A Glimpse into Hockey

Height, weight and position in NCAA men's hockey

Github Goblins

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Does position still matter at the same height?

Our research question

Among NCAA men’s hockey players, how does the relationship between height and weight differ by position?

Why compare positions?

Different roles on the ice may favor different physical builds.

Our expectation

Defensemen would be heavier overall and at the same height.

The roster and the comparison

1,820

players in the original roster
19 variables · 2024 season

1,601

players in our analysis

Excluded: 201 goalies + 18 invalid records

Height	Inches
Weight	Recorded pounds*
Position	Forward or defense

1,021 forwards

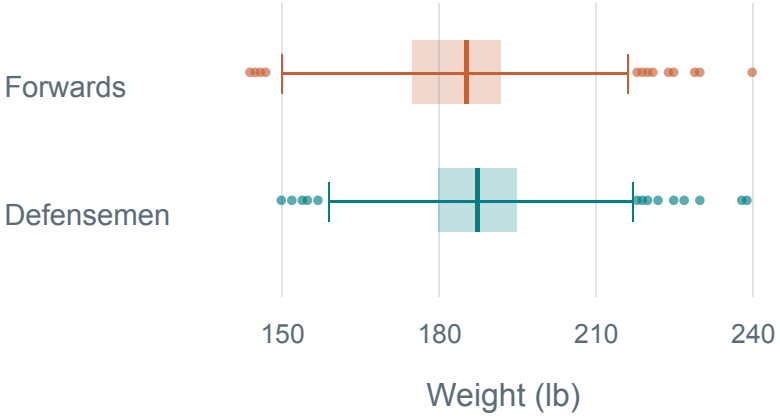
580 defensemen

*Weight units follow the report's assumption.

