Crochet Fingerless Gloves

FREE PATTERN | ADULT SIZES S, M & L | US CROCHET TERMS



A cozy, practical pair with a ribbed wrist cuff, a simple textured hand, and a comfortable thumb opening.

This printable guide includes stitch counts for three adult sizes, a mirrored left/right thumb placement, a photo reference, and clear finishing instructions.

Designed for everyday warmth while keeping your fingertips free for typing, crafting, reading, and other small tasks.

Before You Begin

These fingerless gloves are worked from the wrist upward. First, crochet a ribbed cuff flat and seam it into a ring. Then pick up stitches around the top edge and work the hand in joined rounds, leaving a short chain-space opening for the thumb.



Materials (pair)
- 110-140 yd worsted-weight (#4) yarn
- 4.5 mm (US 7) hook for cuff
- 5.0 mm (US H-8) hook for hand
- Tapestry needle and scissors
- Stitch marker (optional)
- 2 small buttons (optional decoration)

Sizing

Size	Hand circumference	Cuff rows	Hand stitches	Finished glove circumference
S	6.5-7.25 in (16.5-18.5 cm)	28	28	About 7 in (18 cm)
M	7.25-8.25 in (18.5-21 cm)	32	32	About 8 in (20 cm)
L	8.25-9.25 in (21-23.5 cm)	36	36	About 9 in (23 cm)

Fit note: Choose the size closest to your palm circumference measured around the widest part of your hand, excluding the thumb. The fabric should have slight negative ease so it stays in place. If between sizes, choose the larger size for a relaxed fit.

Gauge

Hand gauge: 16 hdc x 12 rounds = 4 x 4 in (10 x 10 cm) using the 5.0 mm hook. **Cuff gauge:** approximately 18 sc-BLO rows = 4 in (10 cm) using the 4.5 mm hook. Make both swatches; row gauge affects cuff fit. Change hook size if needed.

US Crochet Abbreviations

Abbreviation	Meaning	Abbreviation	Meaning
ch	chain	hdc	half double crochet
sc	single crochet	sl st	slip stitch
BLO	back loop only	st(s)	stitch(es)
rep	repeat	FO	fasten off

The starting chain does not count as a stitch unless the instruction says otherwise. Join each hand round with a slip stitch to the first hdc; do not turn unless instructed.

Part 1 - Make the Ribbed Cuffs

Make two identical cuff strips. The short sides will be joined to form a wrist ring. Work with the 4.5 mm hook so the cuff has a firm, stretchy rib.

Cuff instructions

Foundation: Ch 11.

Row 1: Sc in the second ch from the hook and in each ch across. (10 sc) Ch 1, turn.

Row 2: Sc in BLO across. (10 sc) Ch 1, turn.

Repeat Row 2 until the cuff has the number of rows for your size: S = 28 rows total; M = 32 rows total; L = 36 rows total. Do not add an extra row.



Join the cuff

Fold the strip in half so the first and last row edges meet. With the right side facing out, sl st the short ends together through both layers, or sew them with the tapestry needle. This seam sits on the inside of the wrist.

Pick up stitches for the hand

Turn the cuff so one long edge is at the top. Switch to the 5.0 mm hook. Join yarn at the seam and work 1 hdc into the end of each cuff row, spacing stitches evenly around the edge. Join with sl st. You should have 28 hdc for S, 32 hdc for M, or 36 hdc for L. Adjust only by adding or skipping evenly if your row ends require it.

Check the count before continuing. The hand section must have 28, 32, or 36 stitches so the thumb-opening counts below line up.

Part 2 - Crochet the Hand

Work in joined rounds with the 5.0 mm hook. Keep the cuff seam at the start of the round; this makes it easier to mirror the thumb opening on the second glove.

Hand rounds before the thumb

Round 1: Ch 1. Hdc in the same stitch and in each stitch around. Join. (28/32/36 hdc)

Rounds 2-7: Ch 1, hdc in each stitch around. Join. (28/32/36 hdc each round)

Make the thumb opening

On the first glove, begin at the cuff seam and work the following number of hdc before the opening: S = 10, M = 12, L = 14. Then ch 6, skip the next 6 stitches, and hdc in each remaining stitch around. Join to the first hdc. The round still contains 28/32/36 stitch positions because the 6 chains replace the 6 skipped stitches.

