

YOUTH FOOTBALL EQUIPMENT

- **General Info:**
 - Leagues provides some of the highest quality protective equipment available for youth.
 - There is a significant expense involved in acquiring and maintaining this equipment, most exceeding \$300 to outfit each player.
 - All Parents and Players are responsible for their equipment.
 - Please assist your player in caring for their equipment, to include normal cleaning and adjustments.

YOUTH FOOTBALL EQUIPMENT

- **Personal Equipment:** The following personal equipment is required:
 - Athletic Supporter (Cup)
 - Mouth Guard w/Molded Strap (Not Clear/White)
 - Cleats (Studs have no Metal and Less than ½” Length)
 - 7 Piece Pad Set and Girdle (Hip, Tail, Knee, Thigh)
 - Water Bottle
- **Extra Equipment:** The following extra equipment is highly recommended, but not necessary, ask coach:
 - Arm Pads \$8-10
 - Cushioned (Hard Cup) Chin Strap \$5-9
 - Football (Youth/200/1000Y) \$15-17
 - Gloves \$15-35 (NFHS Approved Tag/Label)
 - Neck Collars (McDavid Cowboy Youth) \$39-59
 - Rib Pads \$19-39
 - Wrist Band (Black Nike FA0010) \$8
 - Extra Belt/Pants/Pad Set (Ease Laundry) \$10-25

YOUTH FOOTBALL EQUIPMENT

- **Helmet Types:**

- Generally 2-Types, High-Point and Low-Point.
- Some may have snaps for both types of hookups (shown) below.
- High-Point usually offers a more stable hookup.
- Tighten all screws weekly, inspect helmet regularly.
- DO NOT USE A REGULAR SIZE NEEDLE ON A RIDDELL AIR HELMET, IT WILL PUNCTURE IT!!!

HIGH-POINT



LOW-POINT



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- **Helmets:**

-They typically from the factory or rework facility with all the screws loose. They also require regular inspection and typically a weekly tightening of the all screws, this can be done with a typical #2 phillips or flathead screwdriver (not while worn).

-Typically allow the coaches to adjust the air bladders, most carry an air pump in their pocket (1st week) or bag. The Riddell Revolution is very expensive and can be damaged easily if the wrong size needle is used to adjust the air bladders. A normal size basketball needle is too long and will puncture a hole in the air bladders, this type requires a special short needle. Unlike Schutt helmets, the versions with the color coded size air bladders (blue, red, green) can typically be adjusted with a normal sized needle. If unsure, please ask...

SCREWS



YOUTH FOOTBALL EQUIPMENT

- **Chin Strap Types:**

- If available on the helmet, use the high point snaps, typically requires a longer strap.

- Linemen and QB's (Limited Contact) typically use Low-Points.

LOW-POINT (SHORTER)



**HIGH-POINT (LONGER)
RECOMMENDED**



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- **Chin Strap Types:**

- Soft - no padding, offers a good snug hook-up and good ventilation.
- Hard - a hard outer shell, usually with a thick foam padding, good for a player with a recessed/small chin, not usually good ventilation, may not give a snug hook-up.



YOUTH FOOTBALL EQUIPMENT

- **Chin Strap Sizes:**
 - Always purchase a youth size (small chin cup area), typically most stores sell out of them and only have the adult in-stock.
 - The adult sizes tend to cover the mouth slightly and simply do not provide a snug hook-up.

ADULT (LARGER CUP AREA)

