

Commotio cordis is a heart rhythm disruption caused by a blow to the chest. Although infrequent, it is one of the leading causes of sudden cardiac death in athletes. It can be caused by an impact from a lacrosse ball or stick which doesn't have to be hard or fast. Many athletes that died were wearing a non-certified form of chest protection that wasn't designed to address this risk.

15-25

It's estimated that 15-25 athletes across sports die every year due to commotio cordis. Most are under the age of 18.

How the New NOCSAE Standard to Protect Against Commotio Cordis Can Save Lives



NOCSAE funded groundbreaking research to determine how to protect against commotio cordis — collaborating with USA Lacrosse and the Louis J. Acompora Memorial Foundation. In 2017, NOCSAE finalized the world's first performance standard to protect against commotio cordis ([learn more](#)) - which is expected to significantly reduce the risk of injury and death.

\$1.1m+

Invested by NOCSAE to research commotio cordis and develop a standard to protect against it. Learn more about NOCSAE's nonprofit structure and how research is funded on the [NOCSAE website](#).



USA Lacrosse was the first governing body to mandate the NOCSAE standard. USA Lacrosse now requires all goalies in girls' and boys' lacrosse to wear protectors that meet the standard. In 2022, the rule will extend to all field players in boys' lacrosse. Compliance with the standard will enhance player safety and help prevent catastrophic injuries. The NCAA and NFHS also require the NOCSAE standard.

SEI Certified

MEETS
NOCSAE



STANDARD
LACROSSE

Look for the certification label to confirm your equipment meets the ND200 NOCSAE Performance Standard to Protect Against Commotio Cordis. A list of products certified to the standard is available on the [Safety Equipment Institute website](#).

PERFORMANCE STANDARD DEVELOPMENT

1990S

NOCSAE conducts initial research studies on injury

2000

Louis J. Acompora dies during first high school lacrosse game

2001

NOCSAE, USA Lacrosse and Acompora Foundation advance research

2009

Scientific breakthrough in understanding of injury

2017

NOCSAE finalizes world's first standard to protect against commotio cordis

2018

USA Lacrosse is first governing body to require equipment that meets NOCSAE standard

2021

USA Lacrosse, NCAA and NFHS require standard for boys' and girls' goalies

2022

USA Lacrosse, NCAA and NFHS require standard for boys' and men's field players



USA
LACROSSE

NOCSAE

Protecting athletes since 1970