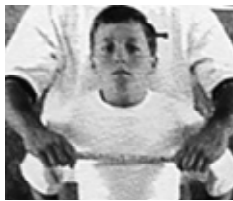


# HOW TO PROPERLY FIT FOOTBALL SHOULDER PADS



**1.** DETERMINE THE CHEST SIZE BY MEASURING THE CHEST CIRCUMFERENCE AROUND THE NIPPLE LINE. OR DETERMINE THE SHOULDER SIZE BY MEASURING THE SHOULDER AC JOINT TO AC JOINT ON THE BACK. SHOULDER MEASUREMENT IS USED AS A GUIDE FOR THE SIZE STATED ON THE FRONT OF THE SHOULDER PAD.



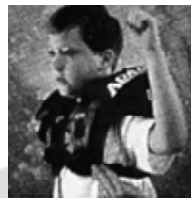
**2.** CHECK TO SEE THAT (A) THE CLAVICLE (COLLARBONE) IS ADEQUATELY COVERED BY THE PADDING AND NOT EXPOSED, AND (B) THE NECK OPENING IS ADEQUATE - NEITHER TOO TIGHT FOR COMFORT NOR TOO LOOSE SO AS TO EXPOSE THE CLAVICLE.



**3.** CHECK TO SEE THAT THE ACREMIOTRACULAR (SHOULDER) JOINT IS ADEQUATELY COVERED BY THE TOP PORTION OF THE ARCH AND DELTOID PADDING, WHICH MUST EXTEND TO THE OUTSIDE EDGE OF THE SHOULDER.



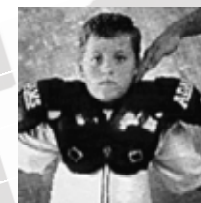
**4.** CHECK TO SEE THAT THE ANTERIOR DELTOID (FRONT OF THE SHOULDER) IS ADEQUATELY COVERED BY THE EXTENSION OF THE ARCH PADDING.



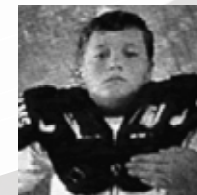
**5.** SECURE ELASTIC UNDERARM STRAP TIGHTLY TO ACHIEVE A PROPER FIT AND TO STABILIZE THE PAD SO IT CANNOT SHIFT, THE STRAPS SHOULD BE SNUG ENOUGH TO ALLOW ONLY A TWO FINGER WIDTH DISTANCE WHEN INSERTED UNDER THE STRAPS. THE STRAP IS NOT TIGHT ENOUGH IF THE HAND CAN SLIDE BENEATH THE PAD STRAP.



**6.** CHECK TO SEE THAT THE SCAPULA (SHOULDER BLADE) IS ADEQUATELY COVERED BY THE ARCH AND LATERAL EXTENSION OF THE PADDING. THE ARCH PADDING SHOULD EXTEND BELOW THE BASE OF THE SCAPULA.



**7.** CHECK TO SEE THAT THERE IS ENOUGH CLEARANCE ON EITHER SIDE OF THE NECK ROLL WHEN HANDS ARE RAISED IN A NORMAL MOVEMENT. IT SHOULD BE NEITHER TOO TIGHT TO COMPROMISE COMFORT, NOR TOO LOOSE TO EXPOSE THE CLAVICLE.



**8.** CHECK TO MAKE SURE THE PAD IS CENTERED ON THE PLAYER, AND FRONT LACES ARE SECURED FIRMLY. CHECK TO SEE THAT THERE IS NOT EXCESSIVE ROOM AT THE JUNCTURE OF THE STERNUM AND CLAVICLE.

If you have questions about the **ADAMS** fitting system or the **ADAMS USA** Shoulder Pad, please call **ADAMS USA** at 1-800-251-6857.

# ADAMS

Cookeville, Tennessee

*USA*

## YOUTH SHOULDER PAD SIZING

		<i>Shoulder</i>	
	<i>Size</i>	<i>Width</i>	<i>Weight</i>
ASP-4060	3-XS	10"-11"	40-60 lbs.
ASP-6080	2-XS	11"-12"	60-80 lbs.
ASP-80100	XS	12"-13"	80-100 lbs.
ASP-100120	S	13"-14"	100-120 lbs.
ASP-120140	M	14"-15"	120-140 lbs.
ASP-140160	L	15"-16"	140-160 lbs.
ASP-160180	XL	16"-17"	160-180 lbs.