



## Women's Lacrosse Headgear FAQs

### Points of Emphasis

- The new ASTM standard F3137 is a performance standard, not a design standard.
- Headgear products will be designed by manufacturers to conform to the standard.
- Product designs will likely vary from one manufacturer to another.
- Products will be required to provide full coverage of the head.
- Products must be worn with required ASTM women's lacrosse eyewear.
- Use of the headgear is optional.
- Any headgear used after January 1, 2017 must meet the standard.
- There will be marking on both the packaging and product that states that the headgear conforms to ASTM standard F3137.

### Will the new headgear prevent concussions?

The headgear standard is tested to decrease ball and stick-to-head force. Similar to other sports, no data exists showing that headgear or helmets of any type prevent concussions.

### What does the standard mean?

The ASTM standard is the first-ever performance standard for women's lacrosse headgear, developed to help reduce impact forces associated with stick and ball contact in women's lacrosse.

### Is the use of this headgear required?

No. Headgear will be optional in the US Lacrosse rulebook published by the NFHS.

### When will this headgear be available?

Manufacturers have indicated that they will have headgear products that meet the standard on the market in time for the start of the 2017 season. Based on that feedback, all headgear used on the field of play after January 1, 2017 **must** meet the ASTM standard. It is possible that some manufacturers will have products available earlier.

### What does this mean for the 2016 season?

During the 2016 season, both current soft headgear allowable under the rules and any headgear that meets the ASTM standard will be legal for play. US Lacrosse encourages parents/program administrators and athletic directors to contact the manufacturer of gear already purchased for information on compliance to the new standard.



**Will the new headgear be soft?**

ASTM standard F3137 is not a soft headgear standard. The standard itself makes no mention of soft. It is based on a performance standard. However, the testing protocol does require that the product meet a certain flexibility to insure that players who are wearing the product do not injure those who are not.

**How much will the new headgear products cost?**

Products will vary in cost and look. US Lacrosse does not have further details at this point on the cost and look of the headgear. Please contact manufacturers for more information.

**What will the headgear look like?**

The ASTM performance standard requires the headgear to fully cover the head, thus precluding the head band type of products currently used by some players. Some headgear may have integrated eyewear; any headgear used must be worn with required eyewear. The standard has two options, allowing manufacturers to make their headgear with the eyewear implemented or a product that is compatible with various eyewear products currently on the market.

***For further inquiries, please contact US Lacrosse:***

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