

Hockey Equipment

What to get ---- Proper sizing ---- Where to get it

Skates

(Note: Photo below is ice skates. You need inline skates for our league.) A proper fit for skates should fit 1-1.5 sizes smaller than your street shoes (except Mission). For example, a size 5 shoe would generally be a size 3.5 to size 4 inline skate. Toes should barely touch the toe cap, while having no more than 1/4 inch of space in the heel. When finished lacing skates up, skates should feel snug with the foot resting flat on the foot bed. When sizing children, follow the above methods while allowing 1/2 size extra for growing room. Most skates use this formula except Pre-2010 Mission skates, which run true to shoe size. A poor fitting skate can create bad habits and breakdown prematurely while holding back skate performance. Choosing the correct skate size is important. Going too big will result in blisters and a noticeable decrease in skating ability due to a lack of ankle stability. A strong stride comes from having a boot working in unison with the foot of the player. Consistent foot pain is common in players that use skates they have outgrown. The bones in the foot are

cramped and put under considerable pressure with each stride. The tightness of the boot leads to a loss of circulation, limiting the function of the foot.



Wheels – sizes and softness

Wheel size typically ranges from 59mm to 80mm. Your skate has a specified wheel size and you can't alter that. Many inline hockey skates have a hi-lo setup, such as 76mm in front and 80mm in back. Make sure you know your current wheel sizes.

Wheel durometer, or hardness, typically ranges from 72A to 82A. The higher the number, the harder the wheel. For indoor inline hockey on a sport court surface, such as Wings N Wheels, you want a softer wheel to grip yet still provide speed. We recommend 72A to 76A.

Helmet

All players must wear a HECC and CSA certified helmet. A helmet should fit snugly to maximize protection, but the helmet should still fit comfortably. Helmets are adjustable for a precise fit with certain helmets offering multiple adjustment points. Face masks must be the same size as the helmet. Correct helmet sizing is imperative to maximize protection. Face masks must be worn with clips on the side of the helmet to allow the mask to protect the jaw. Without the clips, the mask has no stopping point when you get hit in the face, so the jaw is susceptible to injury.



Elbow Pads

Elbow Pads should be snug but comfortable. The elbow should fit into the cup of the pad to allow for maximum mobility. The top of the elbow pad should protect the bicep without restricting movement. The elbow pads should also protect the forearms from slashes without protruding into the glove cuff. Test the range of motion by bending the arm at the elbow, checking for any restrictions. Elbow pads worn too large will result in a noticeable decline in arm flex range due to pad movement during play.

Measurements for Elbow Pads - Measure the length in inches from the middle of the bicep to the cuff of your glove. Use this measurement to find your corresponding elbow pad size.



Gloves

Gloves should allow for ample movement of the wrist and fingers while preventing hyperextension of the thumb. Fit is up to the individual player, but the glove should protect the fingers and hands from sticks. Gloves come in both tapered and loose fits the fingers. Your preference will similarly dictate whether you want a longer or shorter



for

cuff. A longer cuff will provide more protection at the expense of mobility. A shorter cuff will provide mobility at the expense of slash protection. **Measurements for Gloves** – Measure from your finger tips to your elbow.

Shin Guards



1. inner liner
2. knee flap
3. straps
4. calf protector
5. shell
6. knee cap
7. upper knee flap

To ensure proper fit, make sure that the cap of the shin pad is centered upon the knee cap. The flaps of the shin guard should wrap around the calf. Shin guards that are too large have two problems. If it is too long, the pad will extend down into the skate, preventing proper flexing of the ankle. If the knee does not fit into the cup of the shin guard, it will not be properly cushioned during impact, which easily leads to injury.

Measurements for Shin Guards – Select your height from the chart with the corresponding shin measurement. The measurement is taken from the middle of the knee to the top of your skate eyelets.

Hockey Shin Guard Sizing			
Knee Cap to Ankle (in)	Height (ft)	Shin Guard Size	
Youth	6 - 7"	3'3" - 4'1"	7"
	7 - 8"	3'9" - 4'7"	8"
	8 - 9"	4'3" - 4'9"	9"
Junior	9 - 11"	4'5" - 4'11"	10"
	10 - 11"	4'7" - 5'1"	11"
	10 - 12"	4'9" - 5'4"	12"
Senior	12 - 13"	5'5" - 5'9"	13"
	13 - 14"	5'7" - 5'11"	14"
	14 - 15"	5'9" - 6'1"	15"
	15 - 16"	5'11" - 6'3"	16"
	16 - 17"	6'1" - 6'5"	17"
	17 - 18"	6'3"+	18"

Equipment Sources

- www.hockeygiant.com
- www.hockeymonkey.com
- www.ebay.com
- www.backinthegamesports.com

Play It Again Sports
 MC Sports
 Dick's
 Dunham's