

FOOTBALL HELMET FITTING GUIDE



Riddell
PROTECT. PERFORM.

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



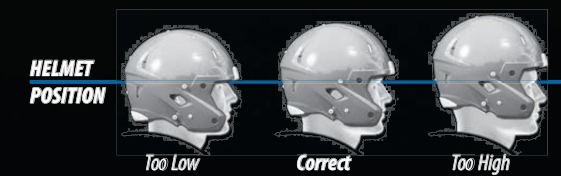
- Putting on helmet:**
- Hold helmet with thumbs over bottom of jaw pads
 - Place index fingers into ear holes
 - Pull helmet down into position
- Taking off helmet:**
- Unbuckle chin strap from bottom snaps
 - Place index fingers into ear holes
 - Press thumbs into bottom of jaw pads
 - Lift helmet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

3. ADJUSTING HELMET HEIGHT



* Use glycerin to lubricate needle

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



4. ADJUSTING BACK/SIDE LINER



WARNING
NO HELMET CAN PREVENT SERIOUS HEAD OR NECK INJURY. A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.
This is a warning of the helmet's limitations. It is not a guarantee of safety. The helmet is designed to provide protection to the head and neck. It does not protect the face, eyes, ears, or other parts of the body.
Contact or friction may result in CONCUSSIONS, BRAIN BLEEDS, which in extreme cases, can result in permanent damage. Signs of concussion or injury include: loss of consciousness or memory, dizziness, headache, nausea or vomiting. If you have symptoms, immediately stop play and report them to your coach or medical personnel. Do not return to play until cleared by a medical professional. Always use proper technique. The warning may lead to another and may result in head injury.

- 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 soft or hard cup 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

VARSITY & YOUTH: 360 Youth, Revolution® Speed, Revolution® Speed Classic, Revolution® IQ, Revolution®, Revolution® Speed Youth, Revolution® 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: Revolution® Edge, Revolution® Attack

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 1/2" - 19 7/8"	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: Revolution® Attack-i

HELMET SIZES	2X - X-Small	Small - Medium	Large - X-Large
HAT SIZE	6 1/8 - 6 1/2	6 3/8 - 7	7 1/8 - 7 1/2
CIRCUMFERENCE	19 1/2" - 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