

# HAT TRICK HOCKEY SOCKS

*Score a hat trick when you knit a trio of socks! The “hat trick” inspired three-by-one ribbing will provide better fit as it hugs the ankle and the foot, right down to the toe. Keep your feet warm while you cheer on your team, whether at home or rinkside. Colourways shown (top to bottom): Edmonton, Montreal, Winnipeg, Ottawa, Toronto, and Calgary.*

**YARN:** 1 skein of RCY Hat Trick (100% superwash merino wool; 150g/510m per skein).

**NEEDLES:** 2.75 - 3.0mm double pointed needles

**GAUGE:** 26 - 30 stitches over 10cm in stocking stitch on 2.75mm-3.0mm needles

**SIZES:** Youth (7.5" ankle), Women (8.5" ankle) and Men (9.5" ankle). *Measure the ankle just above the ankle bone.*

**NOTES:** You can adjust the size of the cuff and leg by adding or subtracting stitches in multiples of four. Or if you need a tighter fit, use a smaller (mm size) needle and for a fit with more give, try a bigger (mm size) needle.

## ABBREVIATIONS USED:

**dec:** decrease

**DPN(s):** double pointed needle(s)

**k:** knit

**k2tog:** knit two sts together – this is a decrease

**kwise:** knitwise (insert needle as if to knit)

**LHN:** left hand needle

**p:** purl

**p2tog:** purl two sts together – this is a decrease

**pwise:** purlwise (insert needle as if to purl)

**rem:** remain(ing)

**RHN:** right hand needle

**RS:** right side

**sl 1p:** slip 1 st purlwise

**ssk:** slip next 2 sts (one at a time) wise onto RHN, then insert tip of LHN into front of slipped sts and knit slipped sts together through back of sts – this is a decrease

**st(s):** stitch(es)

**WS:** wrong side



<i>Choose a size then take a minute to write your number(s) in the spaces provided</i>	Youth	Women	Men
Loosely cast on ___ sts for cuff, divide sts over 3 or 4 needles, join in the round and begin to knit in a 1x1 rib (k1, p1).	52	60	72
Continue 1x1 ribbing for cuff, working in the round, for ___ inches.	2	2	2.5
Main Rib Pattern: at the beginning of the next round, begin the main rib pattern as follows: *k3, p1*. Repeat from * to * to end of round.			
Continue to work in main rib pattern until leg (including cuff) measures ___ inches.	6	6	7
At the beginning of the next round, work the main rib pattern (k3, p1) across ___ sts. Then continue to knit 2 more sts.	24	28	36
The ___ sts just completed will remain unworked for a while. You can "park" them on a single needle while you continue to work the heel flap.	26	30	38
<b>Making the Heel Flap:</b> using the remaining ___ sts, you will create the back of the heel working "flat" (one row knit, one row purl) as follows:	26	30	34
<b>Row 1 (RS):</b> *sl 1p, k1*. Repeat from * to * to end of row. Turn your work so WS is facing.			
<b>Row 2 (WS):</b> slip only the first stitch (pwise) and then purl the remaining stitches across the row. Turn.			
Work rows 1 and 2 for ___ rows, ending with the WS facing for next row.	27	31	35
<b>Turning the Heel:</b> you've been making the vertical tube for the upright part of the leg; now it's time to "turn" that tube so that you can work on the horizontal part of the foot. The first time you do this, you may find it a little confusing. Once you finish, you'll be amazed at this nifty turning trick! A short row means that you will leave some stitches unworked on your LHN each time you turn your work.			

	Youth	Women	Men
Row 1:	sl 1, p12, p2tog, p1, turn. (10 sts rem unworked)	sl 1, p16, p2tog, p1, turn. (10 sts rem unworked)	sl 1, p20, p2tog, p1, turn. (10 sts rem unworked)
Row 2:	sl 1, k1, k2tog, k1, turn. (10)	sl 1, k5, k2tog, k1, turn. (10)	sl 1, k9, k2tog, k1, turn. (10)
Row 3:	sl 1, p2, p2tog, p1, turn. (8)	sl 1, p6, p2tog, p1, turn. (8)	sl 1, p10, p2tog, p1, turn. (8)
Row 4:	sl 1, k3, k2tog, k1, turn. (8)	sl 1, k7, k2tog, k1, turn. (8)	sl 1, k11, k2tog, k1, turn. (8)
Row 5:	sl 1, p4, p2tog, p1, turn. (6)	sl 1, p8, p2tog, p1, turn. (6)	sl 1, p12, p2tog, p1, turn. (6)
Row 6:	sl 1, k5, k2tog, k1, turn. (6)	sl 1, k9, k2tog, k1, turn. (6)	sl 1, k13, k2tog, k1, turn. (6)
Row 7:	sl 1, p6, p2tog, p1, turn. (4)	sl 1, p10, p2tog, p1, turn. (4)	sl 1, p14, p2tog, p1, turn. (4)
Row 8:	sl 1, k7, k2tog, k1, turn. (4)	sl 1, k11, k2tog, k1, turn. (4)	sl 1, k15, k2tog, k1, turn. (4)
Row 9:	sl 1, p8, p2tog, p1, turn. (2)	sl 1, p12, p2tog, p1, turn. (2)	sl 1, p16, p2tog, p1, turn. (2)
Row 10:	sl 1, k9, k2tog, k1, turn. (2)	sl 1, k13, k2tog, k1, turn. (2)	sl 1, k17, k2tog, k1, turn. (2)
Row 11:	sl 1, p10, p2tog, p1, turn. (0)	sl 1, p14, p2tog, p1, turn. (0)	sl 1, p18, p2tog, p1, turn. (0)
Row 12:	sl 1, k11, k2tog, k1. (0)	sl 1, k15, k2tog, k1. (0)	sl 1, k19, k2tog, k1. (0)
Row 13:	(14 sts remain)	(18 sts remain)	(22 sts remain)

