

## FITTING INSTRUCTIONS and HELMET CARE

Please read carefully before using helmet



### REVOLUTION IQ™ Varsity Football Helmet

Patent Numbers: D465,067 D475,486 D492,818 D528,705 ,6,934,971 7,036,151 7,146,652 and 7,240,376 Other patents pending

**WARNING: NO HELMET CAN PREVENT THE SERIOUS HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.**

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent. Contact in football may result in CONCUSSION-BRAIN INJURY which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop playing and report them to your coach, trainer and parents. Do not return to a game or practice until all symptoms are gone and you have received medical clearance. Ignoring this warning may lead to another and more serious or fatal brain injury.

Maintenance of correct fitting is essential to the use of all protective equipment. Football helmets must be fitted and properly maintained if they are to serve the player.

**Riddell**  
669 Sugar Lane, Elyria, OH 44035  
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## Inspect Helmet Before Each Use

- ✓ Check for proper fit
- ✓ Check for damage to liner and shell
- ✓ Check for loose hardware
- ✓ Check for damage to face mask

**NEVER** wear a damaged helmet.  
Chin straps must be buckled at all times during play.

### 1. CHECKING HEAD SIZE

- Wrap a cloth measuring tape around the circumference of head
- Measure with tape approximately 1" above the eyebrows
- Record measurement
- Use Riddell's Circumference Guide to select helmet size
- Player measurements and helmet sizes will differ



SIZES	HAT SIZE	CIRCUMFERENCE
Small	up to 6 1/2"	up to 20 3/8"
Medium	6 1/2" - 7"	20 3/8" - 22"
Large	7" - 7 1/2"	22" - 23 1/2"
X-Large	7 1/2" and up	23 1/2" and up

*If measurement falls between helmet sizes, choose the smaller size*

### 2. PUTTING ON HELMET

- Ensure helmet is the correct size
- Hold helmet with thumbs over bottom of Z-PADS
- Place index fingers into ear holes
- Pull helmet down into position



### 3. ADJUSTING HELMET HEIGHT

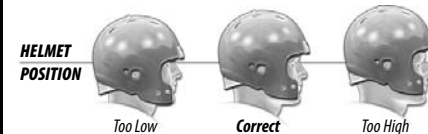
- Inflate Crown Pad with:
  - Riddell inflation bulb
  - Well-lubricated Riddell inflation needle
- \*The Riddell inflation needle is 5/8 of-an-inch long and won't puncture liners if used properly*
- Use glycerin to lubricate inflation needle
  - Do not use petroleum-based lubricants or saliva as they can weaken valve material
- Apply glycerin to the inflation needle
  - Use Riddell's specially tipped glycerin bottle



- Gently remove valve cap from top of exterior shell
- Insert Riddell inflation needle



- Pump Riddell inflation bulb to achieve proper fit
- Remove Riddell inflation needle and replace valve cap
- Front of helmet should be approximately 1" above the player's eyebrows



### 4. ADJUSTING TruCurve BACK PAD

- Gently remove valve cap from rear of exterior shell
- Adjust TruCurve Back Pad at rear inflation point
- Inflate for snug, comfortable fit front-to-back and side-to-side
- Secure valve with exterior valve cap

### 5. ADJUSTING Z-PADS (FACE PADS)

- Inflatable and non-inflatable Z-PADS should feel firm against the face
- If non-inflatable Z-PADS feel loose, change to a thicker size
- If non-inflatable Z-PADS feel tight, change to a thinner size
- Inflate Z-PADS with a Riddell inflation bulb and a well-lubricated Riddell inflation needle
- Put on helmet
- Gently remove valve cap from exterior jaw flap
- Insert needle into valve at exterior jaw flap



- Inflate Z-PAD
- Secure valve with exterior valve cap
- Front of helmet should be approximately 1" above the player's eyebrows

### 6. CHECKING FOR PROPER FIT

- The skin of the forehead should move with the front pad
- There should be no room for twisting



- Inflate helmet liners if helmet slides easily over the forehead or try a smaller helmet

