

## **NYO Football Equipment**

### **Equipment provided by Parents:** (Not applicable to Flag football)

Players must wear: molded rubber cleats, a high quality helmet, mouth piece, shoulder pads, mesh practice jersey and white football pants with leg & hip pads. Arm pads, hand pads, towels and eye shields are optional. If worn eye shields must be clear and towels must be small and white. Supplementary head gear provided by companies such as Guardian and Protech may be worn in practice and games. NYO has an "Equipment Day" at which quality equipment can be purchased and fitted. The date for the function this season will be appear in the "Dates" section of the Football section of NYO's website. Dick's Sporting Goods offers a discount to NYO families for purchases on dates to be announced. Parents should purchase equipment only from sources that can properly fit equipment on players. This is particularly important for helmets and shoulder pads.

### **Equipment provided by NYO or Team:** (Not applicable to Flag football)

NYO provides jerseys; all other equipment is provided by the player. Teams are not allowed to purchaser their own game jerseys. Most teams have their players wear these jerseys at practices as well as the games. Coaches should distribute a jersey to each player at the beginning of the season and, once games start players are prohibited from rotating jerseys during the season. Due to the similarity in jersey colors between teams the league may periodically issue generic game jerseys to provide more color contrast. NYO will issue to each team two balls and a kicking tee.

**Uniform Limitations** - NYO limits supplemental uniform items regardless of whether the items are paid for by coaches or parents. Therefore, each team is allowed, but not required, to supplement the NYO supplied jersey with only the four items noted below. No additional uniform related items will be permitted:

1. Helmet painting & decals – Helmets may NOT be dissembled during the painting process
2. Socks – Matching socks
3. Scrimmage vests / jerseys – generic, sleeveless pullovers to be worn over jerseys for distinguishing offensive and defensive teams during practices and scrimmages OR generic unmarked mesh jerseys with a cost not to exceed \$10.
4. Game pants – Teams may decide to purchase pants of an alternate color.

Helmet decor – Helmets may be decorated with paint and/or decals. Options for painting helmets include: Maaco, and Andy Anglin at 404-957-8964. Maaco has several locations: Buford Hwy near Pleasantdale I-85 exit, and one inside 285 on Buford Hwy and near Atlanta RD. Maaco usually charges \$20 per helmet with a minimum of 12 - 15 helmets. Andy Anglin also has done helmets for NYO as well. He will pick up and deliver but charges about \$35 per helmet. His contact information is 404-957-8964. Team mothers will hopefully assist with this process. A couple of suppliers for providing helmet decals are Decals4Pros at 888-776-3322 and [www.footballamerica.com](http://www.footballamerica.com) and [www.ProHelmetDecals.com](http://www.ProHelmetDecals.com). Sources for helmet decals is Bryan Wikse, 410-997-2658 ext. 103, [bryanw@boltathletics.com](mailto:bryanw@boltathletics.com), [www.boltathletics.com](http://www.boltathletics.com) and separately [www.Awarddecals.com](http://www.Awarddecals.com).

**HELMETS CANNOT BE DISSAMBLED DURING THE PAINT PROCESS!** – Nothing inside the helmet should ever be removed:

- For traditional helmets the face mask can be removed during the paint process
- For helmets which have faces masks integrated with the interior of the helmet the face mask should not be removed. For these helmets the faces mask should be taped while being painted.

### **Footballs:**

Two balls and a kicking tee are provided to each head coach at the beginning of the season. Most coaches find it is helpful to get a couple more balls for use during the season. In terms of the size of the balls used during NYO games, the flag and 3<sup>rd</sup> grade leagues use a "PeeWee" size ball. The 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> grade leagues use a "Junior" sized ball. During games it is permissible for teams to alternate either rubber or leather balls while they are on offense provided they are the correct size.

## Helmet Selection, Mouth Pieces and Helmet Fitting - Properly selected and properly fitted equipment reduces the risk of concussions

### 1. General comments about how helmets:

- a) Players should use only high quality modern helmets. Be aware of the VA TECH University study ranking the safety of alternative helmets: <http://www.sbes.vt.edu/helmet.php>.
- b) Improperly fitted helmets contribute to the risk of concussions.
- c) Helmets should be tight but not painful to the athlete.
- d) The helmet should always move with the head, not independently.
- e) Maintenance of the helmet throughout the season is important. Hair cuts can influence the fit of a helmet. Most helmets are adjustable both through a selection of padding and air bladder pressure. Parents should be educated to check the condition of both regularly.
- f) Before each use, helmets should be inspected for defects. This is particularly true after helmets are disassembled for painting.

