

**LABORATORY PROCEDURAL GUIDE
FOR CERTIFYING NEWLY
MANUFACTURED LACROSSE HELMETS**

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Prepared By



**NATIONAL OPERATING COMMITTEE
ON STANDARDS FOR ATHLETIC EQUIPMENT**

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1 Scope

- 1.1 This procedural guide establishes recommended practices for the certification of lacrosse helmets.
- 1.2 **All testing and requirements of this standard specification must be in accordance with NOCSAE DOC.001, NOCSAE DOC.021, NOCSAE DOC.041 and NOCSAE DOC.101.**
- 1.3 *This recommended practice does not purport to address all of the safety problems, if any, associated with its use. It is the responsibility of the user of this recommended practice to establish appropriate safety and health practices and determine the applicability of regulatory limitations prior to use.*

2 Referenced Documents

- 2.1 STANDARD DROP TEST METHOD AND EQUIPMENT USED IN EVALUATING THE PERFORMANCE CHARACTERISTICS OF PROTECTIVE HEADGEAR, NOCSAE DOC.001.
- 2.2 STANDARD PROJECTILE IMPACT TEST METHOD AND EQUIPMENT USED IN EVALUATING THE PERFORMANCE CHARACTERISTICS OF PROTECTIVE HEADGEAR, FACEGIARDS OR PROJECTILES, NOCSAE DOC.021
- 2.3 STANDARD PERFORMANCE SPECIFICATIONS FOR NEWLY MANUFACTURED LACROSSE HELMETS, NOCSAE DOC.041.
- 2.4 EQUIPMENT CALIBRATION PROCEDURES - KME 200, NOCSAE DOC.101.

3 Test Equipment Required

- 3.1 Twin-wire Guide Assembly (as shown in Figure 3, NOCSAE DOC.001).
- 3.2 Projectile Propelling Device (as shown in Figure 1, NOCSAE DOC.021).
- 3.3 Appropriate NOCSAE headforms (see Section 13 and 15.5, NOCSAE DOC.001).
- 3.4 Appropriate MEP pads (see Section 15.2, NOCSAE DOC.001).
- 3.5 PCB Triaxial Accelerometer, #354MO3
- 3.6 KME Series 200 Data Analyzer (or any analog/digital equivalent that can be demonstrated to correctly calculate SI from a given input signal)¹

¹ The portion of this procedural guide that is specific to data acquisition equipment use and calibration is for the KME Series 200 only. Older "blue box" systems (obsolete) and newer KME 300 Series systems will operate similarly. However, you should refer to the manual for the specific system you are using for differences in system operation. GHI and HITS software/hardware are equivalent.

- 3.7 Miscellaneous tools and equipment.
 - 3.7.1 Digital voltmeter (DVM) with connecting cables.
 - 3.7.2 Torque wrench.
 - 3.7.3 Appropriate electrical connectors (banana clips).
 - 3.7.4 Tape measure.
 - 3.7.5 Non-conducting glass/plastic jeweler's screwdriver (tweaking tool)
 - 3.7.6 Miscellaneous hand tools.

4 **Mechanical Set-up**

- 4.1 All components of each assembly (i.e., the headform, headform adjuster, headform rotator stem, headform collar, etc.) must be rigidly connected. Any looseness or play will cause spurious signals (false SI results).

5 **Laboratory Environment**

See Section 12, NOCSAE DOC.001.

6 **Helmet Preparation**

- 6.1 See Section 4, NOCSAE DOC.041.
- 6.2 Helmets to be tested must be moved into a Laboratory environment for conditioning at least four (4) hours prior to impacting.

7 **Sample Selection**

- 7.1 See Section 11, NOCSAE DOC.001.
- 7.2 Each certifier must test an adequate and representative sample size in order to be reasonably sure that helmets and faceguards released to use, but not actually tested, will meet the requirements as set out in NOCSAE DOC.001 and NOCSAE DOC.041.
- 7.3 Certifiers may be faced with processing helmets manufactured from variable raw materials. Sample selection **must** be random yet demonstrate that raw material variability's have been accounted for.

8 **Calibration Procedures**

See NOCSAE DOC.101.

9 Testing Procedure for Certification

- 9.1 Calibrate your system and run the pre-testing calibration check as described above.
- 9.2 MEP Pad - Exchange the MEP pad used for calibration for the MEP pad used for testing.
- 9.3 Helmets selected for testing must be tested in all locations, all drop heights and all distances as specified in Sections 5, NOCSAE DOC.041.
 - 9.3.1 Testing may begin in any location. Except for the high and low temperature impacts, all impacts must be completed before moving to a new location. It is not necessary to complete all testing on a given helmet before removing the helmet from the test rig.
 - 9.3.2 Helmets selected for high or low temperature testing must have already been impacted at ambient temperature.
- 9.4 When using KME equipment, immediately after impact record the SI results and the peak g's. Any delay greater than 30 seconds can result in erroneous data.
- 9.5 Periodically, post-testing calibration checks need to be run to assure that the system being used has remained correctly calibrated (see Sections 18, NOCSAE DOC.001).

10 Reports

- 10.1 All reports must comply with Section 14, NOCSAE DOC.001.