

# Hockey Helmet Fitting Guide

## Things to consider when purchasing a Hockey Helmet.

**Protection:** A hockey helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened. Hockey rules may require that you wear CSA and HECC certified helmets. Check the rules by which you play for the requirements. All CSA and HECC certified helmets have a sticker indicating their certification.

**Comfort:** You should always look for equipment that feels comfortable. Although most helmets are lined with a protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.

**Fit:** With your helmet opened to it's largest setting gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.

*The following are manufacturer guidelines as to the sizing of their hockey helmets. These are guides only and do not constitute a guarantee as to the fit of the helmet. Please check your size before you order.*

## Hockey Helmet Sizing Chart

Nike Bauer (8500)			Nike Bauer (5500)		
Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference
Small	6 1/2 - 7	20.5" - 22"			
Medium	6 7/8 - 7 3/8	21.5" - 23.5"	Small	6 1/2 - 7 1/8	20.5" - 22.5"
Large	7 1/4 - 7 5/8	23.0" - 24.0"	Medium	6 7/8 - 7 1/2	21.5" - 23.5"
Extra Large	7 1/2 - 7 7/8	23.5" - 25.0"	Large	7 1/8 - 7 3/4	22.5" - 24.5"
Nike Bauer (4500)			CCM (1092, 892)		
Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference
Extra Small	6 3/8 - 6 7/8	20.0" - 21.5"			
Small	6 3/4 - 7 1/8	21.0" - 22.5"	Small	6 3/8 - 7	20" - 22"
Medium	7 - 7 1/2	22.0" - 23.5"	Medium	6 7/8 - 7 3/8	21.5" - 23"
Large	7 3/8 - 7 7/8	23.0" - 25.0"	Large	7 1/4 - 7 7/8	22.8" - 25"
Extra Large	7 3/4 - 8 1/4	24.5" - 26.0"	Extra Large	7 5/8 - 8 1/8	24" - 25.6"
Itech			CCM (692)		
Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference
Small	6 3/8 - 6 7/8	20.0" - 21.6"	Small	6 1/2 - 7	20.5" - 22"
Medium	6 3/4 - 7 1/4	21.2" - 22.8"	Medium	6 7/8 - 7 3/8	21.5" - 23"

Large	7 1/8 - 7 3/4	22.4" - 24.4"	Large	7 1/8 - 7 5/8	22.5" - 24"
<b>RBK (8K)</b>			<b>RBK (6K)</b>		
Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference
Small	6 3/8 - 7	20.0" - 22.0"	Small	6 3/8 - 7	20.0" - 22.0"
Medium	6 7/8 - 7 3/8	21.5" - 23.0"	Medium	6 7/8 - 7 3/8	21.5" - 23.0"
Large	7 1/4 - 7 7/8	22.8" - 25.0"	Large	7 1/4 - 7 7/8	22.8" - 25.0"
Extra Large	7 5/8 - 8	23.25" - 25.22"	---	---	---
<b>Mission (INTAKE)</b>			<b>Mission (M95)</b>		
Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference
Small	6 5/8 - 7 1/8	20.8" - 22.4	Small, X-Small	6 1/2 - 6 7/8	20.4" - 22.0"
Medium	6 7/8 - 7 3/8	21.6" - 23.2	Medium	6 3/4 - 7 1/8	21.2" - 22.8"
Large	7 1/4 - 7 3/4	22.8" - 24.4	Large	7 1/8 - 7 5/8	22.2" - 24.0"
			X-Large	7 3/8 - 7 7/8	24.4" - 25.6"
<b>Mission (M15, M1501, M1505)</b>			<b>Mission (M10)</b>		
Helmet Size	Hat Size	Circumference	Helmet Size	Hat Size	Circumference
Small	6 3/8 - 6 7/8	20.0" - 21.6"	One Size	6 - 6 1/2	18.8" - 20.4"
Medium	6 3/4 - 7 1/8	21.2" - 22.4"			
Large	7 1/8 - 7 5/8	22.4" - 24.0"			