

# SHOULDER PAD

## FITTING GUIDE



**Riddell**  
PROTECT AND PERFORM

**USA**  
FOOTBALL

### 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

#### 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

PAD SIZES	2X-Small	X-Small	Small	Medium	Large	X-Large
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

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.

\* These charts are only guides. Athletes' measurements, shoulder pad sizes, and actual fit may vary.

For further helmet fitting guidelines, videos and in-depth details go to: [RIDDELL.COM](http://RIDDELL.COM)