

How to Fit Your Mask

Sizing for fencing masks are based on your vertical head circumference.

Measure your head by taking a tape measure, holding it underneath your chin, from under your jaw, up past your ear, past the top of your head, down past your other ear, and back down to the bottom of your chin (from where you started).



Under 21.5"	22-23"	24-25"	26-28"	30" and up
X-Small	Small	Medium	Large	X-Large

How to Adjust Your Mask

A mask may fit the vertical circumference of your head, but may not fit in other areas. Masks can be adjusted to fit your individual head.

When you first receive the mask, the “tongue” of the mask may be completely straight. It may look like this:



Adjusting the tongue of the mask

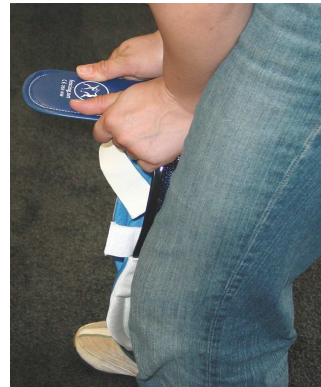
Prior to fencing, the tongue must be bent down to a comfortable position. The exact position of the tongue varies from person to person. Use the following technique to bend the tongue to your liking:

- 1) Place the mask between your knees, with the tongue facing outwards and the bib pointed at the floor. Place both palms on the top of the tongue with your thumbs pointed outward.

Step 1 – Front view



Step 1 – Side view

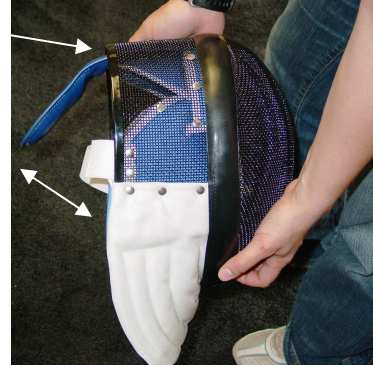


- 2) While keeping pressure on the mask with your knees (so the mask doesn't slip out), bend the tongue downwards from the edge of the wire mesh. Stop at approximately a 45° angle.

Step 2 – Front View



Step 2 & 3 – Side view



- 3) ***The bend of the tongue should be made at the edge of the wire mesh.*** Note the below INCORRECT examples:

Tongue bent at rivet



Tongue bent too short



Adjusting the width of the mask

The mask may fit your head from top to bottom, but it may be too wide (i.e. too much space on the sides).

With the mesh facing up, place the mask under your dominant arm in a "headlock" position. Squeeze gently by bringing your dominant arm closer to your body. Check fit and continue to adjust as needed.

