THE NFL, IN COLLABORATION WITH THE NFLPA, THROUGH THEIR RESPECTIVE APPOINTED BIOMECHANICAL EXPERTS, ANNUALLY COORDINATE 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, 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. Performance variation related to helmet fit, retention, temperature-dependence, and long-term durability are not addressed in these rankings.

All helmets in green are recommended for use by NFL players. Based on a statistical grouping analysis, helmets in the Top-Performing group have been further distinguished into two green categories. The darker green group represents those that performed similarly to this year’s top-ranked helmets, while the light green group performed similarly to the lowest ranked dark green helmet. Helmets with poorer laboratory performance were placed in the yellow or prohibited groups. Yellow and newly prohibited red helmets are not permitted for new players and players who did not wear them during the 2022 NFL season. Newly prohibited helmets will be prohibited for all players in 2024.

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.

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