## CHECKING FOR PROPER FIT (continued)

- Front of helmet should be approximately **1" above the player's eyebrows**
- To avoid injury and discomfort, never wear a helmet positioned too low or too high
- Ensure a proper fit:
  - Interlock hands on top of helmet and press down
  - Player should feel pressure on crown of head, not brow
  - Pressure on brow indicates improper fit



## 7. ADJUSTING CHIN STRAP

- Revolution IQ helmet includes:
  - Soft or hard cup chin strap with Mid-High hookup
- Buckle top of chin strap into the snaps above ear holes
  - Bring chin strap underneath face mask
- Buckle bottom of chin strap into snaps below ear holes
  - Cup should be centered and snug over chin
  - Adjust chin strap until cup is firmly pressed against chin
- When buckled, helmet should feel comfortable and snug
- Chin straps are available in multiple sizes

## 8. TAKING OFF HELMET

- Unbuckle chin strap from bottom snaps
- Place an index finger into left and right ear holes
- Press thumbs into bottom of Z-PADS
- Lift helmet up and off the head



## CLEANING and POLISHING HELMETS

- Use Riddell helmet cleaner or wax
  - Available for regular maintenance
  - Catalog #27503 Helmet Care Kit
  - Read instructions carefully
  - Keep away from children
  - Commercial cleaners and polishes may damage the helmet shell or liner

## PAINTING REVOLUTION IQ HELMETS

- Use only Riddell paint systems
  - Commercial paints may damage varsity helmet's "Kra-Lite II" polycarbonate alloyed polymer material and youth helmet's ABS plastic
  - Failure to comply will destroy the shell's integrity and void warranty

## SERVICE INSTRUCTIONS

If the air cells do not inflate, examine for the following conditions:

- 1) The valve is missing:  
*Merely replace it with a new valve. This is done by lubricating the new valve with water and inserting it into the retainer with the inflation needle. Push new valve cap into place.*
- 2) The valve is defective:  
*Remove the rubber valve with needle nose pliers or Riddell T-nut Extractor Tool (part #27514) and pull straight out. Replace with new valve and new valve cap.*
- 3) The cell is defective:  
*Refer to the instructions below to remove and replace inflatable liners and pads.*

## REMOVING/REPLACING PADS

### REMOVING Z-PADS (FACE PADS)

- Gently dislodge shell plugs or valve retainers near the ear holes
- Slide fingers between Face pad and interior shell, locate shell plugs
- Ease plugs from interior shell
- Pull pad away from Velcro
  - Be careful to not rip the pad material

### REPLACING Z-PADS (FACE PADS)

- Press shell plugs or valve retainers into holes near ear holes
- Connect pad to Velcro on interior shell
- Connect the Z-PAD sling to the side liner

## REMOVING/REPLACING PADS (continued)

### REMOVING the TruCurve BACK PAD

- Gently remove valve cap from rear of exterior shell
- Slide the Riddell nameplate from rear of helmet
- Invert helmet and gently wedge fingers under Tru Curve Back pad
- Place fingers around circular valve retainer
- Ease valve from interior shell
- Pull liner from helmet

### REPLACING the TruCurve BACK PAD

- Slide the Riddell nameplate over bottom-rear of helmet
- Locate valve through the hole in rear of exterior shell
- Center valve and press it into the hole
- Secure valve with exterior valve cap

### REMOVING the CROWN PAD

- Gently remove valve cap from top of exterior shell
- Invert helmet and gently wedge fingers between Crown pad and interior shell
- Ease the valve from interior shell
- Ease shell plug from interior shell
- Pull Crown pad from helmet

### REPLACING the CROWN PAD

- Invert helmet
- Press the shell plug into top of interior shell
- Locate valve through the second hole in the top of exterior shell
- Center valve and press it into the hole until flush with exterior shell
- Secure valve with exterior valve cap

### REMOVING the FRONT PAD

- Grip Front pad from its top or sides
- Gently pull Front pad from Velcro fastener
  - If necessary, pull ends of Side pads away from interior shell
- If Front Pad is inside a pocket:
  - Pull pocket away from Velcro fastener
  - Slide Front Pad out of pocket

### REPLACING the FRONT PAD

- Connect Front Pad to Velcro on interior shell
- Press pad into place
  - If necessary, pull ends of Side pads away from interior shell
  - Ensure Front pad fits snug between ends of Side liner
- If Front pad goes inside a pocket:
  - Slide Front pad into pocket
- Attach pocket to Velcro fastener

