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
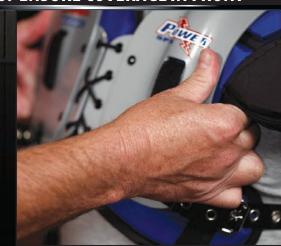
4. SECURE STRAPS / LACES

- 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