***Legal Gear:***

**Stick:**

Head must be a minimum of 6 inches at the top net. Head must be a minimum of 3 inches at the bottom of the net near the stop. Net must be no deeper that the width of a ball. Head must be firmly attached to the stick with a screw, penalty for any heads coming apart during play

Stick must have a contrasting color of tape from the glove for face offs.

**Helmet:** Helmet must be HS approved with sticker on back. A chin strap is required to be in place during play and snapped in on all four points.

**Pads:** A player must have a chest pad with a sternum protector and gloves to play lacrosse.

**Mouth guard:** A mouth guard must be properly worn in the mouth. A mouth guard improperly worn (fishhook) or absent will result in a technical foul.

***Upgrades to Gear:***

Heads warp and nets fail. Ensure your son has a well strung head without a catch in the pocket and the head is not warped or flattened. Old heads affect throwing and ground balls.

A chaffing chin strap is an ugly thing. Consider a padded one or new one every season. Make sure the lateral jaw pads are fitting well to prevent jarring blows to the side of the helmet.

A custom mouth guard made by a dentist that a player is able to talk in without displacement will be consistently worn.

Talk to Lisa Spence about her son’s kidney laceration - one week in Children’s Hospital. Rib Pads are not required but should be for all middies and attack. Evoshield makes a shooting shirt with custom inserts.

A large duffel makes sure all gear is kept in one place and organized. Laxgear.com sells custom bags and off the shelf bags. They are a local company too!

A large raincoat that will fit over pads and helmet is a godsend during sideline times to keep kids warmer and dryer. Invest in a jacket that will fold up on itself.

Good cleats are often overlooked. These kids sweat buckets so wet cleats can rub and chafe. A high quality pair not make of plastic and carefully dried after use paired with quality dry socks will save misery with season long blisters.

Down time involves sun, sunscreen spray in the bag and a brimmed hat will save the ears.

Don’t forget the dry t-shirt for the ride home. These boys stink up your car!