## HELMET WARRANTIES

The warranty on helmet shells is five (5) years for polycarbonate varsity helmets and three (3) years for ABS youth helmets, provided there has been normal use and proper maintenance. It is recommended that your helmet be reconditioned every year by a Riddell Factory Authorized Reconditioner. Proper maintenance requires reconditioning of your helmet at least every two (2) years by a NOCSAE Licensed Reconditioner using only new factory replacement liners in the reconditioning process. Evidence of any of the following conditions will operate to void this warranty:

- 1) Failure to have the helmet reconditioned at least every two (2) years by a NOCSAE Licensed Reconditioner.
- 2) Installation of used parts instead of new parts whenever a liner replacement is necessary.
- 3) Where shells have been damaged by a chemical reaction from the use of incompatible materials such as:
  - a. Attachment of a guard, face mask or component of another manufacturer or mismatched material.
  - b. Use of cleaners, waxes or paints of another manufacturer or failure to follow recommended cleaning and painting instructions.
- 4) Excessive drilling of holes or drilling of any new holes less than 1/2" from each other or the edge of the shell.
- 5) Abusive treatments or any use other than the playing of American football.
- 6) Removal of, or obliteration of, the Warranty label, date code or warning labels. Varsity and youth football helmet component parts are warranted to be free of defects in material and workmanship for a period of one (1) year provided there has been normal use and proper maintenance.

This warranty is in lieu of all other warranties, expressed or implied, whether Statutory or otherwise, including any implied warranties of merchantability or fitness for any particular purpose.

Manufacturer shall not be liable for any consequential damages resulting from the use of its products.

Products covered by these warranties should be returned to the manufacturer, along with evidence of the date of purchase.

## WARNINGS

- 1) Helmet must be properly fitted. See instructions.
- 2) Do not modify, change or alter helmet in any way.
- 3) Do not remove labels on helmet. See terms of limited warranty.
- 4) Helmet protection will be reduced seriously by some applied common substances without damage being visible to the user. It is recommended that user employ only factory authorized paints, cleaners, waxes, adhesives, guards and attachments as instructed.

# Riddell

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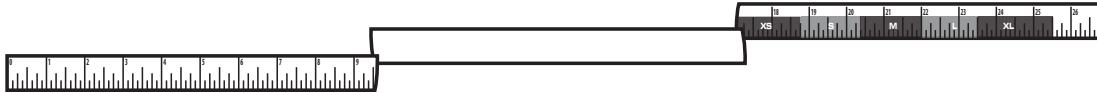
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# Helmet Measuring Tape

Print Out Version

## Instructions

1. Cut along the **bolded** lines.
2. You should now have your home-made Riddell helmet tape measure. If you stretch it out, it should look like this:



3. **TO FIND HELMET SIZE:** Keep tape measure level while measuring. Place tape around widest part of sweatband level just about one inch above ears. Line the starting point of the measure up with the opposite end to find your helmet size. Make sure the measuring tape is snug, not tight.

**\*NOTE:** Due to varying head shapes, these sizes are only **RECOMMENDATIONS**. For precision fitting please contact your local Riddell sales representative at 800-275-5338.

### AIR FITTED SIZE OPTIONS

Size	Hat Size	Head Circumference
XS	Up to 6	Up to 18 <sup>3</sup> / <sub>8</sub> "
S	6 – 6 ½	18 <sup>3</sup> / <sub>4</sub> " – 20 <sup>3</sup> / <sub>8</sub> "
M	6 ½ – 7	20 <sup>3</sup> / <sub>8</sub> " – 22"
L	7 – 7 ½	22" – 23 ½"
XL	7 ½ and up	23 ½" and up

