



Ontario Minor Hockey Foundation Let's Learn Hockey Program

 CCM Sizing Chart
2006

**TRUE
SPORT**



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/index.php?splash=true> and use this guide to fill out the equipment order form below.

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 McPhail, 905-780-6642 ext. 243. If there is a problem when it comes to equipment on May 6th (event day), we will be able to exchange sizes if necessary.

▶ SHOULDER PADS

Determine age, weight, height and chest size. Center of shoulder should line up with center of the shoulder caps.					
Size		Chest Size	Height		
Junior	XXS/XS	Up to 70 cm (28")	Up to 120 cm (4'0")	<input type="checkbox"/>	
Junior	S/M	70-80 cm (28-32")	120-145 cm (4'0" - 4'10")	<input type="checkbox"/>	
Junior	L/XL	80-90 cm (32-36")	145-165 cm (4'10" - 5'6")	<input type="checkbox"/>	
Senior	S/M	90-100 cm (36-40")	165-180 cm (5'4" - 6'0")	<input type="checkbox"/>	
Senior	L	100-110 cm (40-44")	170-190 cm (5'8" - 6'4")	<input type="checkbox"/>	
Senior	XL/XXL	110 cm + (44"+)	180 cm + (6'0"+)	<input type="checkbox"/>	



►► SHIN GUARDS

Measure distance from center of kneecap to ledge of the skate, just above the top eyelet (person should be sitting with their leg bent at 90 degrees). It is important to make sure the shin guard is not too long. Try to keep the tongue of the skate under the shin guard.

Size		Height	
20 cm	(8")	100 - 110 cm (3'4" - 3'8")	<input type="checkbox"/>
23 cm	(9")	110 - 120 cm (3'8" - 4'0")	<input type="checkbox"/>
25 cm	(10")	120 - 130 cm (4'0" - 4'4")	<input type="checkbox"/>
28 cm	(11")	130 - 140 cm (4'4" - 4'8")	<input type="checkbox"/>
30 cm	(12")	140 - 150 cm (4'8" - 5'0")	<input type="checkbox"/>
33 cm	(13")	150 - 160 cm (5'0" - 5'4")	<input type="checkbox"/>
36 cm	(14")	160 - 170 cm (5'4" - 5'8")	<input type="checkbox"/>
38 cm	(15")	170 - 180 cm (5'8" - 6'0")	<input type="checkbox"/>
41 cm	(16")	185 - 190 cm (6'0" - 6'4")	<input type="checkbox"/>
43 cm	(17")	190 cm (6'4"+)	<input type="checkbox"/>
45 cm	(18")	190 cm (6'4"+)	<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	Up to 120 cm (4'0")	<input type="checkbox"/>
	XXS	120 - 145 cm (4'0" - 4'10")	<input type="checkbox"/>
	XS	145 - 165 cm (4'10" - 5'6")	<input type="checkbox"/>
	S	160 - 180 cm (5'4" - 6'0")	<input type="checkbox"/>
	M	170 - 190 cm (5'8" - 6'4")	<input type="checkbox"/>
	L	180 cm + (6'0" +)	<input type="checkbox"/>

►► GLOVES

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

Size		Height	
23 cm	(9")	Up to 100 cm (3'8")	<input type="checkbox"/>
25 cm	(10")	110 - 120 cm (3'8" - 4'0")	<input type="checkbox"/>
28 cm	(11")	120 - 130 cm (4'0" - 4'4")	<input type="checkbox"/>
30 cm	(12")	130 - 140 cm (4'4" - 4'8")	<input type="checkbox"/>
33 cm	(13")	140 - 160 cm (4'8" - 5'4")	<input type="checkbox"/>
36 cm	(14")	160 - 180 cm (5'4" - 6'0")	<input type="checkbox"/>
38 cm	(15")	180 cm + (6'0"+)	<input type="checkbox"/>



►► 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	
Youth	S	45 - 50 cm (18 - 20")
Youth	M	50 - 55 cm (20 - 22")
Youth	L	55 - 60 cm (22 - 24")
Youth	XL	60 - 65 cm (24-26")
Junior	XXS	50 - 55 cm (20 - 22")
Junior	XS	55 - 60 cm (22 - 24")
Junior	S	60 - 65 cm (24- 26")
Junior	M	65 - 70 cm (26 - 28")
Junior	L	70 - 75 cm (28 - 30")
Senior	XS	70 - 75 cm (28" - 30")
Senior	S	75 - 80 cm (30 - 32")
Senior	M	80 - 85 cm (32 - 34")
Senior	L	85 - 90 cm (34 - 36")
Senior	XL	90 - 95 cm (36 - 38")
Senior	XXL	95 - 100 cm (38 - 40")

►► SKATES

Skate size approximately 1.5 sizes smaller than shoe size (shoe size 9 = skate size 7.5)														
YOUTHS														
North American Sizes	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	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	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	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"/>
Width														
Available Widths*	Youths			D										
	Junior			D, E, EE										
	Senior			C, D, E, EE										
* Widths shown may not be available in all models. Please indicate desired widths.														



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▶▶ 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"/>		

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