

PROPER FOOTBALL HELMET FITTING INSTRUCTIONS

Check before fitting the helmet to the athlete:

- **Visually inspect each helmet** inside and out for any deformities, cracks, worn parts, etc.
- Helmet and face mask must be stamped or marked as being **NOCSAE approved**.
- Helmet must have a **visible, legible exterior warning label** regarding the possible risk of injury.
- **Follow manufacturers' recommendations regarding the inflation of air pads or bladders.**
- Have each player read the **warning label on the outside of the helmet** and the **tag that was placed inside the helmet. HAVE EACH PLAYER SIGN THE WARNING TAG TO INDICATE HE/SHE HAS READ AND UNDERSTANDS THE INFORMATION.**

Fitting the Helmet:

- Athlete's **hair should be cut to the length it will be worn during the season and should be wet** to mimic sweating that will occur while wearing the helmet.
- Ask the athlete's head size, or **measure the circumference of the athlete's head** approximately 1 inch above the eye brows. **Use the sizing chart** from the manufacturer to determine approximate helmet size.
- **Helmet should fit snugly to all parts of the athlete's head.** There should be no gaps between the helmet and the head.
- **To accommodate for a player's head size or shape,** adjust the amount of air in the helmet liners or change padding inside the helmet.
- **Back of the helmet should cover the base of the skull,** but not extend down far enough to dig into the neck when the head is tilted back.
- **Approximately two finger widths of space (approximately 1 inch) from the front edge of the helmet to the top of the eye brows.**
- **Helmet ear openings should line up with the athlete's ear openings.**
- **Approximately three finger widths of space (approximately 2 inches) between the athlete's nose and the NOCSAE approved face mask.**
- **Jaw pads should fit snugly against the athlete's face.**
- **Chin strap should be centered on the chin** when all 4 straps are fastened and the slack taken out. **Fit the back, or lower, chin strap first. Be sure chin straps are fastened in such a way that they will not "pop off" on impact.**
- When pushing down on the helmet, **pressure should be felt on the top of the head, not the brow area.**
- With the chin strap fastened, **have the athlete "bull" his/her neck.** Slowly pull down and push up on the face mask, twist the helmet from side to side, and push down on the top of the helmet. **A properly fitted helmet will allow very little movement in any direction and the forehead skin and hair should move with the helmet.**