

# Jofa Sizing Chart

## SHOULDER PADS

	SIZES	CHEST SIZE	HEIGHT
JR 1	XXS/XS	Up to 28" / Up to 70 CM	Up to 4'0" / Up to 120 CM
JR 2	S/M	28" - 32" / 70 - 80 CM	4'0" - 4'10" / 120 - 145 CM
JR 3	L/XL	32" - 36" / 80 - 90 CM	4'10" - 5'6" / 145 - 165 CM
SR 4	S/M	36" - 40" / 90 - 100 CM	5'4" - 6'0" / 165 - 180 CM
SR 5	L	40" - 44" / 100 - 110 CM	5'8" - 6'4" / 170 - 190 CM
SR 6	XL/XXL	44" + / 110 CM +	6'0" + / 180 CM +

## GLOVES

SIZES	HEIGHT
10" / 25 CM	3'8" - 4'0" / 110 - 120 CM
11" / 28 CM	4'0" - 4'4" / 120 - 130 CM
12" / 30 CM	4'4" - 4'8" / 130 - 140 CM
13" / 33 CM	4'8" - 5'4" / 140 - 160 CM
14" / 36 CM	5'4" - 6'0" + / 160 - 180 CM
15" / 38 CM	6'0" + / 180 CM +

## SHIN GUARD

SIZES	HEIGHT
8" / 20 CM	3'4" - 3'8" / 100 - 110 CM
9" / 23 CM	3'8" - 4'0" / 110 - 120 CM
10" / 25 CM	4'0" - 4'4" / 120 - 130 CM
11" / 28 CM	4'4" - 4'8" / 130 - 140 CM
12" / 30 CM	4'8" - 5'0" / 140 - 150 CM
13" / 33 CM	5'0" - 5'4" / 150 - 160 CM
14" / 36 CM	5'4" - 5'8" + / 160 - 170 CM
15" / 38 CM	5'8" - 6'0" / 70 - 180 CM
16" / 41 CM	6'0" - 6'4" / 185 - 190 CM
17" / 43 CM	6'4" + / 190 CM +
18" / 45 CM	6'4" + / 190 CM +

## ELBOW PADS

	SIZES	HEIGHT
1	YOUTH	Up to 4'0" / Up to 120 CM
2	XXS	4'0" - 4'10" / 120 - 145 CM
3	XS	4'10" - 5'6" / 145 - 165 CM
4	S	5'4" - 6'0" / 165 - 180 CM
5	M	5'8" - 6'4" / 170 - 190 CM
6	L	6'0" + / 180 CM +

## HELMET

MM	INCHES	HAT SIZE
511	20 1/8	6 3/8
521	20 1/2	6 1/2
530	20 7/8	6 5/8
540	21 1/4	6 3/4
550	21 5/8	6 7/8
559	22	7
568	22 3/8	7 1/8
578	22 3/4	7 1/4
587	23 1/8	7 3/8
597	23 1/2	7 1/2
606	23 7/8	7 5/8
616	24 1/4	7 3/4
625	24 5/8	7 7/8
635	25	8