



How To Fit Skateboards

Skateboarding is one of today's youth most popular sports. There is a lot more to a skateboard than meets the eye. The skateboard is a highly technical piece of equipment comprised of many parts, all working together. Your individual style of riding, budget and terrain will dictate what type of skateboard and components are right for you. Below are fitting/buying tips to help you select the right products.

Choosing the right skateboard

The best way to choose the proper skateboard is to know what role each of the various components plays.

How to buy the deck (board)

There are several factors to consider when selecting your deck:

- Deck Length
 - There are two general length classifications of skateboard
 - Traditional decks are the most common, and versatile. These are generally less than 33" long.
 - Long boards are generally used for cruising only and provide the rider a very "surfy" feel. These are longer than 35".
 - Length choice is a purely personal decision, although a general rule states that smaller skaters should choose shorter boards (for control).
- Deck Width
 - Street decks generally vary in range between 7.5 in and 8.25.
 - Width choice is also a purely personal decision, although smaller skaters (especially smaller footed skaters) will find a deck under 8 in makes it easier to learn tricks.
- Concave
 - Most decks have a raised nose, tail and sides. This is called the concave.
 - The depth and overall shape of the concave has a dramatic effect on the response of the skateboard to the skater.
 - The deeper the concave, the more aggressive the skater can be with their tricks.
 - The shallower the concave, the more forgiving the deck is for newer skaters.
- Shape
 - All of the above characteristics are commonly referred to as the deck shape
 - While each characteristic plays a role in overall deck feel, it is the right combination of all these factors that will help you buy the perfect board.

How to buy trucks

Truck size is determined purely by deck width.

- Most trucks range between 4.75 in and 5.5 in.
- A slightly wider truck is heavier, but will offer a more stable landing platform and shorter turning radius.
- Certain trucks can be found up to 7 in. This size truck is strictly used in conjunction with longboards.
- Trucks also incorporate a bushing - the mechanism by which a truck turns. These bushings are available in varying degrees of hardness, which affects the ease by which a skateboard turns.

How to buy wheels

All skateboard wheels are made from polyurethane, but the composition and color of skateboard wheels varies greatly.

Size

- Small/Street
 - Most common skateboard wheels are between 52 mm and 60 mm.
 - Smaller riders might find the small wheels to be lighter and easier to control, however, wheel size is very much a rider preference item.
- Large/Longboard
 - Larger wheels (above 60 mm) are almost exclusive to longboards.
 - They are very fast and usually wider than smaller wheels.

How to determine the size of your wheels	
Size	Description
52-55MM	Good for many uses. Street, skate parks, bowls. Smaller riders.
56-60MM	Good for many uses. Street, skate parks, bowls, vert ramps. Bigger riders.
60+ MM	Specialty rides. Long boards, hill riding, dirt boards.

Hardness

- Hard/Street
 - All street skateboard wheels are considerably hard. This hardness is rated in a measurement called durometer.
 - Any wheel over 90a is considered hard.
 - The harder the wheels, the more pop a skater can get, but the harder they land.
- Soft/Longboard
 - Large wheels are also usually soft wheels (less than 90a durometer).
 - The softness of these wheels creates a much smoother ride and offers more traction than a harder/smaller wheel.
 - These wheels are what allow a longboard skateboard to "surf" the earth.

How to determine the durometer of your wheels	
Type	Description
87A	Cruiser riding, long boards, hill riding. Very rough surfaces.
95A	Street riding, rough surfaces, smooth, fast, and durable.
97A	All around street, skate park, ramp and pool. Smooth surfaces.
100A	Very hard with least grip. Not good on rough or too slick surfaces. Choice of many top pros.

How To Buy A Helmet

You wear a helmet to protect your head from injury, but you won't get the maximum protection unless it is properly sized with a snug, aligned fit. The information below is designed to guide you in achieving a safe, secure helmet fit. There are a large variety of helmet types available.

