Shin Guard Size Chart

Last checked: November 3, 2026

Chart page (the live, interactive version):
https://findsportsusa.com/guides/shin-guard-sizing-by-height-for-youth-soccer/

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

Shin guard size by height

Nike

Size	Range	Details
Kids S	48 to 51 in.	Ages 4 to 6.
Kids M	51 to 55 in.	Ages 7 to 9.
Kids L	55 to 59 in.	Ages 10 to 12.
Adult XS	55 to 59 in.	
Adult S	59 to 63 in.	
Adult M	63 to 67 in.	
Adult L	67 to 71 in.	
Adult XL	71 to 79 in.	

Source: Nike: Adults' and kids' shin guards size chart. Checked November 3, 2026.

adidas

Size	Range
Junior S	3 ft 3 in to 3 ft 10 in
Junior M	3 ft 11 in to 4 ft 6 in
Junior L	4 ft 7 in to 5 ft 2 in
Adult XS	3 ft 11 in to 4 ft 6 in
Adult S	4 ft 7 in to 5 ft 2 in
Adult M	5 ft 3 in to 5 ft 9 in
Adult L	5 ft 10 in to 6 ft 1 in

Source: adidas: Shin guard sizing. Checked November 3, 2026.

Sources

Nike: Adults' and kids' shin guards size chart
https://www.nike.com/size-fit/adults-kids-shin-guards
Used for: Shin guard size by height. Checked November 3, 2026.

adidas: Shin guard sizing
https://support.dtb.adidas.com/static-content/size-charts/en_GB/accessories/size-shinguards.html
Used for: Junior and adult shin guard size by total height. Checked November 3, 2026.

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