

WOMEN'S LACROSSE HEADGEAR FAQ

Points of Emphasis

Headgear use is optional in the rules at all levels of play in girls' and women's lacrosse.

Any headgear that is used must meet the ASTM standard, F3137, initially developed in 2015.

All women's headgear products that include integrated eyewear must meet the ASTM eyewear standard, F3077-17, in addition to the ASTM headgear standard, F3137.

All protective eyewear and integrated headgear that have been certified by SEI and are legal for play are **listed on the SEI website**.

Questions regarding the compliance of specific headgear models that include integrated eyewear should be directed to the manufacturers. The primary manufacturers of integrated headgear are: Cascade (1-800-537-1702) and Hummingbird (1-888-501-1590).

There must be marking on both the packaging and product that states that the headgear conforms to ASTM standard F3137.

Recent research measuring the effect of protective headgear use by female high school players found that the use of headgear that meets the ASTM standard can reduce concussion rates.

Researchers and experts agree that the use of headgear is not the oversimplified approach for reduced concussion risk, but should be just one factor, along with coaches and officials education, consistent rules implementation, and technical ability of players, for a safer game.

WOMEN'S HEADGEAR NEWS ARCHIVES

- **VIDEO: Perceptions of Headgear Use** (Dec. 2021)
- **VIDEO: Headgear Research & Rule Changes** (Nov. 2021)

- **VIDEO: Summary of Women's Headgear Research** (Oct. 2021)
- **Women's Headgear Research Study Findings Announced** (Oct. 2021)
- **The Story Behind the 10-Year Evolution of Women's Headgear** (Sept. 2021)
- **Women's Headgear Timeline & History** (June 2021)
- **New Research Provides Data on Women's Headgear Use** (Jan. 2021)
- **Pandemic Puts Pause on USL Funded Women's Headgear Research** (Sept. 2020)
- **USL Extends Research Funding for Girls' Injury Study** (Oct. 2019)
- **Two-Year Research Study is Examining Impact of Women's Headgear** (March 2019)
- **VIDEO: Deep Dive Into Women's Headgear** (July 2017)

USA LACROSSE RESEARCH
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FAQS ON WOMEN'S HEADGEAR

What does the ASTM standard mean?

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Who are ASTM and SEI?

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Will the headgear prevent concussions?

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Is the use of headgear required?

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What does the headgear look like and what does it cost?

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