Hockey Stick Size Chart

Last checked: November 3, 2026

Chart page (the live, interactive version):
https://findsportsusa.com/tools/hockey-stick-size-chart/

A starting point, check fit and your league rules. These are makers' and leagues' published guidance, not measurements of your child.

Hockey stick size by height

Maker charts for stick length are not posted as tables, so these are two retailer guides. They disagree on where categories start, and the finder shows both.

Hockey Monkey

Size	Range	Details
Youth (3 to 5)	3 ft 0 in to 3 ft 10 in	Stick 38 to 44 in. Flex 35. Weight 60 to 65 lb.
Youth (6 to 8)	3 ft 10 in to 4 ft 8 in	Stick 45 to 49 in. Flex 40 or 45. Weight 50 to 80 lb.
Junior (7 to 13)	4 ft 4 in to 5 ft 1 in	Stick 50 to 54 in. Flex 50 or 55. Weight 70 to 110 lb.
Intermediate (11 to 14)	4 ft 11 in to 5 ft 4 in	Stick 55 to 58 in. Flex 60. Weight 95 to 125 lb.
Intermediate (12 to 14)	5 ft 2 in to 5 ft 8 in	Stick 55 to 58 in. Flex 65 or 70. Weight 100 to 140 lb.
Senior (14+)	5 ft 5 in to 5 ft 10 in	Stick 57 to 61 in. Flex 75 or 80. Weight 125 to 175 lb.
Senior (14+)	5 ft 7 in to 6 ft 1 in	Stick 58 to 62 in. Flex 85, 90 or 95. Weight 150 to 200 lb.
Senior (14+)	5 ft 10 in to 6 ft 4 in	Stick 60 to 63 in. Flex 100 or 105. Weight 180 to 235 lb.
Senior (14+)	6 ft 1 in and up	Stick 60 to 63 in. Flex 110 or 115. Weight 210 lb and up.

Source: Hockey Monkey: How to choose a hockey stick. Checked November 3, 2026.

Ice Warehouse

Size	Range	Details
Youth	Up to 4 ft 0 in	Stick 43 to 46 in. Flexes 20 to 45. Age up to 7. Weight up to 60 lb.
Junior	3 ft 9 in to 4 ft 9 in	Stick 50 to 54 in. Flexes 30 to 50. Ages 6 to 12. Weight 50 to 120 lb.
Intermediate	4 ft 6 in to 5 ft 3 in	Stick 55 to 57 in. Flexes 55 to 75. Ages 11 to 16. Weight 120 to 160 lb.
Senior	5 ft 6 in and up	Stick 58 to 63 in. Flexes 60 to 110. Age 14 and up. Weight 120 lb and up.

Source: Ice Warehouse: How to select a hockey stick size and flex. Checked November 3, 2026.

Check it against the body. CCM: without skates, the stick should reach the tip of the nose; with skates, the chin. Hockey Monkey says it should sit 1 to 2 inches above or below the chin with skates on. CCM adds that shorter sticks give better puck control and longer sticks more reach.

Sources

Hockey Monkey: How to choose a hockey stick
https://www.hockeymonkey.com/learn/hockey-stick-sizing-buying-guide
Used for: Stick length, flex and weight by height (retailer guide). Checked November 3, 2026.

Ice Warehouse: How to select a hockey stick size and flex
https://www.icewarehouse.com/lc/sticks/how-to-select-a-hockey-stick-size-and-flex.html
Used for: Stick length and flex by age, height and weight (retailer guide). Checked November 3, 2026.

CCM Hockey: How do I choose the right stick length
https://ccmhockey.com/en-fi/Stick-Lenght.html
Used for: Maker's length method: nose without skates, chin with skates. Checked November 3, 2026.

Rules and charts change, so check the source pages and your league before you buy.