Size	Before gap	Chain	Skip	After gap
S	10 hdc	ch 6	6 sts	12 hdc
M	12 hdc	ch 6	6 sts	14 hdc
L	14 hdc	ch 6	6 sts	16 hdc



Next round

Round after thumb opening: Ch 1, hdc in each stitch around, working 1 hdc into each of the 6 chain stitches. Join. (28/32/36 hdc)

Following 4 rounds: Ch 1, hdc in each stitch around. Join. Work 4 rounds, or add/remove rounds until the top edge reaches the base of your fingers.

Top edge: Ch 1, sc in each stitch around. Join and FO.

Part 3 - Make the Second Glove & Finish

The second glove needs a mirrored thumb opening so the pair fits the left and right hands. Work the same cuff and hand rounds, but reverse the number of stitches before the chain gap.

Mirrored thumb placement for glove two

Size	Hdc before gap on glove 1	Hdc before gap on glove 2	Then on both gloves
S	10	12	ch 6, skip 6, continue hdc
M	12	14	ch 6, skip 6, continue hdc
L	14	16	ch 6, skip 6, continue hdc

Finish the thumb opening

Join yarn at one corner of the thumb opening. Work 12 sc evenly around the opening: 1 sc into each of the 6 chain stitches and 1 sc into each of the 6 skipped stitch loops on the opposite edge. Join with sl st. If the opening feels tight, add 1 extra sc at each corner on this first round.

Thumb Round 2: Ch 1, sc in each stitch around. Join and FO. Weave in the yarn ends. Do not make a full thumb tube; the opening is designed to leave most of the thumb free.



Optional button tab

For the buttoned look shown in the photo, make two small tabs with the 4.5 mm hook. Ch 10. Row 1: sc in the second ch from hook and across (9 sc). Row 2: ch 1, turn, sc in the first 3 sts, ch 2, skip 2 sts, sc in the last 4 sts. Row 3: ch 1, turn, sc across, working 2 sc into the ch-2 space (9 sc). FO with a long tail. Sew one short end of each tab to the outer side of the cuff. Sew one small flat button to the cuff so it passes through the tab buttonhole. This tab is decorative and optional; do not use buttons on gloves intended for babies or very young children.

Finishing checklist

- Weave in every yarn tail securely.
- Check that both cuffs have the same row count.
- Compare glove lengths side by side.
- Try on both gloves and confirm the thumb openings face inward toward each thumb.
- Lightly steam or wet-block only if the yarn label allows it; let the gloves dry flat.

Fit, Care & Troubleshooting

A good pair of fingerless gloves should stay in place without squeezing the hand. Try the glove on after the first few hand rounds and again after the thumb opening.

Adjusting the fit

If the hand feels too tight: go up one hook size or choose the next size. Do not add stitches randomly around the thumb opening; keep the round count consistent.

If the hand feels too loose: go down one hook size or choose the smaller size if your hand measurement is near the lower end of the range.

If the glove is too short: add one or two hdc rounds after the thumb opening before the top sc edge.

If the thumb opening is tight: on the first thumb edging round, add one extra sc into each corner space. If needed, remake the gap with ch 7 and skip 7 stitches, keeping the number of stitches before and after the gap balanced.

Care instructions

Follow the yarn label. Many acrylic blends can be hand-washed or machine-washed on a gentle cycle, while wool blends may need hand washing. Lay flat to dry and reshape the cuffs while damp.

Quick pattern recap

Component	Small	Medium	Large
Cuff rows	28	32	36
Hand stitches	28	32	36
Thumb chain	6	6	6
Rounds before gap	7	7	7
Rounds after gap	5	5	5

Pattern note: This is an original written pattern draft with calculated stitch counts and sizing guidance. It has not been physically test-crocheted or independently fit-tested. Make a gauge swatch and a sample glove, then adjust to your hand before gifting or publishing it as a tested pattern.



Thank you for crocheting with CozyLoop Home. Enjoy making a pair in your favorite yarn color.