

Equipment for Boys' and Men's Lacrosse

The Crosse:

The crosse (lacrosse stick) is made of wood, laminated wood or synthetic material, with a shaped net pocket at the end. The crosse must be an overall length of 40 - 42 inches for attackmen and midfielders, or 52 - 72 inches for defensemen. The head of the crosse must be 6.5 - 10 inches wide, except a goalie's crosse which may be 10 - 12 inches wide. The pocket of a crosse shall be deemed illegal if the top surface of a lacrosse ball, when placed in the head of the crosse, is below the bottom edge of the side wall.

The Ball:

The ball must be made of solid rubber and can be white, yellow or orange. The ball is 7.75 - 8 inches in circumference and 5 - 5.25 ounces.

The Helmet:

A protective helmet, equipped with face mask, chin pad and a cupped four point chin strap fastened to all four hookups, must be worn by all players. All helmets and face masks should be **NOCSAE** (National Operating Committee on Standards for Athletic Equipment) approved.

The Mouthpiece:

The mouthpiece must be a highly visible color and is mandatory.

The Glove:

All players are required to wear protective gloves. The cutting or altering of gloves is prohibited.

Other Protective Equipment:

All players, with the exception of the goalkeeper, must wear shoulder pads. Arm pads are required and rib pads are strongly recommended, and often required, as are athletic supporters and protective cups for all players.

The goalkeeper is required to wear a throat protector and chest protector, in addition to a helmet, mouthpiece, gloves and a protective cup.

