

Stick Length by Height

When choosing a field hockey stick, select the length that you can control comfortably. Place the index finger of your right hand on your right hip bone. Place your middle and ring finger next to your index finger. The top of the stick should approximately reach the side of your ring finger.

Stick Size	Height
31"	4'3" and under
32"	4'3" - 4'6"
33"	4'6" - 4'9"
34"	4'9" - 5'
35"	5' - 5'3"
36"*	5'3" - 5'7"
37"	5'7" - 5'10"
38"	5'10" and up

Consult this chart to help you determine which stick length is right for you:

*Most commonly used length

Dutch Sizing Method for Choosing a Field Hockey Stick

Hold your field hockey stick upside down, with the head in the air, and insert the head into your armpit, as if it were a crutch. The end of the handle should fall between the middle of your kneecap to no more than two inches below the bottom of your kneecap.

Dutch Sizing Method

