

FOOTBALL SHOULDER PADS

Important aspects when looking at purchasing a pair of shoulder pads are the position the wearer plays, properly sizing the pads, other available features such as hookups and breathability all play a role in deciding the right set of shoulder pads.

WHAT SIZE SHOULDER PADS DO I NEED? Refer to the handy info below:



1. Fully extend arms above head. Note any abnormal movements or expressions of pain during this test which could alert you to a potential or existing shoulder problem. If any evidence of pain, a physician must be consulted prior to continuing.
2. Stand erect with arms at sides. Measure across the back from where you can feel the shoulder bone on one side to where the bone ends on the opposite side. Round up to the next half inch and record the dimension. Measurement must be checked at least once a year upon noticeable increase in weight or body size.
3. Once the shoulder measurement has been determined, select the pad correctly sized to the shoulder measurement.
4. Place the shoulder pad on the shoulders and verify that the edge of the strip pad lines up with the measuring point on the shoulder. After verifying edge location, adjust elastic body straps to modest tension so the shoulder pad stays in place during movement.
5. Check to see that the neck opening is not too tight to cause pinching or too loose to expose the clavicle.
6. Check to see that there is adequate coverage of the sternum and pectoral muscles in front.

7. Check to see that the scapula (shoulder blade) is covered by the shoulder pad and not exposed in back. If any doubt or question exists as to proper fitting, the manufacturer or authorized dealer should be consulted prior to any use of the pad.

CHECKING FOR PROPER FITTING SHOULDER PADS BEFORE USING

- Make sure collarbone is adequately covered by top portion of arch area
- Check to be sure neck opening is adequate
- Check to see shoulder joint is covered by top portion of arch area
- Make certain deltoid padding extends to outside edge of shoulder
- Make sure front of shoulder (anterior deltoid) is covered by extension of arch padding
- Be sure pads cannot shift when underarm strap is tightly secured
- No more than a two finger width exists between strap and body when elastic underarm strap is secured
- Check to be sure shoulder blade (scapula) is covered by arch and lateral extension of padding
- Be certain arch padding extends below the shoulder blade (scapula)
- Check to be sure there is enough clearance on either side of the neck roll when players hands are raised normally
- With pad centered and firmly secured be sure there is no excessive room at juncture of sternum and clavicle
- Do a final check with both helmet and jersey on the player
- Properly fit jersey will help hold down shoulder pads in proper position
- This is a generalized set of instructions: different size torsos may require some modification.

Rawlings Youth Football Shoulder Pads Size Chart

The Rawlings Youth Football Shoulder Pads Size Chart shows the sizes for the Rawlings Youth football shoulder pads available at Hit! Run! Score!. The information on this size chart comes from the manufacturer. We are providing this size chart as a means of helping you make the best choice possible when selecting your product.

To measure for shoulder width, stand erect and measure across the back from where you can feel the shoulder bone on one side to where the bone ends on the opposite side. Round up to the next half inch and record dimension. This measurement should be checked annually or upon noticeable increase in weight or body size.

Rawlings Youth Football Shoulder Pads Size Chart			
Size	Shoulder Width	Chest	Weight
3XS	10in. - 11in.	22in. - 24in.	Under 40 lbs.
2XS	11in. - 12in.	24in. - 26in.	40 - 60 lbs.
XS	12in. - 13in.	26in. - 28in.	50 - 70 lbs.
S	13in. - 14in.	28in. - 30in.	60 - 80 lbs.
M	14in. - 15in.	30in. - 32in.	70 - 100 lbs.
L	15in. - 16in.	32in. - 34in.	90 - 120 lbs.
XL	16in. - 17in.	34in. - 36in.	110 - 140 lbs.
2XL	17in. - 18in.	36in. - 38in.	130 - 150 lbs.