On September 20, 2017 an N.J.S.I.A.A subcommittee on concussion and Girls Lacrosse met. The following members were in attendance:
Jack Kripsak, D.O.; NJSIAA
Margot Putukian, M.D.; US Lacrosse
Jill Brooks, PhD.; NJSIAA
Greg Mulford, M.D.; NJSIAA
Karen Manista, ATC; NJSIAA
Phil Hossler, ATC; BIANJ
Jennifer Spieker, Central Jersey Girls Lacrosse
Maureen Dzwill; NJSIAA
Carter Abbott; The Pingry School
Kathleen Debonis; Bridgewater-Raritan High School

The purpose of the meeting was to review and discuss the topic of concussions in Girls’ Lacrosse with an emphasis on High School Girls. Head injuries in this sport have received a fair deal of attention in recent months. Discussions on etiology and prevention were discussed.

A presentation by Dr. Putukian from US Lacrosse was made followed by an open discussion.

The following represents a consensus opinion regarding etiology, assessment and prevention.

Etiology:

1. Concussions in Girls’ Lacrosse are multi-factorial
2. The predominance of concussions occur from stick to head contact (49% in HS)
3. There is a low overall incidence so data obtained so far is not definitive
4. Concussions in Girls’ Lacrosse remains a concern

Ideas for assessment and prevention:

1. Prevention strategy should be multifactorial.
2. Development of Equipment changes such as a “Soft Ball”, “Padded Shaft”, and a Modified Stick Head.
3. New rules with harsher penalties for offending athletes or harsher penalties for rule violations involving head contact.
4. Strict enforcement of current rules by officials.
5. Endorsement of required education programs geared toward coaches, players, parents, and officials.
6. Endorse practice and game trends that minimize exposures to head trauma.
7. Careful and selective collection of data to further analyze concussions and increase the understanding of mechanisms of injury to scientifically guide future prevention strategies.
8. Be cognizant of unintended consequences that may result in a negative impact on the game before implementing any changes.
9. Promote the use of US Lacrosse website as an educational tool.
10. US Lacrosse women’s rules allow for the optional use of headgear if it meets ASTM standard F3137. The purpose of this allowance is to acknowledge that while women’s lacrosse is a relatively safe sport, the use of protective headgear is desired by some individuals. Please note that beginning January 1, 2017, only products that meet the ASTM standard will be regarded as legal for play. Manufactures whose products are in compliance and who have submitted testing results to US Lacrosse have their products listed below.

Headgear Meeting ASTM Standard F3137:

Cascade
- LX (also satisfies ASTM Standard 3077 for eyewear)

Hummingbird Sports
- The Hummingbird

11. The committee would like NJSIAA to endorse the collection of data according to and in conjunction with US Lacrosse.

This document was amended on September 20, 2017