**YOUTH (SMALLER CUP AREA)
RECOMMENDED**

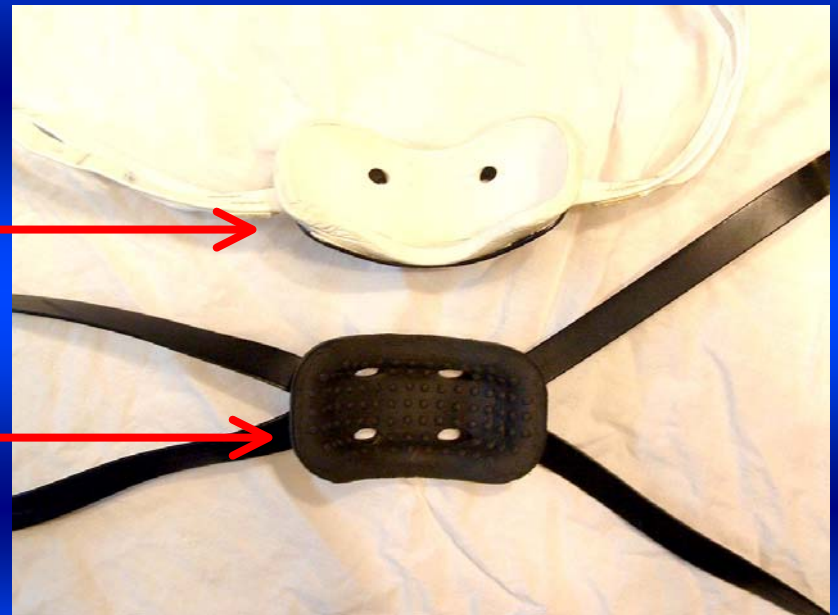


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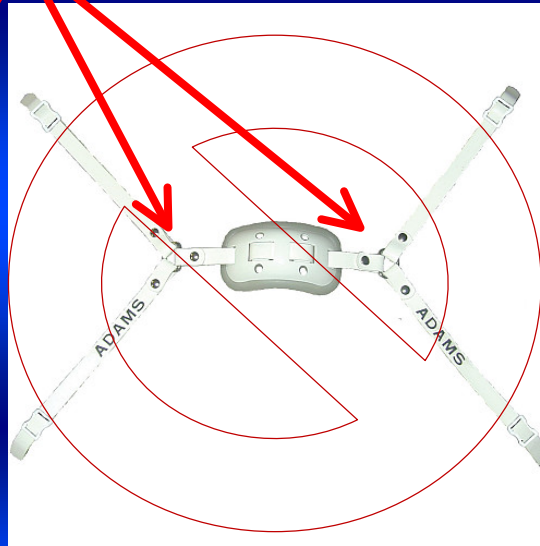
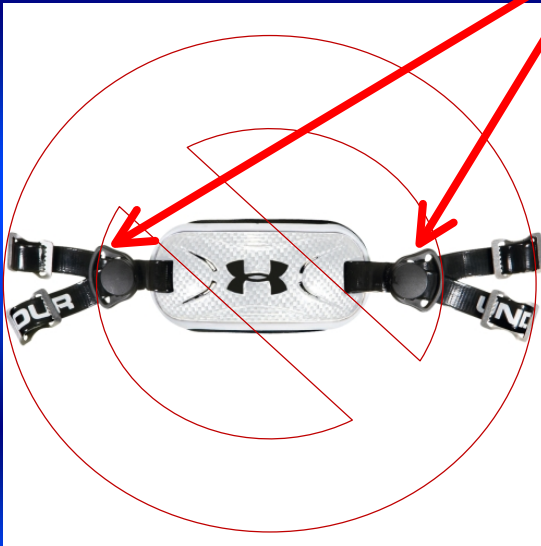
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- **Chin Straps:**

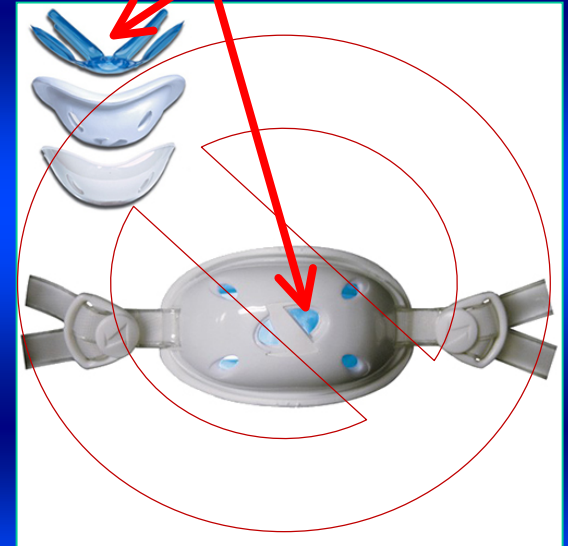
- Stay away from Buckle/D-Ring types with youth players, they typically ride or interfere with the helmet.

