



Kilmacud Crokes

Cill Mochuda na Crócaigh

Club Shop Sizing Guide

oneills

JERSEYS - STANDARD FIT - ADULT AND KIDS

SIZE	CHEST INCH	CHEST CM
3-4	26-27	67-69.5
5-6	29-30	73-75.5
7-8	31-32	79-81.5
9-10	34-35	85-87.5
10-11	36-37	91-93.5
11-12	38-39	96-98.5
Age 13	40-41	101-103.5
Small	43-44	107-109.5
Medium	44-45	111-113.5
Large	46-47	115-117.5
X-Large	47-48	119-121.5
2XL	49-50	123-125.5

O'NEILLS - KIDS

SIZE	CHEST		WAIST	
	inch	cm	inch	cm
5/6	25-26	64-66	20-21"	51-53
7/8	27-28	69-71	22-23"	56-58
9/10	29-30	74-76	24-25"	61-64
10/11	31-32	79-81	26-27"	66-69
13	34-36	86-91	28-29"	71-74

O'NEILLS - MENS/UNISEX INSIDE LEG

SIZE	REGULAR		SKINNY	
	inch	cm	inch	cm
S	30-31"	78-80	30-31"	76-79
M	31-32"	79-81	30-31"	77-79
L	31-32"	79-81	30-31"	77-79
XI	31-32"	79-82	31-32"	77-81
2X	31-32"	79-82	31-32"	77-81

O'NEILLS - MENS/UNISEX


SIZE	CHEST		WAIST	
	inch	cm	inch	cm
S	37-38"	94-96.5	31-32"	78-81
M	39-40"	99-101.5	33-34"	83-86
L	41-42"	104-107	35-36"	88-91.5
XL	43-44"	109-112	38-40"	96.5-102
2XL	45-46"	114-117	42-44"	106.5-111

O'NEILLS WOMENS

SIZE	CHEST		WAIST	
	inch	cm	inch	cm
8	32"	81	26"	66
10	34"	86.5	28"	71
12	36"	91	30"	76
14	38"	97	32"	81
16	40"	102	34"	86
18	42"	107	36"	91.5

MYCRO HELMET SIZE GUIDE

HEAD CIRCUMFERENCE



Small: 6-10 years (51cm)
 Medium: 11-17 years (53cm)
 Large: 18+ (56cm)

Choosing the right Hurley size

- 1 Stand straight with your arms hanging loosely by your side
- 2 Stand hurley vertically upright by your side
- 3 Change size of hurley until the top meets your wrist bone



Why it's important for the development of hurling and camogie players

- 1 Using a hurley too big/heavy will develop bad habits in striking techniques and hand position
- 2 A smaller hurley will lead to greater control and increased confidence