

Subject: Update on High School Girls Helmet Policy

Dear TVYLA Families,

After careful discussion, the Teton Valley Youth Lacrosse Association Board of Directors has voted to remove the helmet mandate for our high school girls program. This decision is effective September 23, 2025.

This change means that families now have the option for their athlete to wear either a helmet or goggles during play. USA Lacrosse does not require helmets at the high school (9th-12th grade) girls level, and our program will align with that standard while still allowing families to choose what feels right for their child. While [USA Lacrosse guidelines](#) state that protective headgear is optional (not mandatory) for girls at all levels, TVYLA will maintain its mandate requiring helmets for all youth players kindergarten through eighth grade.

Each high school aged athlete will be provided with a helmet, and will be expected to bring it to every practice, scrimmage, and game. Choosing to wear goggles or helmets will be at the discretion of individuals and their families.

We recognize this was a difficult decision, with differing views on what is best. Please know that player safety remains our highest priority. TVYLA will continue to follow strict [concussion protocols](#) at all practices and games.

You can find additional resources about this matter on our [website](#). If you have any questions or concerns, we encourage you to reach out to any of our board members.

Thank you for your continued support of TVYLA and our athletes.

Sincerely,

Todd Witek, Board President

On behalf of the TVYLA Board of Directors

board@tetonlax.com

Phone calls can be directed to Katie Cisco, 307-413-5140 or Anthony Owens, 208-821-5108.

List our board email contact information and committee member willing to field calls

FAQ

- Does my child have to stop wearing a helmet?

No. Families may choose for their player to wear a helmet or goggles.

- Why was this decision made?

The board considered input from players and parents, USA Lacrosse guidance, and current practice across the sport.

- What about safety?

TVYLA prioritizes safety and continues to enforce concussion protocols in all practices and games.

[Link to concussion protocol](#)

[Link to USA Lacrosse information regarding helmets](#)

- Who can I talk to if I disagree?

Any board member will be happy to discuss your questions or concerns. Please direct your initial inquiry to board@tetonlax.com

Links to add on website:

Articles about headgear mandates:

<https://PMC11195452/>

<https://ufhealth.org/news/2021/headgear-significantly-reduces-girls-lacrosse-concussions-landmark-uf-health-study-finds>

[The Effects of Headgear in High School Girls' Lacrosse - PubMed](https://pubmed.ncbi.nlm.nih.gov/34133333/)

USA Lacrosse links:

[New Research Provides Data on Women's Headgear Use | USA Lacrosse](https://www.usalacrosse.org/News/2021/03/01/New-Research-Provides-Data-on-Women-s-Headgear-Use)
[Women's Lacrosse Headgear FAQ | USA Lacrosse](https://www.usalacrosse.org/News/2021/03/01/Women-s-Lacrosse-Headgear-FAQ)

