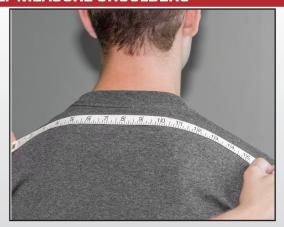


1. MEASURE CHEST



- Wrap measuring tape around upper torso
- · Record measurements

2. MEASURE SHOULDERS



- · Stretch tape over contour of shoulders (As shown above)
- · 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



- · Buckle belts and connect elastic straps (if applicable)
- · Establish tight fit in chest and back area

5. CHECK FOR PROPER FIT



· Ensure there is no pinching in collar

6. ENSURE COVERAGE IN FRONT



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

7. ENSURE COVERAGE IN BACK



- · Confirm coverage
- · Confirm optimal range of motion

ELAT DADC: Professional / College / Varsity

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"	

FLAT PADS: Junior Varsity

	TEAT FADS. Julior varsity										
9	PAD SIZES	2X-Small	X-Small	Small	Medium	Large	X-Large				
37	SHOULDER WIDTH	13" - 14"	14" - 15"	15" - 16"	16" - 17"	17" - 18"	18" - 19"				
"	CHEST CIRCUMFERENCE	30" - 32"	32" - 44"	34" - 36"	36" - 38"	38" - 40"	40" - 42"				

FLAT PADS: Youth

LAT PADS: 100th									
PAD SIZES	X-Small	Small	Medium	Large	X-Large	2X-Large	3X-Large		
SHOULDER WIDTH	10" - 11"	11" - 12"	12" - 13"	13" - 14"	14" - 15"	15" - 16"	16" - 17"		
WEIGHT RECOMMENDATION	40 lbs.	60 lbs.	80 lbs.	100 lbs.	130 lbs.	150 lbs.	170 lbs.		