or the whole helmet.

Fit:

- With your helmet opened to it's largest setting, gradually begin to downsize the helmet until a comfortably snug fit is achieved.
 - The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.
 - The ears should rest comfortably in the ear cutouts. The manufacture's ear guards should be kept in place to prevent serious ear wounds or cartilage damage.
 - The back of the helmet should cover the base of the skull with at least the hard shell.
 - The helmet top should rest snugly on the top of the head – no space between the helmet and head.
 - The chin cup and cage / shield should cover the entire chin area.
 - Make sure the chinstrap is adjusted so it gently makes contact under the chin when fastened.
 - With all straps attached and tight and the face shield / mask properly attached, you should not be able to lift the chin cup up in front of the chin.

The following are manufacturer guidelines as to the sizing of their hockey helmets. These are guides only and do not constitute a guarantee as to the fit of the helmet. Please check your size before you order.

NikeBauer			CCM			Jofa		
Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference
XS	6 3/8 – 6 3/4	20.0" – 21.5"						
S	6 3/4 – 7 1/8	21.0" – 22.5"	S	N/a	20 1/8" – 22"	Junior	6 1/2 – 7 1/4	N/a
M	7 – 7 1/2	22.0" – 23.5"	M	N/a	21 5/8" – 22 1/2"	Senior Med	6 5/8 – 7 1/4	N/a
L	7 3/8 – 7 7/8	23.0" – 25.0"	L	N/a	22" – 23 7/8"	Senior Large	7 – 7 5/8	N/a
XL	7 3/4 – 8 1/8	24.5" – 26.0"						

Itech			Mission		
Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference
S	6 3/8 – 6 7/8	20.0" – 21.5"	M	7 1/8	N/a
M	6 3/4 – 7 1/4	21.2" – 22.8"	M/L	7 1/4	N/a
L	7 1/8 – 7 3/4	22.4" – 24.4"	L	7 1/2	N/a
			XL	7 3/4	N/a

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Shoulder Pads

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. Using a tape measure, measure the chest while the player is standing. Do not inhale, measure while relaxed. Note: It may be necessary to size up or down due to body frame.

Elbow Pads

The player's elbow should fit comfortable into the center of the 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.

Hockey 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. STANDARDS:
Junior: 9"-11"
Intermediate: 12"-13"
Senior: 14"-15"

Breezers / 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 pants need to overlap the top of the shin pad kneecaps by 1 or 2 inches

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 isn't too long. If so, the skate would push it up out of position. STANDARDS:
Child: 7 ½"
Youth: 8 ½" to 10 ½"
Junior: 12" to 13"
Senior: 14" to 17"

Skates

Skates normally fit 1 to 1-1/2 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. Walk 10 to 15 minutes in the skates checking for comfort. An ideal fit for an adult would have the heel at the rear of boot and have the big or second toe lightly "feather" the toe cap while standing. For a player that is still growing, have the large or second toe "feather" the toe cap. Look behind the heel for any room. No more than 1/2" should be allowed. The skates should last approximately 9 months. How Can I Break In My Skates Faster? A good, clean way to break in skates is to lace them up at home. 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.

Length Of Stick To Use and Where Should I Cut My Stick Off?

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. 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. What Are The Differences Between Graphite, Aluminum & Wood Sticks? **Wood Sticks** are generally manufactured with a standard square shape. These are generally the heaviest sticks. They are a good value but have poor consistency and many breakages. **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.

Goalie Leg Pads

Instep to knee: Measure from center of knee cap to floor. Then measure from center of knee cap to player's thighs, approximately 4" above the knee. This measurement will be affected by player's preference. When you have these two measurements, add 6" to their total to get final pad length.
Senior Sizes: 36", 34", 33", 32", 31"
Junior Sizes: 31", 29", 28", 27", 25"

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