<b>Picking up Heel Stitches (back to knitting in the round!)</b>	Youth	Women	Men
Using an empty DPN and with the right side of your sock heel facing you, pick up ___ stitches along the side of the heel (towards the left).	13 - 15	15 - 17	18 - 20
Knit across the ___ instep stitches, continuing with the Main Rib Pattern (k3, p1), stopping just before the last two knit stitches. M1. Knit last two stitches.	26	30	38
Your instep will now have ___ sts and the pattern will now continue as follows: *k3, p1* repeat from * to * to last three stitches, k3.	27	31	39

Pick up another DPN and pick up ___ stitches along the other side of the heel flap, working from the instep toward the bottom of the heel.	13 - 15	15 - 17	18 - 20
Continuing with the same DPN, knit ½ of your heel ( ___ ) stitches from the heel needle and slip the remaining stitches onto the needle containing the stitches from the first heel side.	7	9	11
You should now have ___ stitches along <b>each</b> (heel) side of your sock and ___ stitches along the top (instep) of your sock. Your stitches may be arranged on 3 or 4 DPNs. Your rounds will begin and end at the bottom of your heel, at the point where you transferred the heel stitches between the two side needles.	20-22, 27	24-26, 31	28-30, 39
<b>Decreasing for the Heel Gusset:</b> (We last left off at the bottom middle of the heel.) <b>Round 1:</b> knit across the first heel needle to the last three stitches, k2tog, k1; continue to knit in main rib pattern across the instep stitches ( *k3, p1* repeat from * to * to last three stitches, k3); then on second heel needle, k1, ssk, knit across rem of stitches on this needle. <b>Round 2:</b> knit all stitches on all needles (no decreases).			
Repeat Rounds 1 and 2 above until you have ___ stitches remaining on <b>each</b> of your heel needles. ( ___ stitches in total).	13, (53)	15, (61)	18, (73)
Continue knitting in the round until the foot of the sock (measured from the beginning of heel turning) is 1½ inches short of the total foot length. For approximate length sizes, see chart below.			
<b>Shaping the Toe:</b> Knit one complete round, decreasing ___ st at beg of instep needle so that you have the same number of sts on the top (instep) as on the bottom needles.	1	1	1
(If you have been knitting with five needles, transfer all of your instep stitches onto 1 needle so that you have 3 needles holding all of your sock sts.)			
Starting at the bottom (middle) of the heel, complete toe shaping as follows: <b>Round 1:</b> knit across the first heel needle to the last three stitches, k2tog, k1; on next (instep needle): k1, ssk, knit to last 3 sts, k2tog, k1; then on second heel needle, k1, ssk, knit across rem of stitches on this needle. <b>Round 2:</b> knit all stitches on all needles (no decreases).			
Repeat Rounds 1 and 2 above until approximately half of the stitches remain ( ___ ) sts remain.	26	30	36
Repeat Round 1 (decrease every round) until you have a total of ___ sts remaining.	16	18	24
Transfer your stitches so that half of the remaining sts are on the instep needle and the other half are on one of the heel needles. You will have two needles, held parallel, running along the top and the bottom of your sock.			
<b>Finishing:</b> Cut your yarn, leaving a 6" tail. Thread one end of the tail through a wool needle. Graft the toe sts together using the Kitchener Stitch.			

North American Shoe Size to Length (inches) – Approximations Only!

US Shoe Size	5	5.5	6	6.5	7	7.5	8	8.5	9	10	11	12	13
Women Foot Length	8.7"	8.8"	9"	9.2"	9.33"	9.5"	9.7"	9.8"	10"	10.3"			
Men Foot Length			9.3"	9.5"	9.7"	9.8"	10"	10.2"	10.3"	10.7"	11"	11.3"	11.7"