- Gel type also cause issues with Youth, slip when wet with sweat, poor ventilation, cause rashes.

BUCKLES/RINGS



GEL



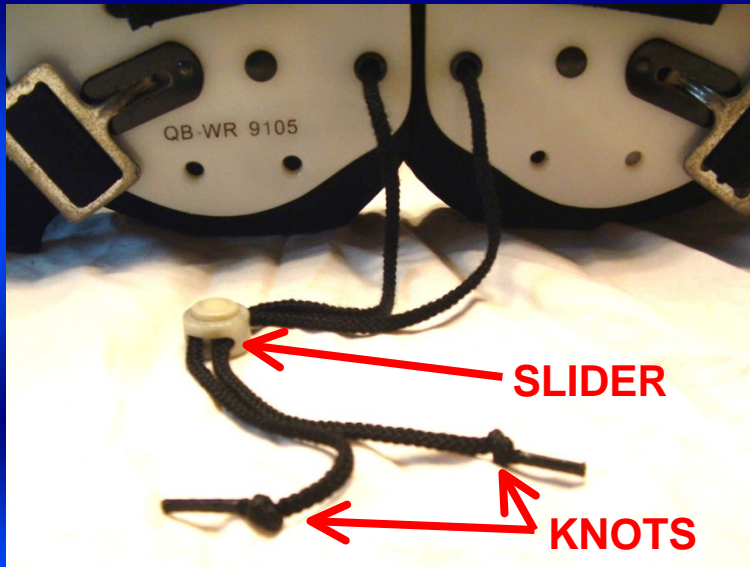
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- **Chin Strap Covers:**
 - Chin Covers slide over the Chin area of the strap and typically don't actually help, usually they keep the chin wet, creating slippage and rashes.



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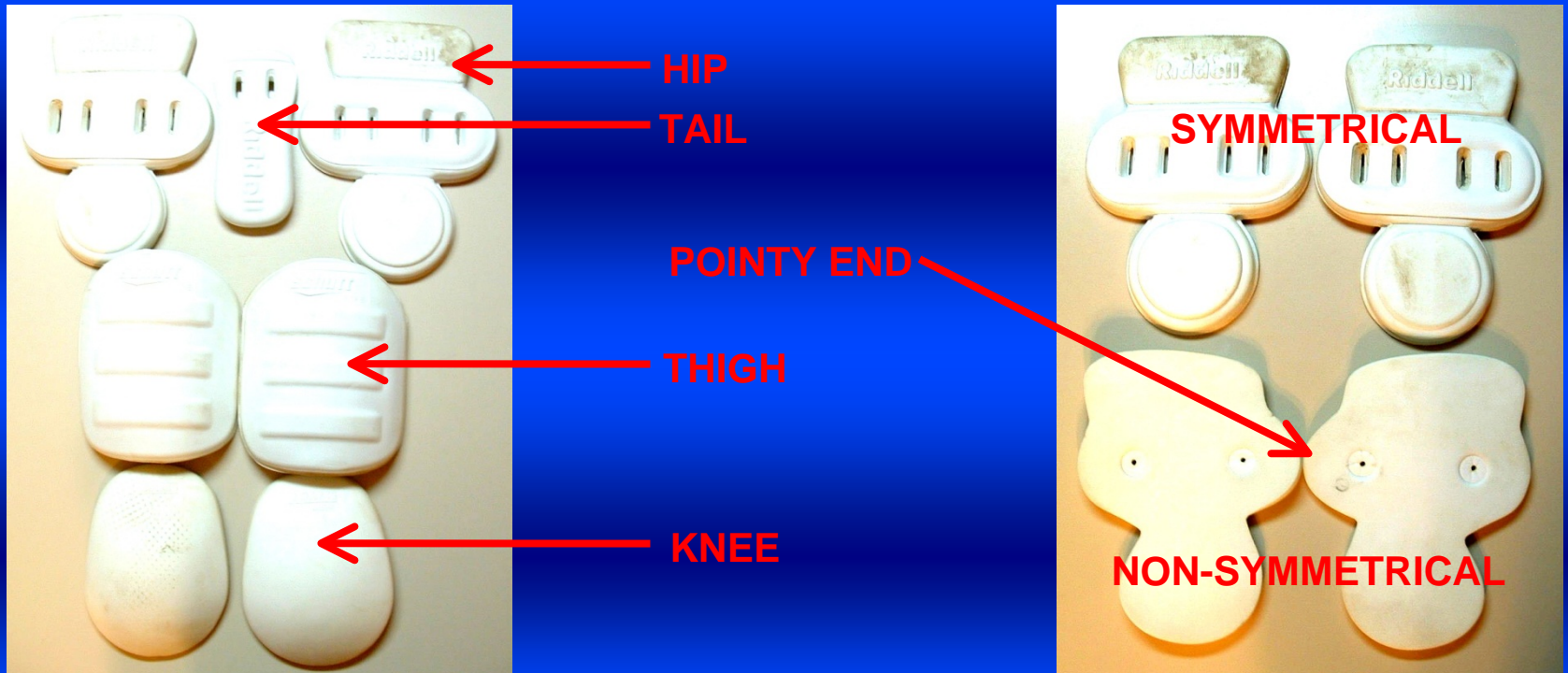
- **Shoulder Pads:** Some tips to set them up to last the season:
 - Slider/Clasp allows quick release for pads without tying lace, tie knots at the end of each lace, these keep the slider from falling off. Some use a push button, others a pull tab.
 - Athletic tape wrapped on the front two straps maintains a snug fit for the entire season and keeps clips from falling off, leave about 1.5-2" of strap exposed on the front. Leave the back straps untapped, this allows for rapid tightening of the pads by allowing a coach/player to reach up the back of the players jersey to grab the straps and tighten them by pulling down on both.



