

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