

FOOTBALL HELMET

FITTING GUIDE



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

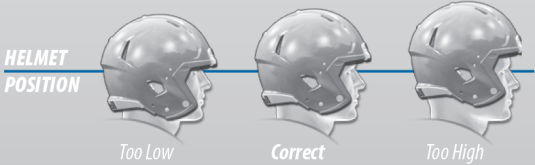


- Putting on helmet:
- Hold helmet with thumbs over bottom of jaw pads
 - Place index fingers into ear holes
 - Pull helmet down into position
- Taking off helmet:
- Unbuckle chin strap from bottom snaps
 - Place index fingers into ear holes
 - Press thumbs into bottom of jaw pads
 - Lift helmet up and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

3. ADJUSTING HELMET HEIGHT



- Adjust inflatable pads using a Riddell inflation bulb and a well-lubricated 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



4. ADJUSTING BACK/SIDE LINER



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

5. ADJUSTING JAW PADS



- Jaw pads should feel firm against the face
- Insert needle into valve at exterior jaw flap
- 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 hands 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 chin straps:
- Buckle top and bottom of chin strap into the snaps 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 & styles

VARSITY & YOUTH: Riddell SpeedFlex™, Speed, 360, Speed Classic, Foundation, SpeedFlex Youth, Speed Youth, 360 Youth, Speed Classic 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 3/8" | 20 3/8" - 22" | 22" - 23 1/2" | 23 1/2" and up |

YOUTH: Riddell Edge, Riddell Victor

| HELMET SIZES | 2X-Small | X-Small | Small | Medium | Large | X-Large |
|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------------------|
| HAT SIZE | 6 1/8 - 6 1/4 | 6 3/8 - 6 1/2 | 6 5/8 - 6 3/4 | 6 7/8 - 7 | 7 1/8 - 7 1/4 | 7 3/8 - 7 1/2 |
| CIRCUMFERENCE | 19 1/4" - 19 5/8" | 20" - 20 3/8" | 20 3/4" - 21 1/4" | 21 5/8" - 22" | 22 3/8" - 22 3/4" | 23 1/8" - 23 1/2" |

YOUTH: Riddell Victor-i

| HELMET SIZES | XXS/XS | SM/MD | LG/XL |
|---------------|-------------------|---------------|-------------------|
| HAT SIZE | 6 1/8 - 6 1/2 | 6 5/8 - 7 | 7 1/8 - 7 1/2 |
| CIRCUMFERENCE | 19 1/4" - 20 3/8" | 20 3/4" - 22" | 22 3/8" - 23 1/2" |

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

RIDDELL.COM

SHOULDER PAD
FITTING GUIDE



Riddell
PROTECT AND PERFORM

USA
FOOTBALL

1. MEASURE CHEST



- Wrap measuring tape around upper torso
- Record measurements

2. MEASURE SHOULDERS



- Stretch tape over contour of shoulders (As shown above)
- 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 elastic 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



- Confirm 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 | 38" - 40" | 42" - 44" | 46" - 48" | 48" - 50" | 50" - 52" | 52" - 54" | 54" - 56" | 56" - 58" | 58" - 60" |

FLAT PADS: Junior Varsity

| PAD SIZES | 2X-Small | X-Small | Small | Medium | Large | X-Large |
|---------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| SHOULDER WIDTH | 13" - 14" | 14" - 15" | 15" - 16" | 16" - 17" | 17" - 18" | 18" - 19" |
| CHEST CIRCUMFERENCE | 30" - 32" | 32" - 44" | 34" - 36" | 36" - 38" | 38" - 40" | 40" - 42" |

FLAT PADS: Youth

| PAD SIZES | X-Small | Small | Medium | Large | X-Large | 2X-Large | 3X-Large |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| SHOULDER WIDTH | 10" - 11" | 11" - 12" | 12" - 13" | 13" - 14" | 14" - 15" | 15" - 16" | 16" - 17" |
| WEIGHT RECOMMENDATION | 40 lbs. | 60 lbs. | 80 lbs. | 100 lbs. | 130 lbs. | 150 lbs. | 170 lbs. |

* These charts are only guides. Athletes' measurements, shoulder pad sizes, and actual fit may vary.

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