Defensemen are heavier and taller overall

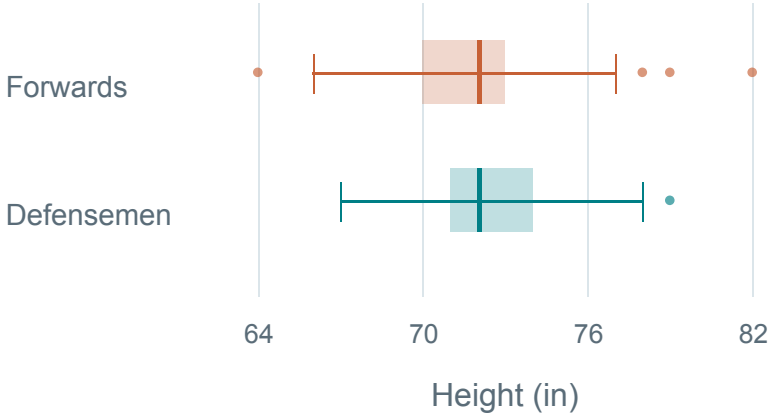
+3.8 lb

Mean weight: 188.4 vs 184.5 lb



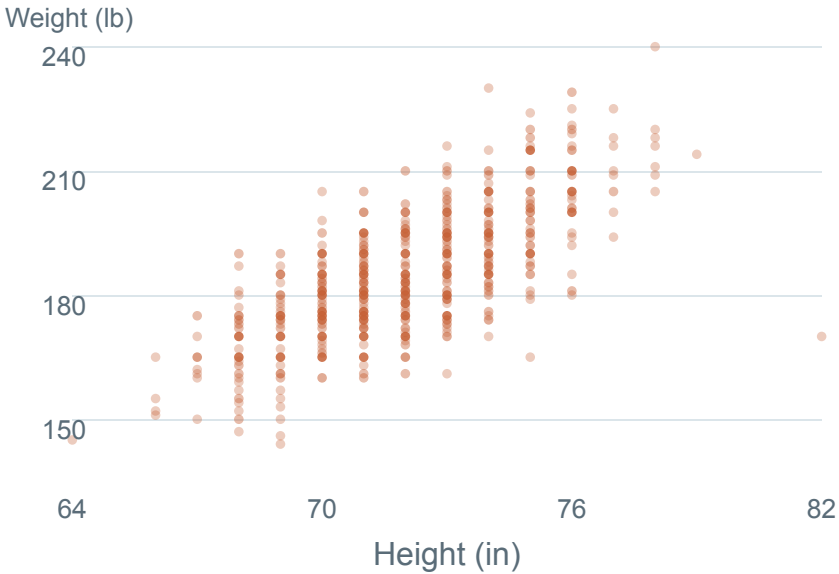
+0.7 in

Mean height: 72.6 vs 71.9 in

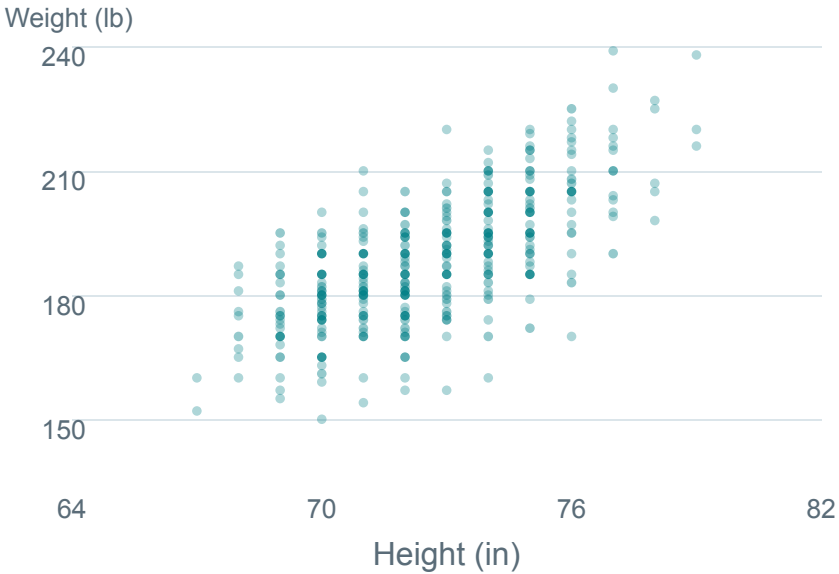


Taller players tend to weigh more in both positions

Forwards · r = 0.718

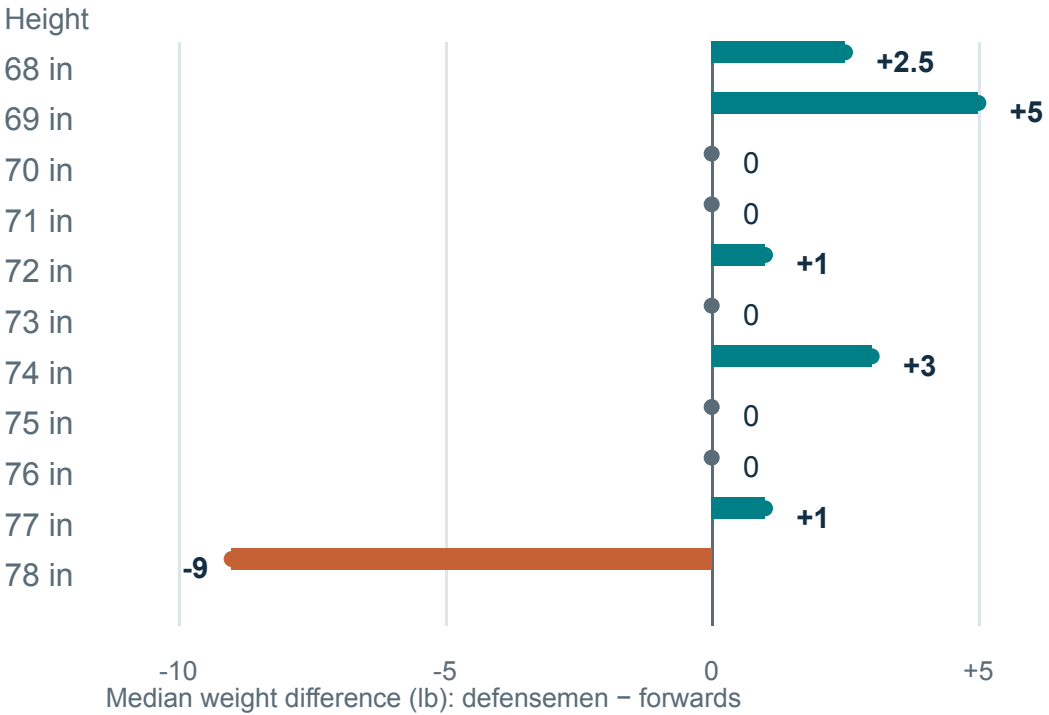


Defensemen · r = 0.683



Each mark shows a recorded height–weight pair. Overlapping players share a mark.

The same-height weight gap is inconsistent



11 comparable heights

5 defensemen heavier

5 equal medians

1 forwards heavier

At least 5 players per position at each height. At 78 in: only 5 defensemen and 7 forwards.

Conclusions and limitations

The takeaway

Height and weight rise together in both positions.

Defensemen are heavier overall. At the same recorded height, the pattern is mixed.

These associations do not establish causation.

Limits of this comparison

Roster measurements may be rounded or outdated.

One season, unequal groups and unmeasured differences limit interpretation.

Next step

Verify unusual measurements, then compare teams or seasons.