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- 7 Piece Pad Set:

- More and more leagues are looking at these personal gear, thus the player may need to purchase their own. Can usually get a set for less than \$8-15. A set contains 2-Hip, 1-Tail, 2-Thigh, and 2-Knee pads. May need to also purchase a Girdle for the Hip/Tail Pads.
- Hip pads may be symmetrical or non-symmetrical, if they are not, the pointy part should point to the crotch area for more comfort, the others can be worn in either location.



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- **Neck Collar:**

- Most youth players do not benefit much from these products, their necks are typically too short, thus creating other problems and bad habits.
- McDavid does offer a very good product for youth, always make sure you purchase the youth size. They are far superior to the old style white neck rolls from the 70's-80's. They do carry a cost, about \$39-59. With the right player, it's a fine product, don't just buy it to have it, ask for your coaches opinion for your player.



YOUTH FOOTBALL EQUIPMENT

- **Visors:**

- They must be clear, no tinting or mirroring allowed for youth players.
- Another great product when used for its intent. They do carry a cost, about \$39-59. With the right player, it's a fine product, don't just buy it to have it, ask for your coaches opinion for your player.
- Typically bad for nasty weather, rain, mud, hot & steamy; causes more problems at times.
- Refs will typically inspect each on to insure it is properly installed and meets the guidelines, most fail and the player is scrambling to remove it to play.

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- Cleat Types:



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- **Jersey/Pants:**

- Special care should be taken when drying Game Jerseys and Game Pants. Game Jersey markings/lettering will be damaged if placed in the high heat of a dryer. Game Pants will also shrink when placed in a dryer.
- Air-drying is highly recommended for Game Jerseys and Game Pants. Best way to clean shoulder pads and helmets is to simply soak them down with a light detergent and heavily rinse them, consider even soaking for a few minutes in the shower/tub, then simply set the shoulder pads outside on the top of a chair back and the helmet in the seat in the sun or blow dry them with a fan.
- You can dry most football gear in just a few hours with a large fan, heat is typically not good for any. Muddy cleats, glove and other items, are best if immediately cleaned/dried just as the shoulder pads, but add a spin cycle to them prior to the fan, face the bottoms of the cleats toward the center of the washer and spin them with no water cycling, this will suck the excess water right out of them in about a minute, the fan will finish the job in a few hours. As long as air is moving over the gear, it will typically dry in a few hours.

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- **Gloves:**
 - Must bear the NFHS stamp/tag, usually near wristband

- **Footballs:**
 - Youth Size, Nike 1000Y (HJK Varsity)
 - Pressure and ways to help QB, typically 6-7 lbs, not the recommend 11-15 lbs (too hard)