



Minor Hockey Foundation Ontario
Let's Learn Hockey Program

 CCM Sizing Chart
2009



An interactive sizing chart can be used by visiting the CCM Website. This sizing guide is easy to use and helps to ensure accurate measurements and sizes. Please visit <http://en.ccmsports.com/search/index.php?searchstring=sizing%20chart> and use this guide to help determine proper sizes for the equipment order form below. This is imperative as it will provide the right sizes considering growth opportunities.

General Information

» PERSONAL

Name	Society	Age	Height (Feet)	Weight (lbs)	Shoe Size

Equipment Information

Try to be as accurate as possible when measuring. If there are any questions in regards to measurements, feel free to contact Chris Moffat, 905-780-6642 ext. 221. If there is a sizing problem with the equipment on the event day (May 5th), it is possible to exchange for proper size.

» SHOULDER PADS

Size		Height (feet)	
Youth	Small	Up to 102cm (3'4")	<input type="checkbox"/>
Youth	Large	Up to 110cm (3'7")	<input type="checkbox"/>
Junior	Small	Up to 122cm (4'0")	<input type="checkbox"/>
Junior	Medium	Up to 137cm (4'6")	<input type="checkbox"/>
Junior	Large	Up to 145cm (4'9")	<input type="checkbox"/>
Senior	Small	Up to 163cm (5'4")	<input type="checkbox"/>
Senior	Medium	Up to 170cm (5'7")	<input type="checkbox"/>
Senior	Large	Up to 188cm (6'2")	<input type="checkbox"/>
Senior	Extra-Large	188cm plus(6'3")	<input type="checkbox"/>



Name: _____

►► SHIN GUARDS

Take measurements sitting with leg bent at 90 degrees. Measure distance from center of kneecap to ledge of the skate, just above the top eyelet. It is important to make sure the shin guard is not too long to interfere with the skating stride.

Size		Height (feet)	
Youth	8"	Up to 102cm (3'4")	<input type="checkbox"/>
Youth	9"	Up to 110cm (3'7")	<input type="checkbox"/>
Junior	10"	Up to 122cm (4'0")	<input type="checkbox"/>
Junior	11"	Up to 137cm (4'6")	<input type="checkbox"/>
Junior	12"	Up to 145cm (4'9")	<input type="checkbox"/>
Junior	13"	Up to 163cm (5'4")	<input type="checkbox"/>
Senior	14"	Up to 170cm (5'7")	<input type="checkbox"/>
Senior	15"	Up to 188cm (6'2")	<input type="checkbox"/>
Senior	16"	188cm plus(6'3")	<input type="checkbox"/>

►► ELBOW PADS

Determine age and type of arm (long, thin, short or thick).
Elbow should be in center of the elbow pad cup and should extend down to the cuff of the hockey glove.

Size		Height	
Youth	Small	Up to 102cm (3'4")	<input type="checkbox"/>
Youth	Large	Up to 110cm (3'7")	<input type="checkbox"/>
Junior	Small	Up to 122cm (4'0")	<input type="checkbox"/>
Junior	Medium	Up to 137cm (4'6")	<input type="checkbox"/>
Junior	Large	Up to 145cm (4'9")	<input type="checkbox"/>
Senior	Small	Up to 163cm (5'4")	<input type="checkbox"/>
Senior	Medium	Up to 170cm (5'7")	<input type="checkbox"/>
Senior	Large	Up to 188cm (6'2")	<input type="checkbox"/>
Senior	Extra-Large	188cm plus(6'3")	<input type="checkbox"/>

►► GLOVES

Determine age and finger-length in relation to age (long, medium or short).

Size		Height	
Youth	9	Up to 102cm (3'4")	<input type="checkbox"/>
Youth	10	Up to 110cm (3'7")	<input type="checkbox"/>
Youth	11	Up to 122cm (4'0")	<input type="checkbox"/>
Junior	11	Up to 137cm (4'6")	<input type="checkbox"/>
Junior	12	Up to 145cm (4'9")	<input type="checkbox"/>
Junior	13	Up to 163cm (5'4")	<input type="checkbox"/>
Senior	14	Up to 170cm (5'7")	<input type="checkbox"/>
Senior	15	Up to 188cm (6'2")	<input type="checkbox"/>
Senior	16	188cm plus(6'3")	<input type="checkbox"/>



Name: _____

►► PANTS

Determine age, waist size, height and weight The bottom of the pants should overlap the shin guard by 1-2 inches			
Size		Waist Size (inches)	
Youth	S/M	Up to 21"	<input type="checkbox"/>
Youth	M/L	Up to 23"	<input type="checkbox"/>
Junior	S	Up to 25"	<input type="checkbox"/>
Junior	M/L	Up to 27"	<input type="checkbox"/>
Junior	XL	Up to 29"	<input type="checkbox"/>
Senior	S	Up to 31"	<input type="checkbox"/>
Senior	M	Up to 33"	<input type="checkbox"/>
Senior	XL	Up to 35"	<input type="checkbox"/>
Senior	XXL	36"	<input type="checkbox"/>

►► SKATES

Skate size approximately 1.5 to 2 sizes smaller than shoe size (shoe size 9 = skate size 7.5 or 7) Please visit the CCM website to accurately select a skate size. These numbers are rough approximations																
YOUTHS																
North American Sizes	Shoe Size	8	9	9.5	10	10.5	11	11.5	12	12.5	13					
	Skate Size	8	9	10	10.5	11	11.5	12	12.5	13	13.5					
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
JUNIOR																
North American Sizes	Shoe Size	0.5	1	2	2.5	3	4	5	5.5	6	7					
	Skate Size	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5					
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
Width																
SENIOR																
North American Sizes	Shoe Size	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15
	Skate Size	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Width																
Available Widths*	Youth	D			Junior			D, E, EE			Senior			C, D, E, EE		
* Widths shown may not be available in all models. Please indicate desired widths.																



Name: _____

» Helmets

» Garters/Jocks

» Jills

Size	<input type="checkbox"/>	Waist Size	<input type="checkbox"/>	Waist Size	<input type="checkbox"/>
Small	<input type="checkbox"/>	20-24"	<input type="checkbox"/>	20-24"	<input type="checkbox"/>
Medium	<input type="checkbox"/>	26-30"	<input type="checkbox"/>	26-30"	<input type="checkbox"/>
Large	<input type="checkbox"/>	30-34"	<input type="checkbox"/>	30-34"	<input type="checkbox"/>

NECK PROTECTORS		SOCKS	
Size	<input type="checkbox"/>	Size	Quantity
Small	<input type="checkbox"/>	20"	<input type="checkbox"/>
Medium	<input type="checkbox"/>	26"	<input type="checkbox"/>
Large	<input type="checkbox"/>		
MOUTHGUARDS			
Youth	<input type="checkbox"/>		
Senior	<input type="checkbox"/>		