



Youth Football Helmet Ratings

A total of 17 youth football helmets have been rated using the STAR evaluation system. Our impact tests evaluate a helmet's ability to reduce linear and rotational acceleration of the head resulting from a range of head impacts that youth football players might see on the field. Our lab tests are based on data we collected directly from 10 to 14 year old youth football players that wore helmets equipped with sensors.

Helmets with more stars provide a reduction in concussion risk for these impacts compared to helmets with less stars. While there are some differences in impact performance within groups, other factors such as cost, fit, and comfort should be considered when purchasing a helmet.

- ★★★★★ : Best Available
- ★★★★☆ : Very Good
- ★★★☆☆ : Good
- ★★☆☆☆ : Adequate
- ★☆☆☆☆ : Marginal
- ☆☆☆☆☆ : Not Recommended

*Any player in any sport can sustain a head injury with even the very best head protection. This analysis is based on data trends and probabilities, and therefore a specific person's risk may vary. This variation is likely dominated by genetic differences, health history, and impact factors such as muscle activation.

Notes

A **lower score** offers **better protection**.

Cost shown is what **we paid** for the helmet at the time of testing.

Weight includes the helmet shell and facemask tested. We chose the **lightest standard facemask** for each helmet.

<https://www.helmet.beam.vt.edu/youth-football-helmet-ratings.html>

Since 2011, Virginia Tech researchers have been providing unbiased helmet ratings that allow consumers to make informed decisions when purchasing helmets. The helmet ratings are the culmination of over 10 years of research on head impacts in sports and identify which helmets best reduce concussion risk. This work is done as part of Virginia Tech's service mission and is 100% independent of any funding or influence from helmet manufacturers.



VICIS Zero1 Youth

Cost: \$495.00

★★★★★

Weight: 4.0 lb
Score: 0.69



Xenith Youth X2E+

Cost: \$199.00

★★★★★

Weight: 3.9 lb
Score: 2.11



Schutt Youth F7

Cost: \$569.95

★★★★★

Weight: 4.2 lb
Score: 2.35



Xenith Youth Epic+

Cost: \$284.00

★★★★★

Weight: 4.1 lb
Score: 3.13



Schutt Youth Vengeance A3+

Cost: \$139.95

★★★★★

Weight: 3.9 lb
Score: 3.40



Riddell Youth SpeedFlex

Cost: \$324.99

★★★★★

Weight: 4.0 lb
Score: 3.98



Schutt Youth Vengeance A3

Cost: \$109.95

★★★★★

Weight: 4.0 lb
Score: 4.37



Schutt Youth Recruit R3+

Cost: \$149.95

★★★★☆

Weight: 3.9 lb
Score: 5.32



Schutt Youth Recruit Hybrid

Cost: \$94.95

★★★★☆

Weight: 3.5 lb
Score: 6.10



Schutt Youth Vengeance Pro

Cost: \$199.95

★★★★☆

Weight: 3.8 lb
Score: 6.24



Riddell Youth Victor-i

Cost: \$124.99

★★★★☆

Weight: 3.4 lb
Score: 6.65



Schutt Youth Air Standard V

Cost: \$89.99

★★★★☆

Weight: 3.0 lb
Score: 7.21



Riddell Youth Victor

Cost: \$109.99

★★★★☆

Weight: 3.4 lb
Score: 7.84



Riddell Youth Speed 2019

Cost: \$199.99

★★★★☆

Weight: 4.0 lb
Score: 9.14



Riddell Youth Speed Classic

Cost: \$169.99



Weight: 4.0 lb
Score: 10.50



Riddell Youth Speed 2017

Cost: \$149.00



Weight: 4.0 lb
Score: 11.79



Schutt Youth Vengeance Z10

Cost: \$299.95



Weight: 3.4 lb
Score: 13.17