GREATER MONCTON FOOTBALL ASSOCIATION

RECOMMENDED PROCEDURE FOR FOOTBALL SHOULDER PAD FITTING SESSIONS

The GMFA has a responsibility to ensure the safety of their players. That begins with making sure their equipment fits properly before they even set foot on the field. Every player is someone's child. These steps are to be followed when fitting pads:

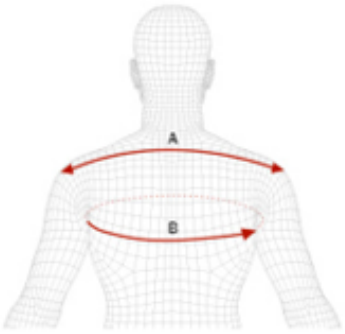
HOW TO CHOOSE YOUR SHOULDER PAD SIZE

MEASURE YOUR SHOULDERS AND TORSO

A) stretch the measuring tape over contour of shoulders. Measure from the tip of the left humerus to tip of the right humerus. Record the measurement.

B) Wrap a measuring tape around the upper torso and record the measurement.

Identify the player position and select the corresponding pad style. Used the size chart to select the proper pad size.



SIZE CHART

SIZE	SHOULDER	CHEST
S	17"-18" / 43.1-45.7cm	38"-40" / 96.5-101.6cm
M	18"-19" / 45.7-48.3cm	42"-44" / 106.6-111.8cm
L	19"-20" / 48.3-50.8cm	46"-48" / 116.8-121.9cm
XL	20"-21" / 50.8-53.3cm	48"-50" / 121.9-127.0cm
2XL	21"-22" / 53.3-55.9cm	50"-52" / 127.0-132.1cm

Shoulder width defined as the difference between the tips of the humerus bones.
Due to varying body shapes, sizes are only RECOMMENDATIONS.

- Measure the shoulders of the athlete and pick the corresponding size of shoulder pad.
- Slide the pads over the athlete's head, being careful of the eyes and nose.
- Tighten all straps. These should feel snug and secure but should not be painful in any area.

MAIN STEPS FOR FITTING FOOTBALL SHOULDER PADS:



1	Hinge of shoulder caps should align with the AC joint	2	Front arch should fully cover the sternum and front of the shoulders	3	Rear arch should fully cover the scapula without limiting range of motion in the arms