### 2. Helmet Selection

- a) Modern helmets are considered to be far superior to those of the past. Parents should seek modern high quality helmets sold by stores which have knowledgeable staff who can assure proper fitting.
- b) Virginia Tech University has completed a study concerning the ability of various helmets to cushion blows to the head. The results resulted in a ranking of helmets ranging from one to five stars, with five stars being the safest. Results of that study are available at: <http://www.sbes.vt.edu/helmet.php>.
- c) USA Football offers information about helmets at: <http://usafootball.com/health-safety/equipment-fitting>.

### 3. Mouth Pieces:

- a) Use of mouth guards tends to reduce concussions
- b) Mouth pieces should extend over molar teeth. So, periodically evaluate & replace mouth pieces that have been chewed off.

### 4. Helmet Fitting – Properly fitted helmets reduce the risk of concussions and other head injuries

- a) **Crown pressure:** Pull helmet straight down on athlete's head. You are looking for the pressure to be evenly distributed on the top of the head and the helmet should not come down on the nose.
- b) **Lateral grip:** Place your hands on each side of the helmet and ask the athlete to hold the head still. Gently force the helmet from side to side. What you are looking for here is the helmet padding to grip the head and not slide across the face. Facial skin should bunch up.
- c) **Vertical grip:** Again, place your hands on each side of the helmet and ask the athlete to hold the head still. Gently roll the helmet backward and forward. The skin on the forehead should move with the helmet and with enough force it will eventually slip a little, but it should catch on the eyebrow without coming down on the nose.
- d) When the helmet fits snugly, ask the athlete if it is causing any pain. If the answer is no, then you have a good fit. If the answer is yes, then you should go up to the next size. Do not ask if the helmet is tight because it is supposed to be tight.
- e) Be sure to explain to the athlete what you are doing through each step and why. This educates the athlete to quicker troubleshoot any problems that may occur with the helmet.
- f) The helmet should be 1" to 1 ½" above the eye brows and fit snugly around circumference of the head.
- g) Jaw pads should be touching the jaw and not the ears. Youth players have thinner faces than high school or college players and as a result must wear relatively wider jaw pads to prevent the helmet from moving laterally on the head.
- h) The rear padding should be infirm but with comfortable contact with the head.
- i) Reference the USA Football app or website for additional information about helmet fitting.

### **Chinstrap**

- The chinstrap simply keeps the helmet on the head while playing; it is not a means to adjust the fit of the helmet.
- With the cup centered on the chin, the front or high should first be adjusted and buckled followed by the rear or low hook straps. There should be equal tension on all the straps.
- The upper snaps go under the face mask and never are unbuckled; the athlete will unbuckle only the lower snaps on the chin strap.
- The cup of the chin strap should be centered and should firmly against the chin

### **Ear / Jaw Pads**

- Youth players have thinner faces than high school or college players and as a result must wear relatively wider jaw pads to prevent the helmet from moving laterally on the head.

### **Maintenance**

- Inspect helmets before each use to insure they remain properly fitted and in good condition.
- Recheck the air-bladder suspension and helmet fit following the above guidelines.
- Fill the air bladder only while the helmet is in place on the athlete's head.
- Cool weather is one of several factors that can cause a helmet's air bladder to deflate.
- Facemasks may be bent with contact. Replace as needed.
- Check helmet shell for cracks and helmet hardware for rust. Replace screws as needed to insure the facemask can be removed easily in an emergency.

### **Putting on the Helmet**

- The athlete should hold the helmet over the head with thumbs under the base of the helmet while squeezing the ear pads. Index fingers should go through the ear holes.
- The helmet should be pulled outward while pulling the helmet down over the head. If necessary the ear / jaw pads can be removed and snapped back in after the helmet is on the head.
- Place front pad on forehead and roll the helmet back over & down on the head.

### **Taking off the Helmet**

- Unbuckle only the lower chin straps (upper straps are not to be unbuckled)
- Thumbs should go under the base of the helmet & squeeze the ear pads. The squeezing motion creates clearance between the jaw / ear pads and the athlete's ears.
- Index fingers should go through the ear holes.
- The helmet should be pulled outward while pulling the helmet off the head. If necessary the ear / jaw pads can be removed and snapped back in after the helmet is on the head.