Helmet Sizing and Fit

- Helmets come in a variety of sizes and are usually measured in inches (see chart below).

Helmet Size - Adult				
Size	S	M	L	One Size Fits All
Inches	20-21.75	22-22.75	23.25-24	20.75-24
Centimeters	51-55	56-58	59-62	54-61

Helmet Size - Youth				
Size	Toddler	S/M	M/L	One Size Fits All
Inches	18.5-20.5	20.5-22.5	22.5-23.75	19.5-22.5
Centimeters	47-52	52-57	57-60	50-57

- To ensure a player's safety it is important that his/her helmet fits properly.
- The helmet should sit squarely on the head with the front of the helmet low on the brow to protect the forehead.

The padding should exert firm, uniform pressure all around the head so that the skin on the forehead moves as the helmet is rotated from left to right and from front to back.

How To Buy In-line Skates

In-line skating is a fun, healthy activity for people of all ages. The various types of in-line skates include recreational, aggressive, speed and hockey.

Determining Your Skate Size

- Determining your proper skate size is essential to a comfortable fit.
- The size of your skate will typically be the same as the size shoe you wear.

Types of In-line Skates

There is a skate type for each style of skating and level of expertise.

Recreational

- Designed for a leisurely rides in the park or around the neighborhood, and fitness activity.
- Comfort and durability are priorities.
- Usually made with a hard outer frame and a soft or hard boot.
- Typically equipped with 4 wheels with a wheel size from 70-80 mm.
- Recreational skates usually come with 70-72 mm wheels for a low, stable center of gravity.
- Higher-grade recreational skates come with larger wheels (up to 80 mm) to allow faster skating.
- Midsize wheels are 72-76.

Aggressive

- Designed for a skating style that includes stunts, jumping, riding rails, and half pipes.
- Aggressive skates are designed to be very solid and sturdy.
- Smaller, hard wheels provide maneuverability and durability.
- Very small wheels (55-67 mm) are best for stunt skates.
- Wheels this size are also very hard to withstand grinding and jumping.
- Skates include special modifications to allow skaters to ride rails and ramps.

Speed

- Lighter and less robust than recreational or aggressive skates.
- A completely different skate designed strictly for fast skating.
- Longer frames with a fifth wheel for more stability and longer strides.
- These wheels are larger (78-80 mm) and to assist acceleration and energy return.
- Race wheels have the thinnest profile of all wheels for more speed but less stability.
- No braking system.

Hockey

- Similar in style and construction to traditional ice hockey skates.
- Very durable, with leather uppers and significant padding for protection.
- Usually have a lace-up closure system.
- Smaller wheels enhance turning ability - the stability and maneuverability of smaller wheels are desirable to hockey players.
- Hockey wheels tend to be more tapered than other wheels for better stability in a turn.
- Sometimes have--large wheels in back and smaller wheels in front--for control.
- No braking system.

Women's

- Designed with a wider forefoot, narrower heel and higher instep.
- Lower cut in the back accommodates a woman's calf.

Wheels

- To avoid excessive, uneven wear, they need to be rotated at least once a week, or after every use for aggressive skaters.
- Wheels should be changed when they show excessive wear on all sides. Skating with worn wheels is unsafe.
- Wheel hardness is measured in *durometers*. Lower numbers indicate a softer wheel and higher numbers indicate a harder wheel.
- Durometer is denoted by the suffix "A" (example - 80A).

- The typical recreational in-line skate wheel is 78A or 82A.
- Softer wheels are good for winter and provide a softer ride.
- Harder wheels are better in the summer when the pavement is hot and the wheels tend to soften.

