



FOOTBALL HELMET

FITTING GUIDE

Riddell
PROTECT AND PERFORM



- 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



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



- 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 (see **HELMET POSITION** diagram below for reference)

* Use glycerin to lubricate needle



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

* Use glycerin to lubricate needle



- 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

* Use glycerin to lubricate needle



- 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



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, Speed Icon, Speed Classic Icon, Foundation, SpeedFlex Youth, Speed 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 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"

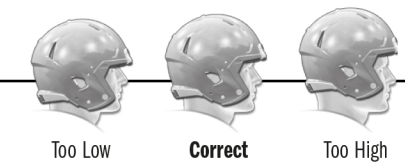
YOUTH: Riddell Victor

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"

*FOR SPEEDFLEX DIAMOND SIZING, VIEW PAGES 25 AND 33 OF THE 2021 RIDDELL CATALOG.

For further helmet fitting guidelines, videos and in-depth details go to: RIDDELL.COM/PROPERFIT

HELMET POSITION



Too Low

Correct

Too High