STEEL CITY FOOTBALL

UNIFORM

HEADWEAR

Players are not permitted to wear bandanas, stockings, or other unapproved headwear anywhere on the field during the pregame, game, or post-game periods, even if such items are under their helmet.

CHECK THE FIT of your helmets before EVERY game and practice.

HEIGHT: Edge of the helmet should be 1" above eyebrows

CHECK FOR MOVEMENT: Up & down and side to side

CHECK FOR WARNING LABEL

Remember that our helmets must carry a special warning label. If your helmet does not have this label, please see your equipment manager. Do NOT remove existing labels under any circumstances.

CHIN STRAP

All points of the chin strap (white only) fastened and facemask attached.

PAD COVERING

Jersey must cover all pads and other protective equipment worn on the torso and upper arms

JERSEY

The Jersey must remain tucked into the uniform pants throughout the game.

PANTS

Pants must be worn over the entire knee area.

SOCKS

The exterior stocking must be a one-piece unit solid white from the top of the shoe to the midpoint of the lower leg, with approved team color or colors from that midpoint to the top of the stocking.

2018 HELMET LABORATORY TESTING PERFORMANCE RESULTS

The NFL, in collaboration with the NFLPA, through their respective appointed biomechanical experts, coordinated extensive laboratory research to evaluate which helmets best reduce head impact severity. The results of those tests, which are supported by on-field performance, are set forth on this poster.

The helmet models are listed in order of their performance in the laboratory testing, with a shorter bar representing better performance. The rankings are based exclusively on the ability of the helmet to reduce head impact severity measures in laboratory testing. Issues with helmet fit, retention, and long-term durability are not addressed in these rankings. The top-performing group consists of helmets whose performance was not statistically different from the two top-ranked helmets. The information presented here is based solely upon the results of this research and the expert opinions of the scientists involved.

The laboratory test conditions were intended to represent potentially concussive head impacts in the NFL. The results of this study should not be extrapolated to collegiate, high school, or youth football.

No helmet system can completely protect against serious brain and/or neck injuries a player might sustain while participating in football.

BETTER LABORATORY PERFORMANCE

TOP-PERFORMING GROUP

- VICIS ZERO1 (2018)[1]
- VICIS ZERO1 (2017)
- Riddell Speedflex Precision (R41156)[2]
- Schutt Air XP Pro VTD II (789902)
- Schutt Air XP Pro VTD (789901)
- Xenith Epic+ (EPIC+)
- Schutt F7 (208000)
- Xenith X2E+ (X2E+)
- Xenith Epic (EPIC)
- Riddell Speed (R41190)
- Schutt DNA Pro+ (202201)
- Schutt Vengeance DCT (204001)
- Xenith X2E (X2E)
- Riddell Speed Icon (R41197)
- Riddell Foundation/Revolution Speed Classic (R41179)
- Schutt Vengeance VTD (204800)
- Riddell Speed Classic Icon (R41198)
- Riddell SpeedFlex (R41195)
- Schutt Vengeance Z10 (204101)
- Schutt Vengeance VTD II (204801)
- Schutt Air XP Pro Q10 (789900)
- Schutt Vengeance Pro (204301)
- Riddell Revolution (R41139)
- Schutt Vengeance Pro (204300)

PROHIBITED HELMETS[3]

- SG Varsity
- Rawlings Quantum
- Schutt Vengeance Z10 (204100)
- Rawlings Impulse +
- Rawlings Tachyon
- Schutt Air XP Pro (789102)
- Riddell VSR-4 (R41133)
- SG 2.0
- Rawlings Impulse
- Schutt Air XP (789002)

[1] New models not previously worn by NFL players.

[2] Results shown are for the Speedflex Precision with interior padding customized for the testing headform. Actual performance and ranking may vary since these helmets are customized for each player's head shape.

[3] These helmets have been prohibited for new players and players who did not wear them during the 2017 NFL season. Rawlings helmets are not supported by an active manufacturer and are prohibited for all players.

2018 CLEAT PATTERN LABORATORY TESTING PERFORMANCE RESULTS FROM SYNTHETIC TURF

The NFL Musculoskeletal Committee has coordinated extensive research on athletic shoe safety and performance. The committee has developed laboratory tests that evaluate which cleats best permit release from synthetic turf during potentially injurious loading. The results of those tests are set forth on this poster.

A subset of cleat patterns from current manufacturers available to NFL players are listed in order based on their performance in the laboratory testing. The performance of each cleat pattern is illustrated on the bar graph, with a longer bar representating better performance. The rankings are based exclusively on the ability of the cleat pattern to allow release from a synthetic surface in laboratory testing. Issues with shoe fit, shoe structure, and long-term durability are not addressed in these rankings. The information presented here is based solely upon the results of this research and the expert opinions of the scientists involved.

The laboratory test conditions were intended to represent potentially injurious lower extremity loading in the NFL. The results of this study should not be extrapolated to collegiate, high school, or youth football.

These summaries are provided for your reference and convenience. They do not replace the actual policies, which can be found in your League Policies for Players Handbook or other official sources.

BETTER LABORATORY PERFORMANCE

- Under Armour Nitro Wide
- Under Armour Nitro
- Adidas Turf Hog
- Under Armour Charged
- Adidas Torsion
- Under Armour Spine
- Adidas Fly Wide
- Adidas Razorframe Wide
- Nike Vapor Wide
- Adidas Sprintframe 2.0
- Nike Vapor Jet
- Nike Shark Wide
- Adidas Razorframe
- Nike Menace Wide
- Nike Vapor
- UA Highlight 2
- Nike Menace
- UA Spotlight 2
- Nike Savage

No shoe or cleat pattern can completely protect against lower extremity injuries a player might sustain while participating in football.

REVISED 7/11/2018