Read these instructions carefully before wearing your helmet. Keep this manual for future reference, do not destroy and do not discard. Review this manual at the beginning of every season.
All Warrior lacrosse helmet models meet or exceed NOCSAE (ND) 041-11m12 Standards and Certifications.

Warrior helmets are not eligible for re-certification and under normal use, should be replaced or discarded within three years from the original purchase date.

Any removal, tampering with, obscuring or covering of any Model information and/or NOCSAE logos on a helmet is prohibited and will void any and all NOCSAE certifications for that helmet.

EC Type-examination for Directive 89/686/EEC by: Notified Body No. 0120; ICS Laboratories - 1072 Industrial Parkway, Brunswick, Ohio 44212, USA
This is the safety alert symbol. It is used in this manual to alert you to potential personal injury hazards. Obey all safety messages and warnings in this manual to avoid possible injury or death.

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Read this manual before use.

Lacrosse is a dangerous sport. Participation in lacrosse implies the acceptance of risk of injury. Lacrosse helmets afford no protection from neck, spinal, or certain types of brain injuries; including those injuries which may be caused by rotational forces. Severe head, brain, or spinal injuries, including paralysis or death, may occur despite using this helmet.

**WARNING**

The following warnings must be followed to avoid serious personal injury or death:

1. **Inspection:** Using a damaged helmet may result in serious injury or death. BEFORE USE, inspect the helmet for visual damage or deterioration.

   NEVER use your helmet if:
   - the shell is cracked, damaged, or deformed
   - the padding is worn
   - your mask is rusted or loose in any way
   - your mask is bent more than one-eighth of an inch (1/8”)
   - in any direction

   Under normal use, helmets should be replaced or discarded within three years from original purchase date.

2. **Fitting:** A poorly fitted helmet may result in serious injury or death. BEFORE USE, follow fitting instructions and adjust sizing correctly. See Pages 4-7. ALWAYS secure your chin strap while using helmet.

3. **Play:** Helmets and face guards will not prevent all injuries. Severe head, neck, and brain injury may occur to you or another player. Injuries may result from accidental contact. You may become paralyzed.

   - NEVER butt, ram, or spear; this is a dangerous violation of the rules.
   - DO NOT duck or lower your head.
   - AVOID hits to your helmet.
   - REPLACE helmet immediately if it is severely impacted.
   - NEVER play lacrosse after a head injury without a doctor’s approval. Death may occur.
   - ALWAYS use an approved mouth guard.
   - ONLY use this helmet for lacrosse.

4. **Care:** Improper care can damage/weaken your helmet and make it less protective.

   - NEVER apply paints, solvents, or adhesive to your helmet. These materials could cause the shell or interior padding to deteriorate.
   - ALWAYS use only a mild solution of soap and water to clean helmet.
   - NEVER alter your helmet in any way
   - DO NOT sit or stand on your helmet.
FACE MASK

Before use, make sure the face mask has no broken welds; that the attachment screws are tightened and the chinstrap is in place with all four chinstrap buckles in working order. The face mask must be continuously inspected for deterioration, rust or breakage. **WARNING!** After any impact inspect the face mask. If the face mask has sustained a substantial impact or has broken welds, bent wires, cracks, or rust then it should be replaced. Do not store helmet in direct sunlight or heat. To clean the face mask use a mild solution of soap and water only.

HELMET TESTING

In an effort to reduce the number and severity of head injuries in certain organized sports, the National Operating Committee on Standards for Athletic Equipment (NOCSAE (ND) 041-11m12) has developed a method for testing headgear and the minimum requirements to be met under each test. All helmets manufactured by Warrior Sports meet or exceed the NOCSAE (ND) 041-11m12 standards. **WARNING!** Even helmets that meet or exceed NOCSAE (ND) 041-11m12 standards cannot prevent all injuries.

HELMET CARE

Do not store helmet in direct sunlight or heat. Do not sit or stand on helmet. Do not alter or use paints, decals, solvents, adhesives, or other chemicals on any part of the helmet, **WARNING!** These materials could cause the shell or interior padding to deteriorate and weaken. To clean helmet, use only a mild solution of soap and water.

Before each use, and after any impact, inspect helmet for visual damage or deterioration such as: cracks or deformities, worn padding, rusted, loose or bent parts. General industry standards suggest the useful life of a helmet to be no greater than 3 years. The useful life may vary depending on a variety of variables, including extent of use, temperature, humidity, etc. It is recommended that you replace or discard your helmet within (3) years from date of purchase.
Failure to properly size and fit your helmet may result in serious personal injury or death. Please refer to the size chart below when selecting your helmet.

<table>
<thead>
<tr>
<th>SIZE</th>
<th>CIRCUMFERENCE (in)</th>
<th>CIRCUMFERENCE (cm)</th>
<th>HAT SIZE</th>
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<tr>
<td>L/XL</td>
<td>21 7/8 to 23 1/2</td>
<td>56 to 59.7</td>
<td>7 to 7 1/2</td>
</tr>
<tr>
<td>S/M</td>
<td>20 3/4 to 21 7/8</td>
<td>53 to 56</td>
<td>6 5/8 to 7</td>
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To measure your head circumference, wrap a tape measure around your head above your eyebrows and across your temples.
Helmet Fit Systems and Sizing

Interchangeable EVA Adjustment Sizing System

1. Unsnap the lower two chinstraps (located behind the ear) and place the helmet on your head. With the helmet in place move your head around a bit making sure it is on all the way and straight. You should be looking out of the first opening in the mask with the frontal rim of the helmet resting approximately 1 inch (or 1 finger width) above your eyebrow (see Figure 1 below).

