



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 according to US Lacrosse rules.
- 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.

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.

Will the new headgear prevent concussions?

The headgear standard was developed to decrease ball-to-head and stick-to-head force. No headgear or helmet in any sport has been proven to prevent concussions.

Is the use of headgear that meets this standard required?

No. Headgear will remain optional in the US Lacrosse rulebook, now published by the NFHS, but headgear worn after January 1, 2017 must meet this new standard.

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 does not reference the word “soft.” The standard does, however, require headgear materials to meet a testing protocol relative to flexibility to help prevent players who are wearing the product from injuring those who are not.

How much will headgear that meets the new standard cost?

Products will vary in cost and design. US Lacrosse does not have further details at this time. Please contact manufacturers for more information.

What will the headgear look like?

The ASTM standard requires the headgear to fully cover the head, thus prohibiting the head band type of products currently used by some players. All headgear used must be worn with required eyewear. The standard allows manufacturers to make their headgear either with integrated eyewear or compatible with various eyewear products currently on the market.

For further inquiries, please contact US Lacrosse:

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