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Minor Hockey Foundation Ontario Let's Learn Hockey Program



Reebok - CCM Sizing Chart



Name: _____

Sex: Male _____ Female _____

General Information

▶▶ PERSONAL

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

Try to be as accurate as possible when measuring. If there is a sizing problem with the equipment on the event day, it will be possible to exchange for a proper size.

▶▶ SHOULDER PADS

Size	Height	Chest Girth	
Youth	Medium	Up to (4'0")	23-25" <input type="checkbox"/>
Youth	Large	Up to (4'4")	25-28" <input type="checkbox"/>
Junior	Small	Up to (4'8")	28-30" <input type="checkbox"/>
Junior	Medium	Up to (5'2")	30-32" <input type="checkbox"/>
Junior	Large	Up to (5'6")	32-35" <input type="checkbox"/>
Senior	Small	Up to (5'7")	34-37" <input type="checkbox"/>
Senior	Medium	Up to (5'10")	37-40" <input type="checkbox"/>
Senior	Large	Up to (6'2")	40-43" <input type="checkbox"/>
Senior	Extra-Large	Plus (6'3")	38-42" <input type="checkbox"/>

▶▶ 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 (3'8") <input type="checkbox"/>
Youth	9"	Up to (4'0") <input type="checkbox"/>
Youth	10"	Up to (4'6") <input type="checkbox"/>
Junior	11"	Up to (4'8") <input type="checkbox"/>
Junior	12"	Up to (5'2") <input type="checkbox"/>
Junior	13"	Up to (5'6") <input type="checkbox"/>
Senior	14"	Up to (5'7") <input type="checkbox"/>
Senior	15"	Up to (5'10") <input type="checkbox"/>
Senior	16"	Up to (6'2") <input type="checkbox"/>
Senior	17"	Up to (6'0") <input type="checkbox"/>
Senior	18"	Plus (6'2") <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	Medium	Up to (4'0")	<input type="checkbox"/>
Youth	Large	Up to (4'4")	<input type="checkbox"/>
Junior	Small	Up to (4'8")	<input type="checkbox"/>
Junior	Medium	Up to (5'2")	<input type="checkbox"/>
Junior	Large	Up to (5'6")	<input type="checkbox"/>
Senior	Small	Up to (5'7")	<input type="checkbox"/>
Senior	Medium	Up to (5'10")	<input type="checkbox"/>
Senior	Large	Up to (6'2")	<input type="checkbox"/>
Senior	Extra-Large	Plus (6'3")	<input type="checkbox"/>

▶▶ GLOVES

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

Size		Length (Fingers to Elbow)	
Youth	8	Up to (8")	<input type="checkbox"/>
Youth	9	(9' to 11")	<input type="checkbox"/>
Junior	10	(11" to 12")	<input type="checkbox"/>
Junior	11	(12" to 14")	<input type="checkbox"/>
Junior	12	(14" to 15")	<input type="checkbox"/>
Senior	13	(16" to 18")	<input type="checkbox"/>
Senior	14	(18" to 20")	<input type="checkbox"/>
Senior	15	(20" to 22")	<input type="checkbox"/>
			<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 (inches)	Height	
Youth	L	Up to 24"	4'0" to 4'4"	<input type="checkbox"/>
Junior	S	Up to 25"	4'4" to 4'8"	<input type="checkbox"/>
Junior	M	Up to 27"	4'8" to 5'2"	<input type="checkbox"/>
Junior	L	Up to 28"	5'2" to 5'6"	<input type="checkbox"/>
Junior	XL	Up to 29"	5'4" to 5'7"	<input type="checkbox"/>
Senior	S	Up to 32"	5'4" to 5'7"	<input type="checkbox"/>
Senior	M	Up to 36"	5'7" to 5'10"	<input type="checkbox"/>
Senior	L	Up to 38"	5'10" to 6'2"	<input type="checkbox"/>
Senior	XL	Up to 42"	6'0" Plus	<input type="checkbox"/>
Senior	XXL	Plus 42"	6'0" Plus	<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"/>	<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"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Width																						
Available Widths*	Youth	D				Junior				D				Senior				D				

* Widths shown may not be available in all models. Please indicate desired widths.



Sex: Male: Female:

▶▶ Helmets

▶▶ Garters/Jocks

▶▶ Jills

Size		Waist Size		Waist Size	
X - Small	<input type="checkbox"/>	Youth 22" -23"	<input type="checkbox"/>	Girls X Sm Under 24"	<input type="checkbox"/>
Small	<input type="checkbox"/>	Jr X Small 23" -24"	<input type="checkbox"/>	Girls Small 24" -26"	<input type="checkbox"/>
Medium	<input type="checkbox"/>	Jr Small 24" -26"	<input type="checkbox"/>	Girls Med 26" -28"	<input type="checkbox"/>
Large	<input type="checkbox"/>	Jr Medium 26" -28"	<input type="checkbox"/>	Girls Lg 28" -30"	<input type="checkbox"/>
	<input type="checkbox"/>	Jr Large 28" -30"	<input type="checkbox"/>	WMN Sm 28" -32"	<input type="checkbox"/>
	<input type="checkbox"/>	Sr Small 30" -34"	<input type="checkbox"/>	WMN Med 30" -34"	<input type="checkbox"/>
	<input type="checkbox"/>	Sr Medium 32" -36"	<input type="checkbox"/>	WMN Lrg 32" -36"	<input type="checkbox"/>
	<input type="checkbox"/>	Sr Large 34" -38"	<input type="checkbox"/>	WMN XL 34" -38"	<input type="checkbox"/>
	<input type="checkbox"/>	Sr XL 36" -40"	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>	Sr XXL 38" -42"	<input type="checkbox"/>		<input type="checkbox"/>

NECK PROTECTORS		SOCKS	
Size		Size	Quantity
Youth	<input type="checkbox"/>	20"	<input type="checkbox"/>
Medium	<input type="checkbox"/>	24"	<input type="checkbox"/>
Senior	<input type="checkbox"/>	28"	
		30"	
MOUTH	GUARDS		
Youth	<input type="checkbox"/>		
Inter	<input type="checkbox"/>		
Senior	<input type="checkbox"/>		