2. Use the interchangeable ear pieces to achieve a snug fit from side to side by attaching the pieces securely on each side with the hook and loop adhesive pieces.

3. Use the sizing mechanism to create a secure fit from front to back by using the adjustment knob for proper fit.

4. Adjust the chinstrap by first unsnapping one snap in the temple area of the helmet. Hold the chinstrap in place and adjust it by moving the strap through the buckle. Take out any slack in the strap. Make sure you are looking straight out of the first mask opening. Repeat this process with the behind-the-ear straps while keeping the helmet straight on your head. The four straps should be adjusted so they are without slack; tight, but again, not uncomfortable.

Chin Strap Adjustment

1. Unsnap the lower two chinstraps (located behind the ear) and place the helmet on your head. With the helmet in place move your head around a bit making sure it is on all the way and straight. You should be looking out of the first opening in the mask with the frontal rim of the helmet resting approximately 1 inch (or 1 finger width) above your eyebrow.

2. Adjust the chinstrap by first unsnapping one snap in the temple area of the helmet. Hold the chinstrap in place and adjust it by moving the strap through the buckle. Take out any slack in the strap. Make sure you are looking straight out of the first mask opening (see Figure 1 above). Repeat this process with the behind-the-ear straps while keeping the helmet straight on your head. The four straps should be adjusted so they are without slack; tight, but again, not uncomfortable.

**NOTE:** If the helmet does not fit, try another size or change the HD Foam Comfort Pads
Helmet Fit System and Sizing

Warrior REGULATOR II Fit System

1. Lift the door on the back of the helmet to loosen the adjustment knob.

2. With the door open, push the adjustment knob inward and slide it downward, slowly, to tighten the sizing mechanism, making sure that the helmet is comfortable and snug on your head.

3. If the helmet is too tight, push the adjustment knob inward and slide it upward, slowly, to loosen the helmet.

4. Once proper fit is obtained, snap the door on the back of the helmet shut to lock the sizing mechanism in place.

NOTE: Always make sure the sizing mechanism is tightened so that the helmet fits snugly on your head. If the helmet does not fit, try another size or adjust the knob of the sizing mechanism.
Read the below NCAA rules carefully as they are in place to prevent or reduce the risk of injury. It is important to abide by all official rules to minimize risks. DO NOT COMMIT THESE OFFENSES.

SPEARING
Rule 5-4, of the NCAA lacrosse rules states: “The blocking of an opponent with the head or initiating contact with the head is known as spearing.” WARNING! Spearing an opponent can cause serious injury, concussions, subdural hematoma, spinal injury, permanent paralysis, damage to the brain and/or death.

SLASHING
Rule 5-7, “The striking of an opponent in any part of the face, on the neck, in the chest, on the back, on the shoulders, in the groin or on the head with the crosse (including its butt end), except when done by a player in the act of passing, shooting or attempting to scoop the ball.” WARNING! Slashing an opponent can cause serious injury, concussions, subdural hematoma, spinal injury, permanent paralysis, and damage to the brain and/or death.

UNNECESSARY ROUGHNESS
Rule 5-9, states that Unnecessary Roughness includes the following:

A. An Excessively violent infraction of the rules against holding and pushing (See rules 6-4 and 6-10).

B. Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.

C. Any action on the part of a player that is deliberate and excessively violent, whether it is with the body or crosse (stick).

WARNING! Unnecessary roughness can cause serious injury, concussions, subdural hematoma, spinal injury, permanent paralysis, and damage to the brain and/or death.
Injuries

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CONCUSSIONS: WARNING! Helmets do not prevent concussions. A concussion occurs when the head accelerates rapidly and then is stopped abruptly, or when the head is rotated rapidly and then stopped. Impact to the brain can occur when the head slams into a hard surface. The skull is stopped by the hard surface, but the brain, floating in cerebrospinal fluid (CSF), can still move and be shaken. Symptoms of a concussion may include headache, nausea, dizziness and double vision. A concussion can occur during body contact, contact with the ground, or contact with an opponent’s stick. Severe enough contact can make you feel disoriented or dizzy. Remove yourself from the game or practice and seek immediate medical attention. Concussions are very serious.

SUBDURAL HEMATOMA: WARNING! Subdural hematomas occur the same way concussions do and can be fatal. Hematomas occur when a blocked vessel close to the brain is ruptured. Blood flows into the skull and eventually crushes the brain. 70-80 percent of all subdural hematomas are fatal.

NECK INJURIES: WARNING! Neck or spine injuries can occur during body contact, contact with the ground, or contact with an opponent’s stick. Never lower your head to use the helmet as a point of contact. This places the spine at an increased risk of injury. Severe spinal injuries such as paraplegia (paralysis of both lower limbs due to spinal injury) and quadriplegia (paralysis from the neck down) may result. These neck injuries can also be fatal. Helmets reduce the injuries to your head but cannot protect your neck.

If you become injured during a game or organized practice session approach your coach or trainer immediately. Take yourself out of play. Do not risk the possibility of serious or permanent injury.
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For additional information please visit WARRIOR.COM

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