Bike Helmet Size Chart

Last checked: November 3, 2026

Chart page (the live, interactive version):
https://findsportsusa.com/tools/bike-helmet-size-chart/

A starting point, check fit and your league rules. These are makers' and leagues' published guidance, not measurements of your child.

Bike helmet size by head circumference

Helmet sizes are by head measurement, not by age. Neither maker ties a size to an age, so use the tape, not the birthday. Bell lists inches; the finder converts to cm.

Giro

Size	Range
Youth XS	45 to 51 cm
Youth S	49 to 55 cm
Universal Child	47 to 54 cm
Universal Youth	50 to 57 cm
Adult S	51 to 55 cm
Adult M	55 to 59 cm
Adult L	59 to 63 cm
Adult XL	63 to 65 cm
Universal Adult	54 to 61 cm

Source: Giro: Size charts (bike helmets). Checked November 3, 2026.

Bell

Size	Range
Universal Toddler	17 3/4 to 20 1/2 in
Universal Child	18 7/8 to 21 5/8 in
Universal Youth	20 1/8 to 22 7/8 in
Youth XS	19 1/4 to 20 7/8 in
Youth S	20 1/8 to 21 5/8 in
Adult XS	20 7/8 to 21 1/4 in
Adult S	21 1/4 to 22 in
Adult M	22 to 22 7/8 in
Adult L	22 7/8 to 23 5/8 in
Adult XL	23 5/8 to 24 3/8 in

Source: Bell Helmets: Size charts (general youth and adult bike). Checked November 3, 2026.

A helmet should fit now. Buy the size that fits today, not one to grow into. Giro says the helmet should fit with a little room when the fit system is loose, and sit low enough to protect the forehead without blocking vision. Replace a bike helmet after a crash, and follow the maker's instructions.

Sources

Giro: Size charts (bike helmets)
https://www.giro.com/size-chart.html
Used for: Bike helmet sizes by head circumference; how to measure. Checked November 3, 2026.

Bell Helmets: Size charts (general youth and adult bike)
https://www.bellhelmets.com/size-chart.html
Used for: Bike helmet sizes by head circumference; how to measure. Checked November 3, 2026.

CPSC: Bicycle helmets business guidance
https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Bicycle-Helmets
Used for: The federal bicycle helmet requirements (16 CFR Part 1203). Checked November 3, 2026.

Rules and charts change, so check the source pages and your league before you buy.