



EQUIPMENT FITTING GUIDE

Participants registered in the Learn to Play program will receive a full set of protective hockey equipment that is theirs to keep. Please use this sizing guide if you are unable to join us for an in-person fitting and would like to submit your gear order online.

For equipment questions, please contact youth@utahhc.com

MEASUREMENT GUIDE

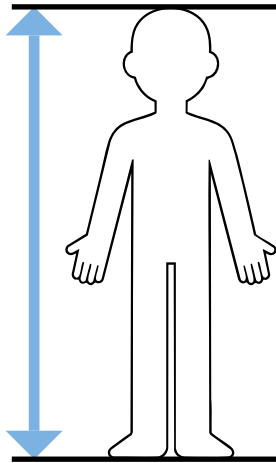
LEARN
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Please follow this guide to determine the correct measurements for your child.

HEIGHT

Measure from the top of the head to the heel of the foot on the ground.

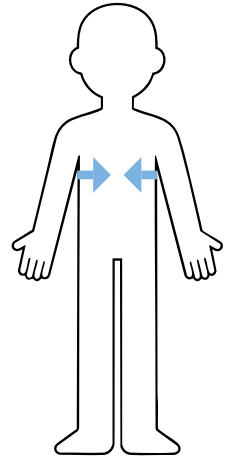
____ ft. ____ in.



CHEST

Wrap a tape measure around the chest, just below the armpits, to determine the circumference of the chest.

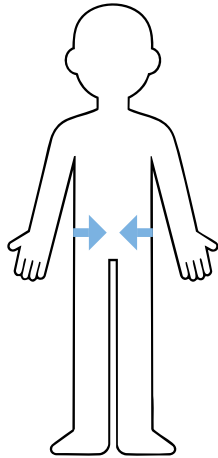
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WAIST

To measure the waist, wrap the tape measure just above the hips.

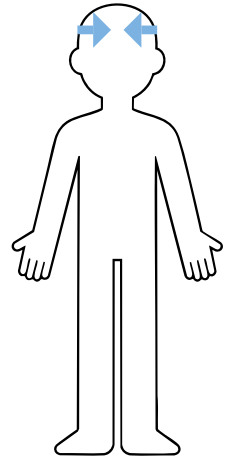
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HEAD

To determine the head circumference, place the measuring tape at the back of the head where it protrudes out the most. Then, pull the measuring tape around to the front of the head, meeting about 1/4 of an inch above the eyebrows.

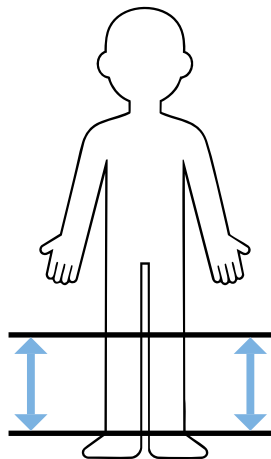
____ in.



SHINS

Measure the length from the middle of the knee to just above the top of the skate.

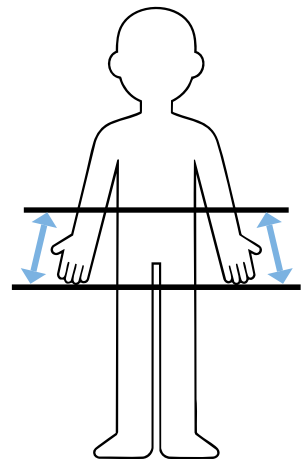
____ in.



HANDS

Measure from the longest tip of the fingers to a third of the way up the forearm.

____ in.



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Please use the measurements guide to determine the correct size of equipment for your child.

SHIN GUARDS

These are designed to fit over the kneecap to just above the top of the skate. Use your child's height as a secondary measurement.



YOUTH SIZE	HEIGHT (IN.)
8 IN.	3'4" - 3'8"
9 IN.	3'8" - 4'0"
10 IN.	4'0" - 4'4"

JUNIOR SIZE	HEIGHT (IN.)
11 IN.	4'4" - 4'8"
12 IN.	4'8" - 5'0"
13 IN.	5'0" - 5'4"

SKATES

Start with your child's shoe size and subtract one to get their skate size. Choose the next size up if they are a half size.



YOUTH SKATE SIZE	YOUTH SHOE SIZE
8.0	9.0
9.0	10.0
10.0	11.0
11.0	12.0
12.0	13.0
13.0	JUNIOR 1.0

JUNIOR SKATE SIZE	JUNIOR SHOE SIZE
YOUTH 13.0	1.0
1.0	2.0
2.0	3.0
3.0	4.0
4.0	5.0
5.0	6.0

ELBOW PADS

These are designed to cover the area from just below the shoulder pad to just above the hockey glove. Elbow pads are adjustable and secured with Velcro straps, so sizing is general and can be determined by your height and shoulder pad size.



YOUTH SIZE	HEIGHT (IN.)
SMALL	3'8" - 4'0"
MEDIUM	4'0" - 4'4"
LARGE	4'4" - 4'8"

JUNIOR SIZE	HEIGHT (IN.)
SMALL	4'4" - 4'8"
MEDIUM	4'6" - 4'10"
LARGE	4'8" - 5'0"

SHOULDER PADS

Match your child's chest measurement to a corresponding shoulder pad size. Use their height as a secondary guide. Shoulder pads provide protection for the collarbone, upper chest, upper arms, and shoulders.