Bearings

- Each bearing has an ABEC rating that indicates the precision of their manufacturing.
- The higher the rating, the more precise the manufacturing and the better the performance of the bearing.
- The general ABEC range is ABEC-1, ABEC-3, ABEC-5 and ABEC-7.
- Bearings are either serviceable or non-serviceable.
 - Serviceable bearings have a metal shield with a removable "C" ring, or a plastic/rubber type removable shield. These may be taken apart to be cleaned, lubricated or replaced.
 - Non-serviceable bearings have a metal shield that protects them. These only need to be wiped off with a clean cloth.
- Bearings don't need to be cleaned after every use, but if they become wet, they should be cleaned and dried
- Never lubricate the outside of a bearing because that will attract dirt and contaminants

Brakes

- Most manufacturers offer braking systems.
- The most common form of braking system is a pad or cylinder on the rear wheel that stops movement by applying pressure on the heel.
- Most brake pads have a "wear line" that indicates how much performance is left in the brake. The brake pad should be replaced before this wear line is reached.
- Some manufacturers do offer mechanical braking systems that make stopping easier to learn.
- Hockey skates and speed skates normally do not include braking systems.

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- To ensure a player's safety it is important that his/her helmet fits properly.
- The helmet should sit squarely on the head with the front of the helmet low on the brow to protect the forehead.
- The padding should exert firm, uniform pressure all around the head so that the skin on the forehead moves as the helmet is rotated from left to right and from front to back.

How To Fit Roller Hockey Products

Today's hockey equipment helps protect you from head to toe. Most of the gear is specifically designed to help maximize your performance while still helping to reduce the risk of injury. This document will provide you overall guidelines to help you get the proper fit for all of your equipment.

How to Buy Skates

The right size hockey skate isn't necessarily the same size as your shoe size. Typically most hockey skates are sized smaller than your normal shoe size and hockey skates need to be tighter to offer more stability and less abrasion when skating. Different brands of skates may also feature unique styles and cuts that affect sizing as well. To get the best fit for your skates follow the guidelines below:

- Explain how often you skate as well as your skate history to our friendly staff.
- Based on this information, ask which skate is right for you.
- Use a brand specific size gauge to get an accurate starting point for sizing. This should be done standing up so the foot is fully extended - different skate brands fit differently.
- Wear a pair of sport socks (ones you will wear when you play) when sizing for accuracy. It is not suggested to wear skates barefoot as this promotes bacteria, corrosion of materials, and breakdown of the skate.
- Once the skate is on, kick back to lock the heel to the back of the skate.
- Lace the skate firmly, applying the most pressure on the top four eyelets.
- Walk around to feel any painful pressure point or heel slippage.
- Adjust for a comfortable fit accordingly. Remember, a break in period is necessary. Skates are a critical fit - try on a pair of used skates as they are already broken in and will give you a sense of true fit!
- Do not buy larger sizes for children to grow into. This hinders their ability to learn how to skate, and could hurt their feet and ankles.

How to Buy Sticks

Wearing skates, hold the stick with the point of the blade touching the ground directly in front of you - about eight inches out, with the shaft of the stick vertical. The stick should be to the point of your chin. If you have any questions, your friendly Play It Again Sports staff will help. Service is our business!

How To Buy A Helmet

You wear a helmet to protect your head from injury, but you won't get the maximum protection unless it is properly sized with a snug, aligned fit. The information below is designed to guide you in achieving a safe, secure helmet fit. All levels of hockey, even the NHL, require players to wear a protective helmet when playing. There are a large variety of helmet types available. To assure their safety compliance the Hockey Equipment Certification Council (HECC) certifies helmets and facemasks. Look for the HECC Seal of Approval on your helmet purchase.

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Chin Strap

If the chin strap isn't correctly adjusted, it's possible for the helmet to be knocked off or out of place. The chin strap is correctly adjusted when:

- The helmet sits squarely on the head with the front low on the brow to protect the forehead.
- The front and rear straps form a "Y" just below and forward of the ears.
- There is no slack when the chin-strap is fastened.

Facemasks Selection

All juniors through college level players are required to have a facemask on their helmets. Facemasks are either sold as part of the helmet or come separately. There are three kinds - wire cage, face shield, and combination masks.

