



Shin Guard Sizing Chart

Nike Bauer Shin Guards Sizing Chart				
Senior Sizing				
Size	Age	Height	Weight (lbs)	Length
Small 13"	14 - +	5'5" - 5'9"	120 - 160	12 - 13
Medium 14"	14 - +	5'7" - 5'11"	140 - 180	13 - 14
Large 15"	15 - +	5'9" - 6'1"	160 - 200	14 - 15
X-Large 16"	15 - +	5'11" - 6'3"	180 - 220	15 - 16
XX-Large 17"	15 - +	6'1" - +	200 - +	16 - 17
XXX-Large 18"	15 - +	6'1" - +	200 - +	17 - 18
Junior Sizing				
Size	Age	Height	Weight (lbs)	Length
Small 10"	8 - 11	4'3" - 4'8"	60 - 90	9 - 11
Medium 11"	9 - 12	4'7" - 5'	70 - 100	10 - 11
Large 12"	11 - 14	4'11" - 5'4"	80 - 110	10 - 12
Youth Sizing				
Size	Age	Height	Weight (lbs)	Length
Small 7"	4 - 7	3'3" - 4'1"	40 - 60	6 - 7
Medium 8"	5 - 8	3'7" - 4'4"	45 - 65	7 - 8
Large 9"	6 - 9	3'9" - 4'7"	50 - 70	8 - 9

Shinguards are measured best while the player is sitting.

To fit properly:

Measure from the center of the kneecap to the top of the skate boot. Match the player's shin size to the inches of shinguard.

Determine the level of play.

Shinguards, which are either too long or too short, will result in the knee or instep being exposed and unprotected. Shinguards should be secured with shinguard straps or tape, never tight hockey stockings.

Measure from the center of the knee cap to the top of the skate boot. Match the player's shin size to the inches of the shin guard.

.:Shin Guards Sizing Chart*											
Player Height	Inches	3'4"3'8"	3'8-4'0"	4'0"-4'4"	4'4"-4'8"	4'8"-5'0"	5'0"-5'4"	5'4"-5'8"	5'8"-6'0"	6'0"-6'4"	6'4"+
	Centimeters	100-110	110-120	120-130	130-140	140-150	150-160	160-170	170-180	185-190	190+
Shin Size	Inches	8"	9"	10"	11"	12"	13"	14"	15"	16"	17"
	Centimeters	20	23	25	28	30	33	36	38	41	43

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