



Elbow Pad Sizing Chart

Nike Bauer Elbow Pads Sizing Chart				
Senior Sizing				
Size	Age	Height	Weight (lbs)	Length
Small	14 - +	5'5" - 5'9"	120 - 160	12 - 13
Medium	14 - +	5'7" - 5'11"	140 - 180	13 - 14
Large	15 - +	5'9" - 6'1"	160 - 200	14 - 15
Junior Sizing				
Size	Age	Height	Weight (lbs)	Length
Small	8 - 11	4'3" - 4'10"	60 - 90	9 - 11
Large	11 - 14	4'7" - 5'4"	80 - 110	10 - 12
Youth Sizing				
Size	Age	Height	Weight (lbs)	Length
Small	4 - 7	3'3" - 4'1"	40 - 60	7 - 8
Large	6 - 9	3'9" - 4'7"	50 - 70	8 - 9

.:Elbow Pads Sizing Chart				
Junior	Youth	Small	Medium	Large
Arm Measurement (Inches)	7-9	9-11	10-11	10-12
Arm Measurement (Centimeters)	18-23	23-28	25-28	25-30
Senior	Small	Medium	Large	X-Large
Arm Measurement (Inches)	12-13	13-14	14-15	15+
Arm Measurement (Centimeters)	30-33	33-36	36-38	38+

Measure the length between the shoulder pad and the cuff of the glove. Match the player's measured size to the size of the elbow pads by inches.

Determine the level of play.

When fastened securely, there should be no gap between the pad and either the biceps extension of the shoulder pad or the cuff of the glove. Players who wear a short cuff style glove should choose the longer model of elbow pad.

* ***Please note:*** The elbow pads sizing chart above is for your reference only. Each elbow pad varies depending on what brand you choose.