

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.

PROTECT. PERFORM.

SHOULDER PAD FITTING GUIDE



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