

Talking Points About **HEADGEAR** & Women's **LACROSSE**



- Women's lacrosse rules provide an option for soft headgear, not hard helmets.
- No data exist showing that headgear of any type prevents concussions.
- Helmets are designed to prevent skull fractures and subdural hematomas (bleeds), injuries that have never been recorded in women's lacrosse.
- When played by the rules with certified coaches and officials, women's lacrosse is a very safe sport.
- Although girls' and boys' lacrosse share the same name, they are two completely different sports, with different risks of injury and different protective equipment requirements.



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