

Proposed Standard For Womens Lacrosse Soft Head Gear

US Youth Sports

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- 1 Womens lacrosse soft head gear shall be constructed of foam with no hard materials used in it's construction.
- 2 The interior and exterior foam surfaces shall be of the same material. This prevents a player wearing soft head gear from having an unfair advantage over a player not wearing head gear. The perceived impact shall be the same for either player.
- 3 Interior fitting pads shall be of non energy absorbing material no thicker than 1/8".
- 4 Chin straps shall be attached to the head gear using hook and loop style fasteners only. No plastic or metal buckles or snaps.
- 5 No protrusions on the interior or exterior larger than 1/8".
- 6 No provisions for mounting a face guard.
- 7 The foam used in the construction of the soft head gear shall be no thicker than 0.75"
- 8 The soft head gear shall weigh no more than 1.25 pounds.
- 9 The soft head gear must have a SI of <1000 from a 50j impact test (pending review of testing, subject to lowering of SI and raising KE) using standard NOCSAE impact testing procedures. This equates to a 60mph lacrosse ball impact.
- 10 The soft head gear shall provide entire coverage of the head band, crown, temple, ears, and occipital lobe. Any ventilation openings shall be small enough not allow a ball or stick to contact the head.
- 11 The soft head gear shall be designed to reduce concussions in womens lacrosse from stick or ball to head impacts.
- 12 The soft head gear shall be affordable < \$20.00 each