




# HELMET SIZE GUIDE

	<b>Y S/M</b> YOUTH S/M				<b>Y L/XL</b> YOUTH L/XL			<b>M</b> MEDIUM			<b>L</b> LARGE		<b>XL</b> X-LARGE	
<b>HAT SIZE</b>	6	6 <sup>3</sup> / <sub>8</sub>	6 <sup>1</sup> / <sub>2</sub>	6 <sup>5</sup> / <sub>8</sub>	6 <sup>3</sup> / <sub>4</sub>	6 <sup>7</sup> / <sub>8</sub>	7	7 <sup>1</sup> / <sub>8</sub>	7 <sup>1</sup> / <sub>4</sub>	7 <sup>3</sup> / <sub>8</sub>	7 <sup>1</sup> / <sub>2</sub>	7 <sup>5</sup> / <sub>8</sub>	7 <sup>3</sup> / <sub>4</sub>	7 <sup>7</sup> / <sub>8</sub>
<b>INCHES</b>	19	20 <sup>1</sup> / <sub>8</sub>	20 <sup>1</sup> / <sub>2</sub>	20 <sup>7</sup> / <sub>8</sub>	21 <sup>1</sup> / <sub>4</sub>	21 <sup>5</sup> / <sub>8</sub>	22	22 <sup>3</sup> / <sub>8</sub>	22 <sup>3</sup> / <sub>4</sub>	23 <sup>1</sup> / <sub>8</sub>	23 <sup>1</sup> / <sub>2</sub>	23 <sup>7</sup> / <sub>8</sub>	24 <sup>1</sup> / <sub>4</sub>	24 <sup>5</sup> / <sub>8</sub>

# SOFT SHOULDER PAD SIZE GUIDE

T-SHIRT SIZE	SHOULDER PAD SIZE
YOUTH SMALL OR MEDIUM	X-SMALL
YOUTH LARGE, X-LARGE, ADULT SMALL	SMALL
ADULT MEDIUM	MEDIUM
ADULT LARGE	LARGE
ADULT X-LARGE	X-LARGE