

# Concussions:

## Football Helmet Fitting Guidelines

### 1. Measure the circumference of the head.

- Select helmet size based off of head size.

### 2. Have athlete put the helmet on.

- Hair should be wet to simulate practice/game conditions.
- Hairstyle should be similar to that worn during the season.

### 3. The helmet should:

- Fit snugly around the athlete's head.
  - Cheek pads should fit snugly against the side of the face.
- Cover the back of the head.
- Ear holes should match the athlete's ears.
- Chin strap should be equal distance from either side.
- Have a facemask secured.
  - The facemask should be 2-3 finger widths from the end of the nose.
- Sit 3/4" (approximately 1 finger width) above the athlete's eyebrows.

### 4. Check for proper fit.

- Interlock hands and press down on the top of the helmet.
  - Pressure should be felt on top of the head.
- Grab facemask and move helmet up and down, and side-to-side.
  - Head should move with the helmet.



# Manufacturer's Size Chart

## Ridell Helmet Size Chart

Helmet Size	Hat Size	Head Circumference
Small	<6.5	<20 3/8"
Medium	6.5 - 7	20 3/8" - 22"
Large	7 - 7.5	22" - 23 1/2"
X-Large	7.5+	23 1/2"+

## Rawlings Helmet Size Chart

Helmet Size	Hat Size	Head Circumference
Small	6 - 6 1/2	19" - 20 3/8"
Medium	6 1/2 - 7	20 3/8" - 22"
Large	7 - 7 1/2	22" - 23 1/2"
X-Large	7 1/2 - 8	23 1/2" - 25 1/8"

## Schutt Vengeance DCT, ION 4D, Youth ION, 4D, AiR XP, AiR XP Elite, Youth AiR XP, XP Hybrid+, DNA Pro+, DNA Pro+ Elite, Youth DNA Pro+, Recruit Hybrid+ Helmet Size Chart

Helmet Size	Hat Size	Head Circumference
Small	6 - 6 1/2	19" - 20 1/2"
Medium	6 1/2 - 7	20 1/2" - 22"
Large	7 - 7 1/2	22" - 23 1/2"
X-Large	7 1/2 - 8	23 1/2" - 25"

## Schutt AiR Standard II Helmet Size Chart

Helmet Size	Hat Size	Head Circumference
X-Small	6 3/8 - 6 5/8	20" - 20 3/4"
Small	6 5/8 - 6 7/8	20 3/4" - 21 1/2"
Medium	6 7/8 - 7 1/8	21 1/2" - 22 1/4"
Large	7 1/8 - 7 1/4	22 1/4" - 23"
X-Large	7 3/8 - 7 1/2	23" - 23 1/2"

## Schutt XP Hybrid, Recruit Hybrid Helmet Size Chart

Helmet Size	Hat Size	Head Circumference
2X-Small	6 - 6 1/4	19" - 19 1/2"
X-Small	6 3/8 - 6 1/2	20" - 20 1/2"
Small	6 5/8 - 6 3/4	20 3/4" - 21 1/4"
Medium	6 7/8 - 7	21 1/2" - 22"
Large	7 1/8 - 7 1/2	22 1/4" - 22 3/4"
X-Large	7 3/8 - 7 1/2	23" - 23 1/2"



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