



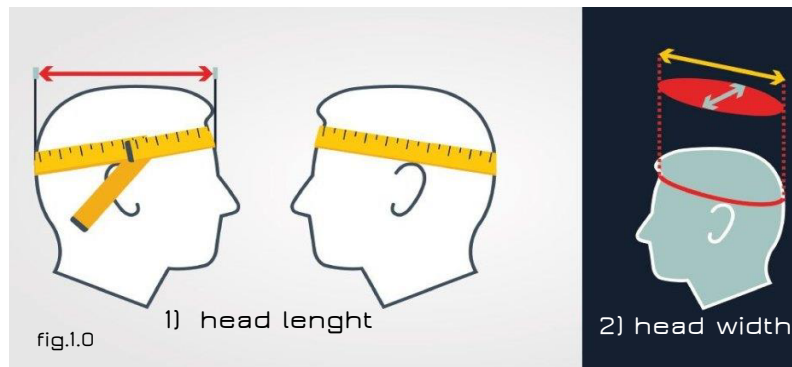
HEAD MEASUREMENT FORM

Contact/ Personal Information

Name	Date	Height	c.m. in.
E-mail	Telephone	Weight	kilo. lbs.

STEP 1 - HEAD MEASUREMENTS

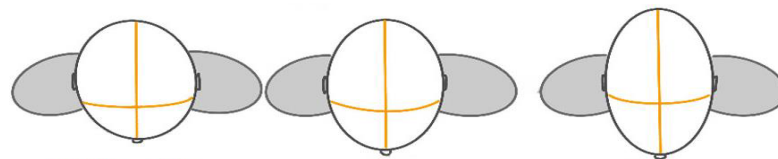
Wrap a cloth measuring tape around your head just above your eyebrows and ears. Pull the tape comfortably snug, read the length, repeat for good measure and use the largest measurement. (fig 1.0)



- 1 Take the head length
(front to back)
- 2 Take the head width
(side to side)
- 3 Take the total all
around head length
(circumference)

STEP 2 - HEAD SHAPE AND SIZING

Determine your head shape (fig. 2.0)



ROUND OVAL
Not quite a basketball, but close. The front to back measurement (Length) for your head is almost equal to your ear to ear (Width) measurement

INTERMEDIATE OVAL
Similar to the shape of an egg, the front to back measurement (Length) of your head is slightly longer than your ear to ear (Width) measurement

LONG OVAL
Toss up between a football and a watermelon, a Long Oval head shape is considerably longer front to back (Length) than the ear to ear (Width) measurement.

fig. 2.0

STEP 3 - CHECK YOUR HELMET SIZE

Inches	cm	Hat Size
21 1/4	54	6 3/4
21 5/8	54.9	6 7/8
22	55.9	7
22 3/8	56.8	7 1/8
22 3/4a	57.8	7 1/4
23 1/8	58.7	7 3/8
23 7/8	60.6	7 5/8
24 1/4	61.6	7 3/4
23 3/4	62.9	7 5/8

Conversion table

ADULT	HELMETS
XS - S	52.0 - 55.0 CM
M - L	56.0 - 59.0 CM
XL - XXL	60.0 - 63.0 CM