

Acknowledgement of new Safety Requirement for Pads

All players of boys lacrosse (K-12) must have SEI-certified pads for spring 2022 that meet NOCSAE Performance Standard ND200:

- Read and understand the field player pad requirements
- If you don't already have them, purchase certified pads before the spring 2022 season

In spring 2021, goalie chest protectors that meet the NOCSAE performance standard ND200 to protect players from commotio cordis became required for all lacrosse goalies across youth (USA Lacrosse), high school (NFHS), college (NCAA), and for all disciplines of the game (men and women) played in the United States.

In spring 2022, the mandate will extend to all field players in youth and high school boys' and college men's lacrosse.

Understand your options: There are two types of products available on the market; shoulder pads and liners.

- Traditional lacrosse shoulder pads: These offer more protection than liners and are worn by youth players and older offensive players that are getting checked often. Most advanced attackman opt for shoulder pads rather than liners even at the high school and collegiate levels as they want the extra shoulder and arm protection. Youth players should wear the most protection possible.
- Shoulder pad liners: These are designed to be snug-fitting, low profile pieces that offer sternum and collar bone protection but do not have bulkier shoulder padding or arm padding. Liners are primarily worn by more advanced players that are shedding padding for better mobility and are playing either middie or defense. Liners trade less protection for more mobility.

Brands: There are currently 5 brands on the market with SEI-certified pads that meet NOCSAE Performance Standard ND200:

- Maverik
- Nike
- STX
- True Sports
- Warrior

Retailers: There are many retailers to choose from, both brick-and-mortar and online.

Sizing: Refer to each manufacturer's sizing chart to ensure a proper fit.

Certified Products: The current list of certified shoulder pad and liner products can be found on the [Safety Equipment Institute \(SEI\) website](#).

Additional Information:

- [Commotio Cordis Cardiac Safety](#)

(USA Lacrosse)

- [The Story Behind a Positive Commotio Cordis Outcome](#)

(USA Lacrosse)

- [Position Statement on Commotio Cordis](#)

(USA Lacrosse, PDF)

Explicit Acknowledgement: I certify that my player already has or will have SEI-certified pads starting with the first practice of spring 2022.