



## Shoulder Pad Sizing Chart

Nike Bauer Shoulder Pad Sizing Chart				
Senior Sizing				
Size	Age	Height	Weight (lbs)	Chest
Small	14 - +	5'5" - 5'9"	120 - 160	36 - 40
Medium	14 - +	5'7" - 5'11"	140 - 180	32 - 42
Large	15 - +	5'9" - 6'1"	160 - 200	40 - 44
X-Large	15 - +	5'11" - 6'3"	180 - 220	42 - +
Junior Sizing				
Size	Age	Height	Weight (lbs)	Chest
Small	8 - 11	4'3" - 4'8"	60 - 90	26 - 30
Medium	9 - 12	4'7" - 5'	70 - 100	28 - 32
Large	11 - 14	4'11" - 5'4"	80 - 110	30 - 34
Youth Sizing				
Size	Age	Height	Weight (lbs)	Chest
Small	4 - 7	3'3" - 4'1"	40 - 60	22 - 26
Large	6 - 9	3'9" - 4'7"	50 - 70	24 - 28

Measure the player's chest just below the arm pits.

Match the player's chest size to the shoulder pad that corresponds.

Determine the level of play.

Shoulder pads should fit snugly while the vital tips of the shoulder must be properly under the shoulder caps. The bicep pads should not interfere with the player's elbow pads.

### .:Shoulder Sizing Chart\*

Player Height	Inches	3'4"-4'10"	3'4"-4'0"	3'4"-4'0"	4'0"-4'10"	4'10"-5'6"	5'4"-6'0"	5'8"-6'4"	6'0"+
	Centimeters	105-120	105-120	105-120	120-145	145-165	165-180	170-190	180+
Chest Size	Inches	20-22"	22-24"	24-28"	28-30"	32-34"	36-38"	40-42"	42-44"
	Centimeters	50-55	55-60	60-71	71-76	81-86	91-96	101-106	106-112
Size	Jr. & Sr.	Jr. X-Sml	Jr. Sml	Jr. Med	Jr. Lrg	Sr. Sml	Sr. Med	Sr. Lrg	Sr. X-Lrg

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