

## Technical Bulletin 11-05

### *Legal vs. Illegal Helmets EFFECTIVE Immediately*

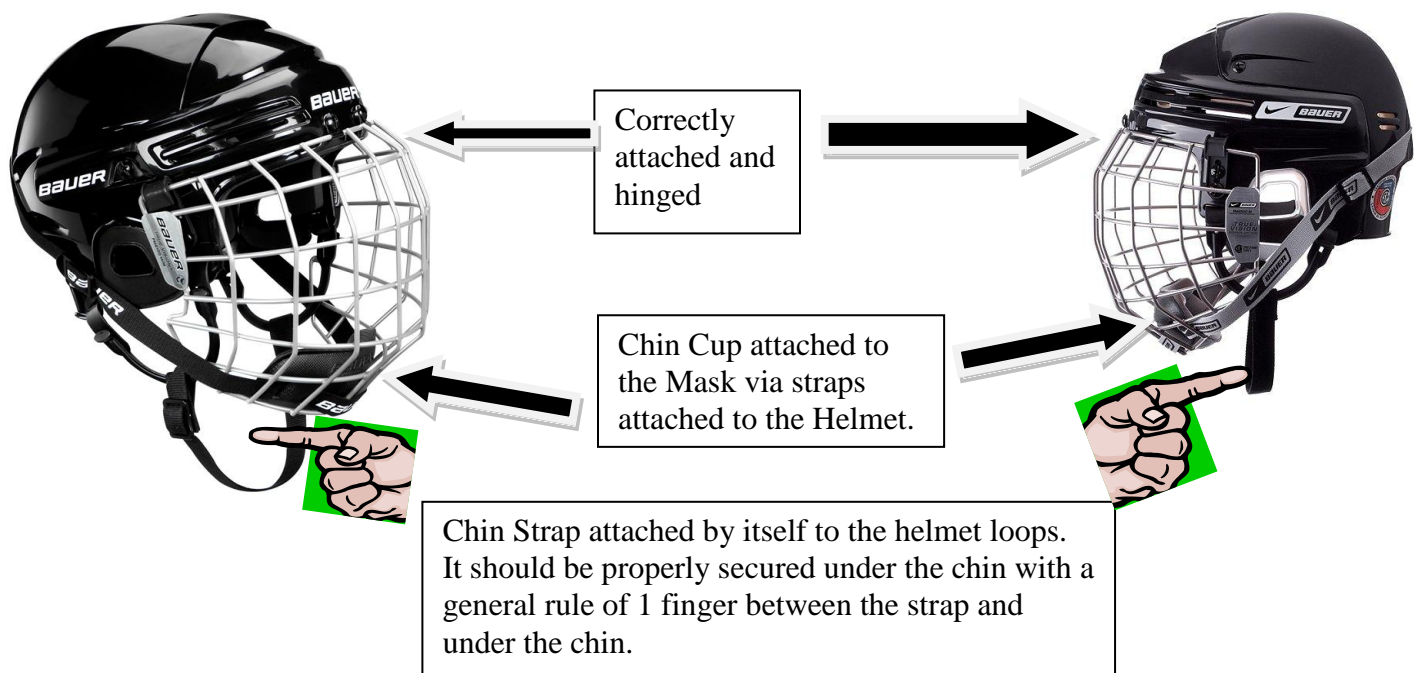
The purpose of this Bulletin is to **further** clarify the way the **Helmet, Mask and Chin-cup** are being worn today at both the Minor (midget and below) and Major (above minor) levels. This is further clarification to the prior bulletins: Technical Bulletin 11-04 - Legal vs. Illegal Helmets, Technical Bulletin 09-01 – Facemask Standards, and Technical Bulletin 07-03 - Approved Helmets for Midget and Below.

The Headwear policy is in place to minimize the potential for impact injuries to the head area. All of the following are based on the CLA Rulebook (Rule 11) and the CLA Safety and Equipment section of the Operations manual (Section 12.4). **A reminder, starting on January 1, 2012 the policy 12-4, as listed in the CLA Operations, will take effect in regards to helmets and facemasks where CSA Approved for Lacrosse will be required. This is for the 2011 season only; for the 2012 season all lacrosse face-masks attached to a CSA approved hockey helmet will have to be CSA approved, and worn as per the manufacturer instructions.**

There are a multiple ways for the Mask, Helmet and Chin-cup to be affixed and configured. **It is required to have a separate Chin strap as part of the helmet. The Chin-cup must be attached to the helmet on a separate strap or as part of the manufactured facemask.**

