

FOOTBALL HELMET FITTING GUIDE



Riddell
PERFECT ALL-PERFORMING



4. ADJUSTING BACK/SIDE LINER



- Inflate for snug, comfortable fit front-to-back and side-to-side

1. CHECKING HEAD SIZE



- Wrap a cloth measuring tape around the circumference of head
- Measure with tape approximately 1" above the player's eyebrows
- Record measurement
- Use the Riddell® circumference chart below to select proper helmet size
- If measurement falls between helmet sizes, choose the smaller size

2. PUTTING ON / TAKING OFF HELMET



- Putting on helmet:**
- Hold helmet with thumbs over bottom of jaw pads
 - Place index fingers into ear holes
 - Pull helmet down into position
- Taking off helmet:**
- Unbuckle chin strap from bottom snags
 - Place index fingers into ear holes
 - Press thumbs into bottom of jaw pads
 - Lift helmet up and off the head

3. ADJUSTING HELMET HEIGHT



- Adjust inflatable pads using a Riddell inflation bulb and a well-substituted Riddell inflation needle
- Insert needle
- Pump Riddell inflation bulb to achieve proper height
- Remove needle
- Front of helmet should be approximately 1" above the player's eyebrows

HELMET POSITION



5. ADJUSTING JAW PADS



- Jaw pads should feel firm against the face
- Insert needle into valve at exterior jaw pad
- Inflate jaw pad
- If non-inflatable jaw pads feel loose, change to a thicker size
- If non-inflatable jaw pads feel tight, change to a thinner size

6. CHECKING FOR PROPER FIT



- The skin of the forehead should move with the front pad
- There should be no room for twisting
- If helmet slides easily over the forehead, inflate helmet liners or try a smaller helmet
- Ensure a proper fit:
 - Interlock points on top of helmet and press down
 - Player should feel pressure on crown of head, not brow
 - Pressure on brow indicates improper fit
- Front of helmet should be approximately 1" above the eyebrows
- To avoid injury or discomfort, never wear a helmet positioned too high or too low

7. ADJUSTING CHIN STRAP



- To adjust soft or hard cup chin straps:
 - Buckle top and bottom of chin strap into the snags above and below ear holes
 - Cup should be centered and snug over chin
- Adjust chin strap until cup is firmly pressed against chin
- When buckled, helmet should feel comfortable and snug
- Chin straps are available in multiple sizes

VARSITY & YOUTH: Riddell Speedflex™, Speedflex Youth, 360 Youth, Revolution® Speed Classic, Revolution® Speed Youth, Revolution® Speed Youth, Revolution® Speed Youth

HELMET SIZES	Small	Medium	Large	X-Large
HAT SIZE	up to 6 1/2	6 1/2 - 7	7 - 7 1/2	7 1/2 and up
CIRCUMFERENCE	up to 20 3/4"	20 3/4" - 22"	22" - 23 1/2"	23 1/2" and up

YOUTH: Riddell Revolution® Edge, Riddell Revolution® Attack

HELMET SIZES	2X-Small	Small	Medium	Large	X-Large
HAT SIZE	6 1/8 - 6 1/4	6 1/4 - 6 3/4	6 3/4 - 7	7 1/8 - 7 1/4	7 1/4 - 7 1/2
CIRCUMFERENCE	19 1/4" - 19 3/4"	19 3/4" - 20 1/4"	20 1/4" - 21 1/4"	21 1/4" - 22 1/4"	22 1/4" - 23 1/4"

YOUTH: Riddell Revolution® Attack-I

HELMET SIZES	2X-Small	Small	Medium	Large	X-Large
HAT SIZE	6 1/8 - 6 1/4	6 1/4 - 6 3/4	6 3/4 - 7	7 1/8 - 7 1/4	7 1/4 - 7 1/2
CIRCUMFERENCE	19 1/4" - 19 3/4"	19 3/4" - 20 1/4"	20 1/4" - 21 1/4"	21 1/4" - 22 1/4"	22 1/4" - 23 1/4"

For further helmet fitting guidelines, videos and in-depth details go to:

RIDDELL.COM

SHOULDER PAD FITTING GUIDE*



Riddell
HEAD-TO-TOO PERFORMANCE



Official Football Gear
of the
National Football League

1. MEASURE CHEST



- Wrap measuring tape around upper torso
- Record measurements

2. MEASURE SHOULDERS



- Stretch tape over contour of shoulders
- Measure from tip of left humerus to tip of right humerus
- Record measurements

3. SELECT PADS / PUT ON PADS



- Select pads:
- Identify player position and select corresponding Riddell® pad style
 - Use the Riddell® pad chart below to select proper pad size
- Put on pads:
- Bring pads down over head
 - Be careful of eyes and nose

4. SECURE STRAPS



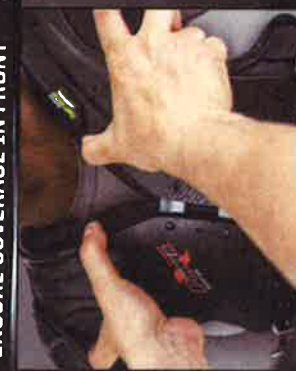
- Buckle belts and connect straps (if applicable)
- Establish tight fit in chest and back area

5. CHECK FOR PROPER FIT



- Ensure there is no pinching in collar

6. ENSURE COVERAGE IN FRONT



- Pads should cover sternum
- Pads should cover front upper shoulders

7. ENSURE COVERAGE IN BACK



- Pads should cover scapula
- Pads should cover thumbhole
- Confirm complete coverage
- Confirm optimal range of motion

FLAT PADS: Professional / College / Varsity

PAD SIZES	Small	Medium	Large	X-Large	2X-Large	3X-Large	4X-Large	5X-Large	6X-Large
SHOULDER WIDTH	17" - 18"	18" - 19"	19" - 20"	20" - 21"	21" - 22"	22" - 23"	23" - 24"	24" - 25"	25" - 26"
CHEST CIRCUMFERENCE	36" - 40"	40" - 44"	44" - 48"	48" - 50"	50" - 52"	52" - 54"	54" - 56"	56" - 58"	58" - 60"

* This is only a guide. Athletes' measurements, shoulder pad sizes, and actual fit may vary.

CANTILEVERED PADS: Professional / College / Varsity

PAD SIZES	Small	Medium	Large	X-Large	2X-Large	3X-Large	4X-Large	5X-Large
SHOULDER WIDTH	16" - 17"	17" - 18"	18" - 19"	19" - 20"	20" - 21"	21" - 22"	22" - 23"	23" - 24"
CHEST CIRCUMFERENCE	36" - 38"	38" - 40"	40" - 42"	42" - 44"	44" - 46"	46" - 48"	48" - 50"	50" - 52"

* This is only a guide. Athletes' measurements, shoulder pad sizes, and actual fit may vary.

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WHAT YOUR COACHES, PLAYERS, AND PARENTS NEED TO KNOW ABOUT:

EQUIPMENT FITTING

- How to properly measure for helmets and shoulder pads
- The important coverage landmarks of the body for helmets and shoulder pads
- How to adjust equipment fit when needed
- Where and how to bring equipment issues to the organization's attention
- Their role in in-season equipment checks and maintenance

NOTES
