

Football Helmet Fitting



Helmet Fitting:

- The helmet should cover the base of the skull.
- The athlete's eyebrows should be 1 to 1-1/2 inches below the helmet's edge.
- The back rim of the helmet should not cut into the back of the athlete's neck.
- The helmet's jaw pads should follow the contours of the cheek.
- The faceguard should be about 2 to 2-1/2 finger-widths from the tip of the athlete's nose.
- The chinstrap should fit snugly and be centered on the chin.
- The holes located on each side of the helmet should be centered over the athlete's ears.

Checking Fit:

- Try rotating the helmet from side to side on the head. The skin on the forehead should move with the helmet, but the helmet shouldn't slip.
- Slide the helmet forward and backward to see whether the helmet slides high on the forehead or down over the eyes. If this occurs, the helmet is too big.
- Apply pressure to the top of the helmet to check for any movement. If the helmet shifts a lot, the helmet is too big. If the helmet tends to pop up after you press it down, then it is probably too small.