**The First is the CSA for Hockey configuration.** The Helmet is unaltered with the chin strap attached correctly through the loops on the helmet. The Mask is attached with a hinge and attached with straps on the side for easier access in case of injury. **In Minor lacrosse, it is also mandatory for the facemask to be hinged and to allow for airway access in case of injury. The facemask shall be designed to cover the wearer's entire face to the lower line of the jaw, and prevent the ball or the head of the stick from touching the face of the wearer.**

*The following picture represents an example of a legal helmet based on CSA standards for Hockey:*



**The next configuration is with a CSA Hockey Helmet with a “pro-style” flat mask.** The Mask is either secured directly to the helmet (for Major Lacrosse), or attached so that it is hinged on the front and attached at the sides with straps for easier access (for Minor Lacrosse).

As most of these Masks do not come with a built in Chin-cup, it is required to have one. The Chin-cup is to be worn snugly on the chin and the **“Recommended”** method is to attach to the helmet with a minimum 2 or 4 straps. Most CSA Hockey helmets today have 2 snaps built in at the back of the helmet for this attachment, so that is the recommended solution. The 4 point strap should be used only if there are “domes” (snaps) available.



Chin-cup is attached directly to the helmet with at least 2 straps. Here is a sample of a 4 point strap if domes (snaps) available.



The Chin-cup is worn on the front of the chin



Chin-cup is attached directly to the helmet with at least 2 straps. This is the CLA recommended method for the chin-cup attachment

The Mask aligns generally to the lower jaw-line

Chin Strap worn securely under the chin

The following configuration is “Not Recommended” as a method to attach Chin-cup to the helmet. This method uses the loops of the helmet and is “NOT” as secure a method. It is recommended to attach directly to the snaps on the helmet.



The Helmet and Mask are correctly secured, but the Chin-cup is not attached via straps to the domes (snaps) on the helmet to the helmet.

It is “**not recommended**” to be attached to the helmet loops as shown in this picture.

*The following pictures represent an example of an illegal Helmet, Mask and Chin-cup Configuration. The helmet has been modified by adding the Chin-cup to the existing chin strap.*



As you can see the Chin strap is not separate from the Chin Cup.

To make this “Legal”, the approach would be to add back the Chin strap that came with the helmet. It is required to attach the Chin-Cup on a separate strap. It is recommended to attach the chin-cup to the snaps (domes) on the helmet.



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*The following pictures represent examples of legal helmets for Box and Field (NOCSAE Approved) Lacrosse. This list of pictures is not inclusive:*





#### Glossary of Terms:

**Helmet:** the main head covering of hard material surrounding the back and sides of the player's head.

**Domes:** The snaps used to fasten the chin-cup or mask straps to.

**Facemask:** a front mask consisting of a strong wire mesh on the front of a helmet.

**Chin Strap:** the elongated strip of material that passed under the chin from one side of the helmet to the other side.

**Chin Cup:** a protective piece of material that is to be placed on the raised triangular portion of the mandible and the soft tissue over it below the lower lip. The chin cup is held in place by an elongated piece of material from one side of the helmet to the other side.

**A reminder that starting on January 1, 2012 the following policy, as listed in the CLA Operations, will take effect in regards to helmets and facemasks:**

#### 12.4. Helmets & Facemasks

12.4.1. Lacrosse is a sport with intrinsic hazards and participation in the sport implies the acceptance of some risk of injury. When used as intended for lacrosse and in accordance with the manufacturer's fitting instructions, the use of the helmet certified under these standards is intended to reduce the frequency and severity of head injuries.

12.4.2. For Box and Men's Field Lacrosse, all players are required to wear a helmet which must meet either of the following standards:

12.4.2.1. A National Organizing Committee for Safety in Athletic Equipment (NOCSAE) approved helmet and facial protector, approved as a complete unit, for lacrosse.

12.4.2.2. A Canadian Standards Association (CSA) approved for Ice Hockey helmet with the appropriate CSA approved facemask for lacrosse.

12.4.2.3. A Canadian Standards Association (CSA) approved for Ice Hockey helmet with the appropriate CSA approved facemask for hockey with the following exceptions:

12.4.2.3.1. The facemask shall be designed to cover the wearer's entire face to the lower line of the jaw, and prevent the ball or the head of the stick from touching the face of the wearer.

12.4.2.3.2. The facemask must be finished so that it does not create a risk of injury to the wearer or another person when it is used as it is intended.

Should you have any questions in regard to this, please contact the CLA Office at [info1@lacrosse.ca](mailto:info1@lacrosse.ca) or at 613-260-2028.