### FITTED SIZE OPTIONS

Size	Hat Size	Head Circumference
2XS	Up to 6 <sup>3</sup> / <sub>8</sub> "	Up to 20"
XS	6 <sup>3</sup> / <sub>8</sub> " – 6 ½"	20" – 20 <sup>3</sup> / <sub>8</sub> "
S	6 <sup>5</sup> / <sub>8</sub> " – 6 3/4	20 <sup>3</sup> / <sub>4</sub> " – 21 ¼"
M	6 <sup>7</sup> / <sub>8</sub> " – 7	21 <sup>5</sup> / <sub>8</sub> " – 22"
L	7 <sup>1</sup> / <sub>8</sub> " – 7 ¼	22 <sup>3</sup> / <sub>8</sub> " – 22 ¾"
XL	7 <sup>3</sup> / <sub>8</sub> " – 7 ½	23 <sup>1</sup> / <sub>8</sub> " – 23 ½"

**Air Fitted Helmets:** The Riddell 360, Revolution® Speed, Revolution® Speed Classic, Revolution® Speed with HITS™, Revolution IQ™, Revolution IQ™ with HITS™ and Revolution®, Revolution® Speed Youth, Revolution® Youth, Revolution IQ™ Youth and Revolution® Little Pro helmets.



AIR FITTED	1	2	3	4	5	6	7	8	9
	17	16	15	14	13	12	11	10	11
	18	19	20	21	22	23	24	25	26
<b>XS</b>		<b>S</b>		<b>M</b>		<b>L</b>		<b>XL</b>	

**Fitted Helmets:** The Revolution Edge Youth and Attack Youth helmets.



FITTED	1	2	3	4	5	6	7	8	9
	17	16	15	14	13	12	11	10	11
	18	19	20	21	22	23	24	25	26
<b>XS</b>			<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>		<b>XL</b>	

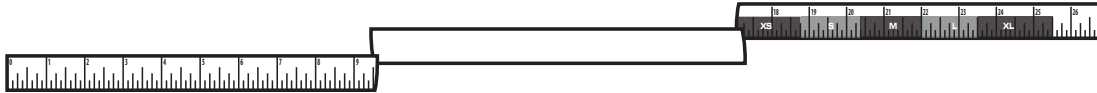
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PROTECT. PERFORM.

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### AIR FITTED SIZE OPTIONS

Size	Hat Size	Head Circumference
XS	Up to 6	Up to 18 <sup>3</sup> / <sub>8</sub> "
S	6 - 6 1/2	18 <sup>3</sup> / <sub>8</sub> " - 20 <sup>3</sup> / <sub>8</sub> "
M	6 1/2 - 7	20 <sup>3</sup> / <sub>8</sub> " - 22"
L	7 - 7 1/2	22" - 23 1/2"
XL	7 1/2 and up	23 1/2" and up

### FITTED SIZE OPTIONS

Size	Hat Size	Head Circumference
2XS	Up to 6 <sup>3</sup> / <sub>8</sub> "	Up to 20"
XS	6 <sup>3</sup> / <sub>8</sub> " - 6 1/2"	20" - 20 <sup>3</sup> / <sub>8</sub> "
S	6 <sup>5</sup> / <sub>8</sub> " - 6 3/4	20 <sup>3</sup> / <sub>8</sub> " - 21 1/4"
M	6 <sup>7</sup> / <sub>8</sub> " - 7	21 <sup>5</sup> / <sub>8</sub> " - 22"
L	7 <sup>1</sup> / <sub>8</sub> " - 7 1/4	22 <sup>3</sup> / <sub>8</sub> " - 22 3/4"
XL	7 <sup>3</sup> / <sub>8</sub> " - 7 1/2	23 <sup>1</sup> / <sub>8</sub> " - 23 1/2"

**Air Fitted Helmets:** The Riddell 360, Revolution® Speed, Revolution® Speed Classic, Revolution® Speed with HITS™, Revolution IQ™, Revolution IQ™ with HITS™ and Revolution®, Revolution® Speed Youth, Revolution® Youth, Revolution IQ™ Youth and Revolution® helmets.



AIR FITTED	1	2	3	4	5	6	7	8	9
	17	16	15	14	13	12	11	10	11
	18	19	20	21	22	23	24	25	26
<b>XS</b>		<b>S</b>		<b>M</b>		<b>L</b>		<b>XL</b>	

**Fitted Helmets:** The Revolution Edge Youth and Attack Youth helmets.



FITTED	1	2	3	4	5	6	7	8	9
	17	16	15	14	13	12	11	10	11
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<b>XS</b>			<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>		<b>XL</b>	