

# **JAYS HELMET SIZING**

## Adult

SIZE	CENTIMETRE	INCHES
X Small	53-54	21.0 - 21.5
Small	55-56	21.5 - 22.0
Medium	57-58	22.5 - 23.0
Large	59-60	23.0 - 23.5
X Large	61-62	24.0 - 24.5
XX Large	63-64	24.5 - 25.0
XXX Large	65-66	25.5 - 26.0

## Youth

SIZE	CENTIMETRE	INCHES
Youth Small	47-48	18.5 - 19.0
Youth Medium	49-50	19.0 - 19.5
Youth Large	51-52	20.0 - 20.5
Youth X Large	53-54	21.0 - 21.5