YOUTH SIZE	CHEST (IN.)	HEIGHT (IN.)
SMALL	20" - 24"	3'4" - 3'8"
MEDIUM	22" - 26"	3'8" - 4'0"
LARGE	24" - 28"	4'0" - 4'4"

JUNIOR SIZE	CHEST (IN.)	HEIGHT (IN.)
SMALL	26" - 30"	4'4" - 4'8"
MEDIUM	28" - 32"	4'6" - 4'10"
LARGE	30" - 34"	4'8" - 5'0"

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HOCKEY PANTS

You may notice some crossover in the sizes here. That's when you will want to use height as a secondary guide. Keep in mind that the belt allows the pants to be adjusted tighter on the hips.



YOUTH SIZE	WAIST (IN.)	HEIGHT (IN.)
SMALL	20" - 22"	3'4" - 3'7"
MEDIUM	21" - 23"	3'7" - 4'0"
LARGE	22" - 24"	4'0" - 4'4"

JUNIOR SIZE	WAIST (IN.)	HEIGHT (IN.)
SMALL	22" - 24"	4'0" - 4'6"
MEDIUM	24" - 26"	4'4" - 5'0"
LARGE	26" - 28"	4'8" - 5'4"
X-LARGE	28" - 30"	5'2" - 5'8"

GLOVES

Start by matching the size with the hand measurement. Then, use your child's weight and height as secondary guides.



SIZE	AGE	WEIGHT	HEIGHT
8.0"	4-7	40 - 60 lbs	3'3" - 4'1"
9.0"	6-9	50 - 70 lbs	3'9" - 4'7"
10.0"	8-11	60 - 90 lbs	4'3" - 4'8"
11.0"	9-12	70 - 100 lbs	4'5" - 5'0"
12.0"	11-14	80 - 110 lbs	4'11" - 5'9"
13.0"	14+	120 - 160 lbs	5'5" - 5'9"
14.0"	14+	140 - 180 lbs	5'7" - 5'11"
15.0"	15+	160 - 200 lbs	5'9" - 6'1"

HELMET

With a proper fit, the helmet should not move when nodding 'yes' (up and down motion). Each helmet is slightly adjustable.



YOUTH SIZE	HAT SIZE	CIR. (IN.)
X-SMALL	6" - 6 5/8"	19" - 21"
SMALL	6 3/8" - 7"	20" - 22"
MEDIUM	6 7/8" - 7 3/8"	21.25" - 23.25"
LARGE	7 1/4" - 7 3/4"	22.75" - 24.5"

HOCKEY SOCKS

Sizing is based on the length from the ankle to the upper thigh. If you selected youth size shin guards, then your child will need youth size 20 in. socks. Generally, if you selected junior size shin guards, then your child will need size 24 in. socks.



YOUTH SIZE	WAIST (IN.)	HEIGHT (IN.)
20 IN.	20" - 23"	3'4" - 4'0"
24 IN.	22" - 24"	4'0" - 4'6"

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Please use the measurements guide to determine the correct size of equipment for your child.

JERSEY

Based on the size of your shoulder pads you can choose either youth small/medium or youth large/x-large.



YOUTH SIZE	CHEST (IN.)	HEIGHT (IN.)
SMALL	20" - 24"	3'4" - 3'8"
MEDIUM	22" - 26"	3'8" - 4'0"

JOCK / JILL

Will fit like mesh shorts, with an elastic band. The jocks/jills also include a Velcro feature to help keep their socks up.



JOCK

SIZE	WAIST	HEIGHT
XS	21.5" - 23"	3'9" - 4'2"
SM	22" - 24"	4'2" - 4'7"
MD	24" - 26"	4'7" - 4'11"
LG	26" - 28"	4'11" - 5'4"
XL	27" - 29"	5'4" - 5'6"

JILL

SIZE	WAIST	HEIGHT
XS	21" - 22"	3'9" - 4'2"
SM	22" - 23"	4'2" - 4'7"
MD	23" - 25"	4'7" - 4'11"
LG	25" - 27"	4'11" - 5'4"
XL	27" - 29"	5'4" - 5'6"

NECK GUARD

Sizing is based on the circumference of the players neck.



SIZE	NECK CIR. (IN.)
YOUTH	10" - 14"
ADULT	13.5" - 17"

STICK

All participants receive a straight blade stick. You may cut the length of the shaft to better fit your skater. The top of the stick should reach the child's nose when in their running shoes or chin when they are on skates.



EQUIPMENT BAG

Included in gear package.



MOUTHGUARD

Mouthguard is not required, but is encouraged so athletes start to get in the habit of wearing one when on the ice.



EQUIPMENT CHECKLIST

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Please review the chart below to see all the required equipment for your child.

☐ **HELMET**



☐ **NECK GUARD**



☐ **SHOULDER PADS**



☐ **ELBOW PADS**



☐ **GLOVES**



☐ **HOCKEY PANTS**



☐ **SHIN GUARDS**



☐ **SKATES**



MOUTHGUARD

☐

JERSEY

☐

JOCK/JILL

☐

HOCKEY SOCKS

☐

HOCKEY STICK

☐

EQUIPMENT BAG

☐