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:
  - Intertuck 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

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