- **Wire Cage**
 - A wire cage covers the entire face area.
 - Wire cages provide more protection and do not fog up like face shields.
- **Face shields**
 - These are generally a high impact-resistant plastic that covers the front of the face.
 - Some players choose face shields because they offer better overall vision with no wires getting in the way.
 - Face shields are generally made with fog-resistant coatings.
- **Combination masks**
 - Some manufacturers now offer the best of both designs - a plastic face shield to protect the eyes and upper part of the face, and a wire mesh to cover the lower jaw and to add ventilation.

How to Buy Gloves

Hockey gloves protect the hand and wrist without loss of flexibility or comfort. It is okay for gloves to be a little large, as long as the padding covers all areas of the hand and wrist.

Glove Sizing & Fit

- Gloves range from youth sizes of about 9 inches up to full adult sizes of 16 inches.
- Use a tape measure to measure the distance from where your elbow pads end to the tip of your fingers. This number equals your glove size.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the glove size you should buy based on the above measurement.

Glove Sizing		
Finding your size		
Size	Inches	cm
Small	9	23
Small	10	25.5
Medium	11	28
Medium	12	30.5
Medium	13	33
Large	14	35.5
Large	15	38
X-Large	16	40.5
X-Large	17	43

How to Buy Elbow Pads

Elbow pads, when properly fitted, will protect the elbow as well as the arms. They cover the area from just below the shoulder pad to just above the hockey glove. Elbow pads are necessary to protect against painful bone bruises, and even fractured elbows, from falls or being hit by a stick. The pads should provide adequate adjustment to prevent shifting during play. The elbow pad must integrate with the shoulder pad as well as the cuff of the glove to prevent binding. Most elbow pads are adjustable and are secured with Velcro straps, so sizing is general according to body size. There are also varying numbers of straps available on different pads to help with adjustments. You may want to add a forearm slash pad for further protection in a sensitive, highly vulnerable area. The basic rule: No flesh exposed for that errant slash.

Elbow Pad Sizing & Fit

- Determine the distance between the edge of your shoulder pads and the cuff of your hockey glove. The elbow pad should leave no exposed skin between the shoulder pad and the glove.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the elbow pad size you should buy based on the above measurement

Determining Your Elbow Pad Size	
Finding your size	
Size	Inches
Youth Small	7.5
Youth Medium	8.5
Youth Large	9.5
Junior Small	10.5
Junior Medium	11.5
Junior Large	12.5
Senior Small	13.5
Senior Medium	14.5
Senior Large	15.5 and above

How to Buy Shin Pads

Shin pads are a "must have" protection for every level of play. They are mandatory to protect against hits by a puck or an opponent's stick. Shin pads are designed to prevent a variety of injuries such as hyperextension. Forwards usually prefer lighter pads with less protection that allow them to skate faster. Defensemen should look for a heavier shin guard that helps protect against pucks and opponent's sticks. The shin pad is a critical fit and should be checked yearly for young, growing players. Remember: Buy to fit, not to grow.

Shin Pad Sizing & Fit

- Shin pads range from 7 to 17 inches in length and are designed to fit over the kneecap to just above the skate top. You should look for one sized to your height.
- Shin pads are measured from the center of the knee to the instep brackets of the skate tongue.
- While you are sitting down, measure from the middle of your kneecap to the top of your skate.
- This is your shin measurement and should be matched to the manufacturer's specifications on the shin pad.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the shin pad size you should buy based on the above measurement.

Determining Your Shin Pad Size		
Finding your size		
Size	Inches	cm
Youth	7	18
Youth	8	20.5
Youth	9	23
Junior	10	25.5
Junior	11	28
Junior	12	30.5
Senior	14	36.5
Senior	15	38.5
Senior	16	41
Senior	17	43

Always remember to buy your equipment to fit. Do not buy for your child to grow into the equipment. Not only will their performance be affected, but it is also not safe. Play It Again Sports is the perfect place for you to get your gear because as you outgrow the equipment you can trade it in on the new or used gear you need.