



Effective January 1, 2021, boys' and girls' goalkeepers will be required to wear body padding that meets the NOCSAE performance standard for lacrosse, ND200, and as of January 1, 2022, boys' field players must also have padding that meet the same standard.

While those rule requirements are in the future, products are currently on the market that meet the standard. US Lacrosse encourages all parents and athletes to buy products that contain the logo to the right in advance of those dates.



To learn more about Commotio Cordis Injuries and NOCSAE Standard ND200 go to www.uslacrosse.org/commotio

For a list of products that meet the NOCSAE ND200 Lacrosse Standard go to seinet.org/search and type "Commotio Cordis Protectors."

