

Football Helmet Sizing Chart

Adult			Youth		
Helmet size	Head/Hat size	Head Circumference	Helmet size	Head/Hat size	Head Circumference
Small	6 1/8 - 6 3/4	19 5/8" - 21 1/4"	X-Small	6 3/8 - 6 5/8	20 1/8" - 20 1/2"
Medium	6 1/2 - 7	20 1/8" - 22 3/8"	Small	6 5/8 - 6 7/8	20 5/8" - 21 1/4"
Large	7 - 7 1/2	21 5/8" - 23 1/4"	Medium	6 7/8 - 7 1/8	21 3/8" - 22"
X-Large	7 1/4 - 7 1/2	23 1/2" - 25 1/2"	Large	7 1/8 - 7 3/8	22 1/8" - 22 3/4"
XX-Large	7 1/2 - 7 3/4	24 1/2" - 26 1/2"	X-Large	7 3/8 - 7 1/2	22 7/8" - 23 1/2"

Youth Shoulder Pad Size Chart

Size	Back measurement (inches)	Chest size (inches)	Weight (pounds)
2X small	11 - 12	24 - 26	40 - 60
X small	12 - 13	26 - 28	50 - 70
Small	13 - 14	28 - 30	60 - 80
Medium	14 - 15	30 - 32	70 - 100
Large	15 - 16	32 - 34	90 - 120
X large	16 - 17	34 - 36	110 - 140

Helmet Sizing Tips

- Have someone help measure you with a measuring tape or *head caliper* at 1" above the eyebrows to determine the size of your head
- This then will correspond to the various sizes offered in helmet models
- Helmet manufacturers strongly suggest you maintain a moderate to short hairstyle during the season. Severe changes in hair length often require a new fit.
- Dampen your hair to approximate sweat conditions; towel off excess water
- The front of the helmet should sit 1" above your eyebrow. This is the point at which the head was measured and is the point at which you can encompass the largest percentage of head mass.
- When pressing downward with the fingers interlocked on the top of the helmet, the pressure should be on the **crown of the head** and **not on the brow**
- The chinstrap should be exactly centered and without slack to anchor your helmet properly
- Keeping in mind that not all manufacturers size the same, you can use the chart above to determine your general helmet size