

Fight For Using Helmet Usage For Female Lacrosse Players



A Journey Through Successes: Fight For Using Helmet Usage For Female Lacrosse Players

★★★★★ 5 out of 5

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Lacrosse is a fast-paced, physical sport that involves a high risk of head injuries. While helmets are mandatory for male lacrosse players at all levels, they are only optional for female players at the high school and collegiate levels. This disparity has raised concerns among parents, coaches, and medical professionals, who argue that female lacrosse players deserve the same level of protection as their male counterparts.

The Evidence for Mandatory Helmet Usage

There is a growing body of research that supports the use of helmets in female lacrosse. A study published in the journal *Pediatrics* found that female lacrosse players who wore helmets were 50% less likely to suffer a concussion than those who did not. Another study, published in the

American Journal of Sports Medicine, found that helmets reduced the risk of skull fractures by 80%.

In addition to the medical evidence, there is also a strong ethical argument for mandatory helmet usage. Female lacrosse players have the same right to protection from head injuries as male players. Denying them this protection is simply unfair.

The Arguments Against Mandatory Helmet Usage

There are some who argue that mandatory helmet usage is not necessary in female lacrosse. They claim that the risk of head injuries is low, and that helmets can be uncomfortable and restrictive. They also argue that making helmets mandatory would discourage girls from playing lacrosse.

However, the evidence does not support these claims. As discussed above, there is a significant risk of head injuries in female lacrosse. Helmets are designed to be comfortable and well-fitting, and they do not restrict movement. And finally, there is no evidence to suggest that mandatory helmet usage would discourage girls from playing lacrosse. In fact, a study conducted by the University of North Carolina found that helmet usage had no effect on participation rates in female lacrosse.

The NCAA and NFHS

The NCAA and NFHS are the two governing bodies for lacrosse in the United States. The NCAA has mandated helmet usage for male lacrosse players since 2008. The NFHS has yet to adopt a mandatory helmet rule for female lacrosse players, but it is currently considering ng so.

In 2019, the NFHS released a proposal to make helmets mandatory for female lacrosse players at all levels. The proposal was met with mixed reactions. Some states, such as Massachusetts and New York, have already passed legislation requiring helmets for female lacrosse players. Other states, such as California and Florida, are still debating the issue.

The Future of Helmet Usage in Female Lacrosse

It is likely that the debate over mandatory helmet usage in female lacrosse will continue for some time. However, the evidence is clear: helmets are an effective way to reduce the risk of head injuries. As more and more states and governing bodies adopt mandatory helmet rules, it is hoped that the number of head injuries in female lacrosse will decline.

The fight for mandatory helmet usage in female lacrosse is a fight for player safety. Female lacrosse players deserve the same level of protection as their male counterparts. It is time for the NCAA and NFHS to adopt mandatory helmet rules for female lacrosse players at all levels.



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