

SHOULDER PAD FITTING GUIDE*



Riddell.
PROTECT. PERFORM.

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

3. SELECT PADS / PUT ON PADS



- Select pads:
- Identify player position and select corresponding Riddell® pad style
 - Use the Riddell® pad chart below to select proper pad size
- Put on pads:
- Bring pads down over head
 - Be careful of eyes and nose

4. SECURE STRAPS/LACES



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

5. CHECK FOR PROPER FIT



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

6. ENSURE COVERAGE IN FRONT



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

7. ENSURE COVERAGE IN BACK



- Pads should cover scapula
- Pads should cover rhomboid
- Confirm complete coverage
- Confirm optimal range of motion

FLAT PADS: Professional / College / Varsity

| PAD SIZES | Small | Medium | Large | X-Large | 2X-Large | 3X-Large | 4X-Large | 5X-Large | 6X-Large |
|---------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| SHOULDER WIDTH | 17" - 18" | 18" - 19" | 19" - 20" | 20" - 21" | 21" - 22" | 22" - 23" | 23" - 24" | 24" - 25" | 25" - 26" |
| CHEST CIRCUMFERENCE | 38" - 40" | 42" - 44" | 46" - 48" | 48" - 50" | 50" - 52" | 52" - 54" | 54" - 56" | 56" - 58" | 58" - 60" |

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

CANTILEVERED PADS: Professional / College / Varsity

| PAD SIZES | Small | Medium | Large | X-Large | 2X-Large | 3X-Large | 4X-Large | 5X-Large |
|---------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| SHOULDER WIDTH | 16" - 17" | 17" - 18" | 18" - 19" | 19" - 20" | 20" - 21" | 21" - 22" | 22" - 23" | 23" - 24" |
| CHEST CIRCUMFERENCE | 36" - 38" | 38" - 40" | 42" - 44" | 46" - 48" | 48" - 50" | 50" - 52" | 52" - 54" | 54" - 56" |

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