

SHOULDER PAD FITTING GUIDE



1. MEASURE CHEST

- Wrap measuring tape around upper torso
- Record measurements



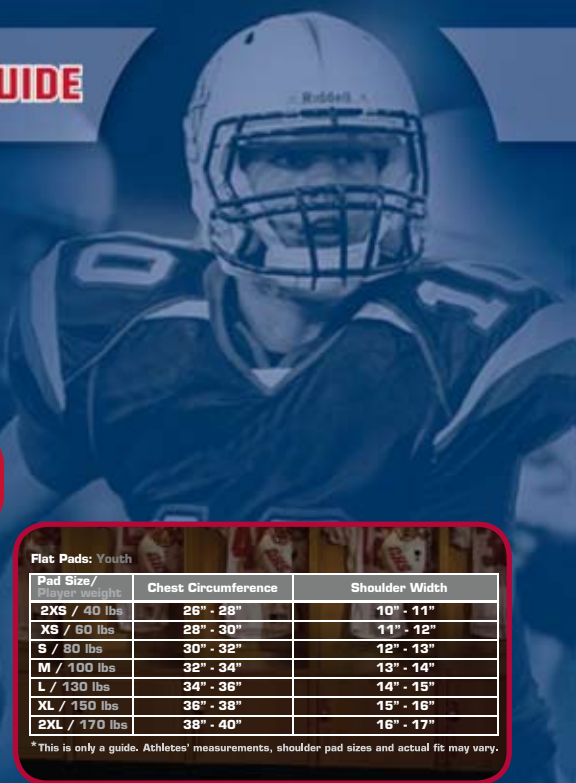
2. MEASURE SHOULDERS

- Stretch tape over contour of shoulders
- Measure from tip of left humerus to tip of right humerus
- Record measurements



4. PUT ON PADS

- Bring pads down over head
- Be careful of eyes and nose



Flat Pads: Youth

Pad Size/ Player Weight	Chest Circumference	Shoulder Width
2XS / 40 lbs	26" - 28"	10" - 11"
XS / 60 lbs	28" - 30"	11" - 12"
S / 80 lbs	30" - 32"	12" - 13"
M / 100 lbs	32" - 34"	13" - 14"
L / 130 lbs	34" - 36"	14" - 15"
XL / 150 lbs	36" - 38"	15" - 16"
2XL / 170 lbs	38" - 40"	16" - 17"

*This is only a guide. Athletes' measurements, shoulder pad sizes and actual fit may vary.

3. SELECT PADS

- Identify player position and select corresponding Riddell® pad style
- Refer to chart above for correct Riddell® pad size
- Select appropriate shoulder pads

Riddell

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or call 1.800.275.5338

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5. SECURE STRAPS & LACES

- Connect front and back of pads
- Buckle belts and connect straps (if applicable)
- Establish tight fit in chest and back area



6. CHECK FOR PROPER FIT

- Ensure there is no pinching in collar
- Foam padding should be above tip of humerus (at least one quarter inch)



8. ENSURE COVERAGE IN BACK

- Pads should cover scapula
- Pads should cover rhomboid



7. ENSURE COVERAGE IN FRONT

- Pads should cover sternum
- Pads should cover front-upper shoulders



9. CONFIRM PROPER FIT

- Confirm complete coverage
- Confirm optimal range of motion