



**WARRIOR®**



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For additional information please visit  
**WARRIOR.COM**  
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## HELMET OWNER'S MANUAL

Read these instructions carefully before wearing your helmet.  
Keep this helmet owner's manual for future reference, do  
not destroy and do not discard. Review this manual at the  
beginning of every season.



**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.**

## SERIOUS INJURY

**CONCUSSIONS:** 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:** Subdural hematomas occur the same way concussions do and can be fatal. Hematomas occur when a blood 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:** 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 the 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 injuries to your head but cannot protect your neck.

## 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". 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 or on the neck or head by the crosse (stick), except when done by a player in the act of passing, shooting or attempting to scoop the ball." Slashing an opponent can cause serious injury, concussions, subdural hematoma, spinal injury, permanent paralysis, and damage to the brain or death.

## UNNECESSARY ROUGHNESS

**Rule 5-9 States the Unnecessary Roughness Includes the Following:**

- A. An excessively violent infraction of the rules against holding and pushing (Rules 6-5 and 6-7)
- B. Deliberate and excessively violent contact made by a Defensive Player against an Offensive Player who has established a screening position.
- C. Any avoidable act on a player that is deliberate and excessively violent, whether it is with the body or crosse (stick). This may include a legal body check. Unnecessary roughness can cause serious injury to both you and your opponent. If you are playing in an overly aggressive way you can cause serious or permanent injury to the legs, arms, back, spine, neck, head, brain or even death.

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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.

**!** Lacrosse is a dangerous contact sport. Participation in lacrosse implies the acceptance of risk of injury. All Warrior Lacrosse helmet models and the Brine Lacrosse helmet models meet or exceed NOCSAE Standards and Certifications. 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.

Do not use any lacrosse helmet if the shell is cracked or deformed or if the interior padding is deteriorated. If the helmet is severely impacted it should be replaced immediately. All Warrior and Brine helmets should be discarded three years from the original purchase date.

**! WARNING** The Following Warnings are found on all Warrior and Brine Helmets and must be followed to avoid serious personal injury or death:

1. DO NOT sit or stand on your helmet
2. DO NOT use your helmet if your mask is loose in any way
3. DO NOT use your helmet if your mask is bent more than one-eighth of an inch (1/8") in any direction
4. DO NOT use the helmet if the mask is rusted
5. Use this helmet for lacrosse only and DO NOT alter this helmet in any way
6. Inspect the helmet frequently for any visual damage or deterioration
7. Clean this helmet using a mild solution of soap and water only
8. DO NOT apply paints, solvents or adhesive to this helmet. These materials could cause the shell or interior padding to deteriorate
9. Be sure to adjust helmet size correctly. See fitting section in Owner's Manual
10. Chin strap must be secured and snapped while in use
11. Discard all helmets after three (3) years of service (from date of purchase)
12. Use an approved mouth guard at all times
13. Read your helmet Owner's Manual
14. DO NOT use this helmet to head butt, ram or spear an opposing player
15. Lacrosse is a dangerous sport. Helmets do not prevent head, back, face, or neck injuries
16. Injuries may result from accidental contact

**! WARNING**

LACROSSE helmets and face guards will not prevent all injuries. Severe head, neck and brain injury may occur to you or another player. 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.
- DO NOT play lacrosse after a head injury without a doctor's approval. Death may occur.
- DO NOT USE helmet if you have any doubt about its condition.
- BEFORE USE, READ FITTING BOOKLET. For fitting booklet or questions call Warrior Lacrosse at 800.968.7845

## Oc-Loc Fit™ Sizing System

1. Release the Oc-Loc™ hook and loop to the open position.

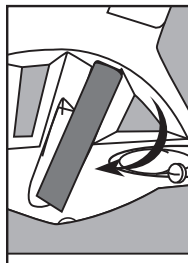


OPEN POSITION

Place the helmet on your head. The chin strap should be adjusted for proper orientation. Be sure to adjust the chin strap with your mouth guard in. The helmet should sit approximately 1/2" above your eyebrows. You should be able to see clearly through the face mask bars. < See Figure 1 on page 3 >

The upper strap can be adjusted using the hook loop attachment system. The lower strap can be adjusted by changing the location of the snap along the lower strap.

2. With the helmet on your head, move the hook and loop to the closed position. Closing the hook and loop should lock the helmet into place and create a snug fit.



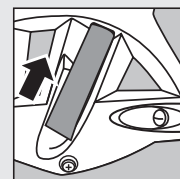
CLOSED POSITION

Check the helmet fit by grabbing the face mask of the helmet and gently rotating side to side and up and down. The helmet should remain snug during this process. The padding should feel firm but not uncomfortable. The skin on your forehead should move with the helmet as it is rotated.

If the helmet is too loose or too tight, proceed to Step #3 to adjust accordingly

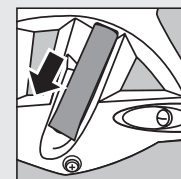
3. Loosen or tighten the Oc-Loc straps accordingly. The Oc-Loc straps will be adjusted on the sides of the helmet where the hook and loop is located.

### LOOSEN



Slide upward on strap to loosen.

### TIGHTEN



Slide downward on strap to tighten.

