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## Football Helmet Rating System Created

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A few months ago I reported on [the illusion of football helmet safety](#). Now a new helmet safety rating system has been created:

<http://www.sciencedaily.com/releases/2011/05/110510031311.htm>

*"The testing data showed that the overall best helmet currently available to the public is **the Riddell Revolution Speed, which earned the only "5-star" rating.***

*The next category includes five very good performing helmets that were all given a "4-star" rating: Schutt ION 4D, Schutt DNA Pro+, Xenith X1, Riddell Revolution, and Riddell Revolution IQ."*

*The results clearly show that **the newer technologies across all manufacturers are significantly better at reducing the risk of concussions compared to the older models,**"*

## Worrying Increase in Youth Football Injuries

As an appropriate follow-up, the helmet safety rating system seems to be in need as youth football injuries continue to increase:

<http://www.sciencedaily.com/releases/2011/04/110412065807.htm>

*"...an estimated **5.25 million football-related injuries** among children and adolescents between 6 and 17 years of age were treated in U.S. emergency departments between 1990 and 2007.*

*The annual number of **football-related injuries increased 27 percent during the 18-year study period, jumping from 274,094 in 1990 to 346,772 in 2007.**"*

The study, [published in the journal \*Clinical Pediatrics\*](#), found the following breakdown of specific injuries:

- Sprains and strains (31%)
- Fracture/dislocations (28%)
- Soft tissue injuries (24%)

Perhaps even more alarming were that **concussions accounted for 8,631 injuries each year.**

Hope that helps. Best of luck.

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