PROPER FOOTBALL HELMET FITTING INSTRUCTIONS

Check before fitting:
· Visually inspect the helmet, inside and out, for any deformities, cracks, worn parts, etc.
· Helmet and facemask 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.
· Read the warning label on the outside of the helmet and the tag placed inside the helmet. ** EACH PLAYER SHOULD SIGN THE WARNING TAG TO INDICATE HE/SHE HAS READ THE INFORMATION.

Fitting the Helmet:
· Player’s hair should be the length it will be worn during the season and should be wet to mimic sweating.

· Ask the player’s cap size, and/or measure the circumference of the player’s head approximately 1 inch above the eyebrows. Use the sizing chart from the manufacturer to determine approximate helmet size.

· Helmet should fit snugly to all parts of the player’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 (chin to the sky).

· Approximately two finger widths of space (approximately 1 inch) from the front edge of the helmet to the top of the eyebrows.

· Helmet ear openings should line up with the player’s ear openings.

· Approximately three finger widths of space (approximately 2 inches) between the player’s nose and the NOCSAE approved facemask.

· Jaw pads should fit snugly against the player’s face.

· Chinstrap should be centered on the chin when all 4 straps are fastened and the slack taken out. Adjust the back, or lower, straps first. Be sure chinstraps are fastened is 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 eyebrow area.

· With the chinstrap fastened, have the player "bull" his/her neck. Slowly pull up and down on the facemask, 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.

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION, 2008