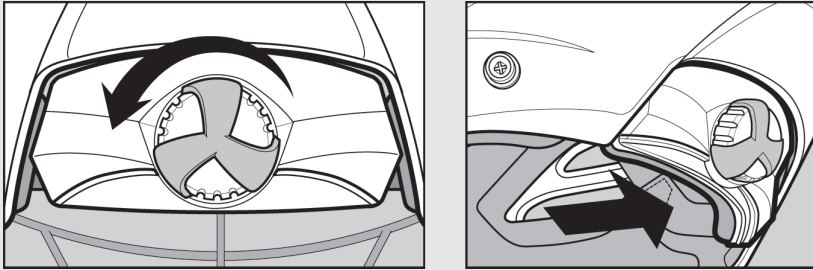
4. If the helmet is too loose or too tight try the sizing process again beginning with Step #1 until the proper fit is obtained.

**NOTE:** Always release the Oc-Loc hook and loop to the open position before putting your helmet on and before taking your helmet off.

Always move the Oc-Loc hook and loop to the closed position when the helmet is on your head. If the helmet doesn't fit, try another size or adjust the straps/buckles on the Oc-Loc Fit System.

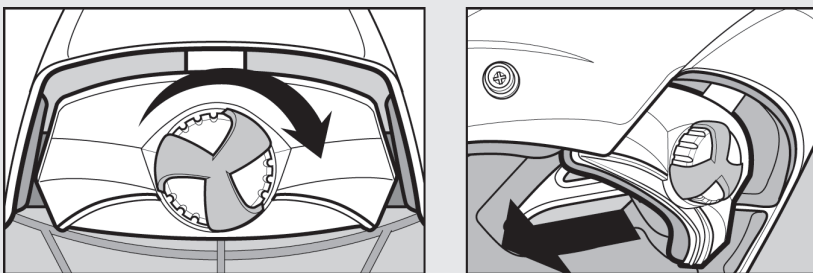
## Custom 360 Dial Sizing System

1. Loosen the Custom 360™ dial mechanism to the open position by turning the knob to the left (counter clockwise).



2. Place the helmet on your head. The chin strap should be adjusted for proper orientation. Be sure to adjust the chin strap with your mouth guard in. The helmet should sit 1/2" above your eyebrows. You should be able to see clearly through the face mask bars. < See **Figure 1** on page 3 >

3. Turn the Custom 360™ dial mechanism to the right (clockwise) until it reaches a comfortable position, snug but not too tight.



Check the helmet fit by grabbing the face mask and gently rotating it side to side and up and down. The helmet should remain snug during this process. The padding should feel firm but not uncomfortable. The skin on your forehead should move with the helmet as it is rotated.

**NOTE:** Always loosen the Custom 360™ dial mechanism before putting your helmet on and before taking your helmet off.

Always make sure the Custom 360™ dial mechanism is tightened so that the helmet fits snugly on your head. If the helmet doesn't fit, try another size or adjust the dial on the Custom 360 Dial Fit System.

## FACE MASK

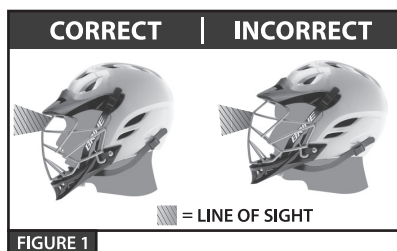
Before use, make sure the face mask has no broken welds; that the attachment screws are tightened and the chinstrap is in place with all four chinstrap buckles in working order. The face mask must be continuously inspected for deterioration, rust or breakage. **WARNING!** After any impact inspect the 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 the helmet in direct sunlight or heat. Do not use decals, paints, glues or other chemicals on the face mask. 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) 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 standards. **WARNING!** Even helmets that meet or exceed NOCSAE standards cannot prevent all injuries.

## 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. With the hook at loop attachments, create a secure fit from front to back by inserting one or both of the two interchangeable/stackable neck support pieces.
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

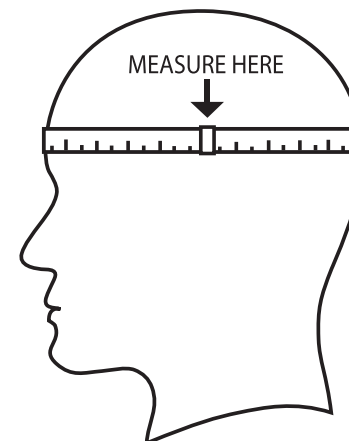
1. Unsnap the lower two chinstraps (located behind the ear) and place the helmet on your head. With the helmet in place move your head around a bit making sure it is on all the way and straight. You should be looking out of the first opening in the mask with the frontal rim of the helmet resting approximately 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 doesn't fit, try another size or change the HD Foam Comfort Pads



**It is extremely important that your helmet fits well. Please refer to the size chart below when selecting your helmet.**

SIZING SYSTEM - TRIUMPH XP			
SIZE	CIRCUMFERENCE (in)	CIRCUMFERENCE (cm)	HAT SIZE
XL	23 1/2 - 25	60 - 63	7 1/2 - 7 7/8
M/L	22 1/4 - 23 1/2	56 1/2 - 60	7 1/8 - 7 1/2
XS/S	20 1/2 - 22 1/4	52 - 56 1/2	6 1/2 - 7 1/8



**To measure your head circumference, wrap a tape measure around your head above your eyebrows and across your temples.**