USLacrosse®

EQUIPMENT FITTING GUIDE

FIRST EDITION

About US Lacrosse

US LACROSSE MISSION STATEMENT

US Lacrosse is the national governing body of lacrosse. Through responsive and effective leadership, we provide programs and services to inspire participation while protecting the integrity of the sport.

OUR VISION

We envision a future which offers people everywhere the opportunity to discover, learn, participate in, enjoy, and ultimately embrace the shared passion of the lacrosse experience.

JOIN TODAY

As the national governing body for the sport, US Lacrosse relies primarily on membership revenues to support its programs and services. Memberships are offered by category (player, coach, official, fan) and age (youth, high school, adult). Help support the growth of the game by becoming a new member or renew your membership today at **uslacrosse.org/join.**

THE US LACROSSE FOUNDATION

The US Lacrosse initiatives to study lacrosse injuries and maximize player safety are funded in part by the US Lacrosse Foundation (USLF), the philanthropic arm of US Lacrosse. The USLF helps close the gap between membership revenue and the cost of inspiring participation in—and fostering the responsible growth of—the nation's first sport. Your tax-deductible gift assists in providing the "margin of excellence" that makes possible comprehensive programs and services and competitive men's and women's national teams. Learn more and support your sport at **uslacrosse.org/donate.**

US LACROSSE – WHO WE ARE & WHAT WE DO

This is WHO WE ARE

- We are more than 410,000 members nationwide
- We are 64 regional chapters serving 43 states
- We are more than 70 full-time staff members
- We are more than 300 volunteers serving on national boards and committees
- We are more than 7,000 donors to the US Lacrosse Foundation

This is WHAT WE DO

We provide leadership to develop our sport by:

- Enhancing the lacrosse experience
- Creating opportunity for all
- Elevating the visibility of lacrosse
- Building for the future

ADDITIONAL RESOURCES

uslacrosse.org/Guidebook
uslacrosse.org/Programs
uslacrosse.org/Safety
uslacrosse.org/Recruiting

USLacrosse® RaiseYourGAME™

Girls' Field Player Equipment

1 GOGGLES

(Required)

- Must be lacrosse-specific
- Meets the ASTM International standard performance specification; includes a statement/seal indicating compliance
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with the goggles

2 MOUTHGUARD

(Required)

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

3 GLOVES

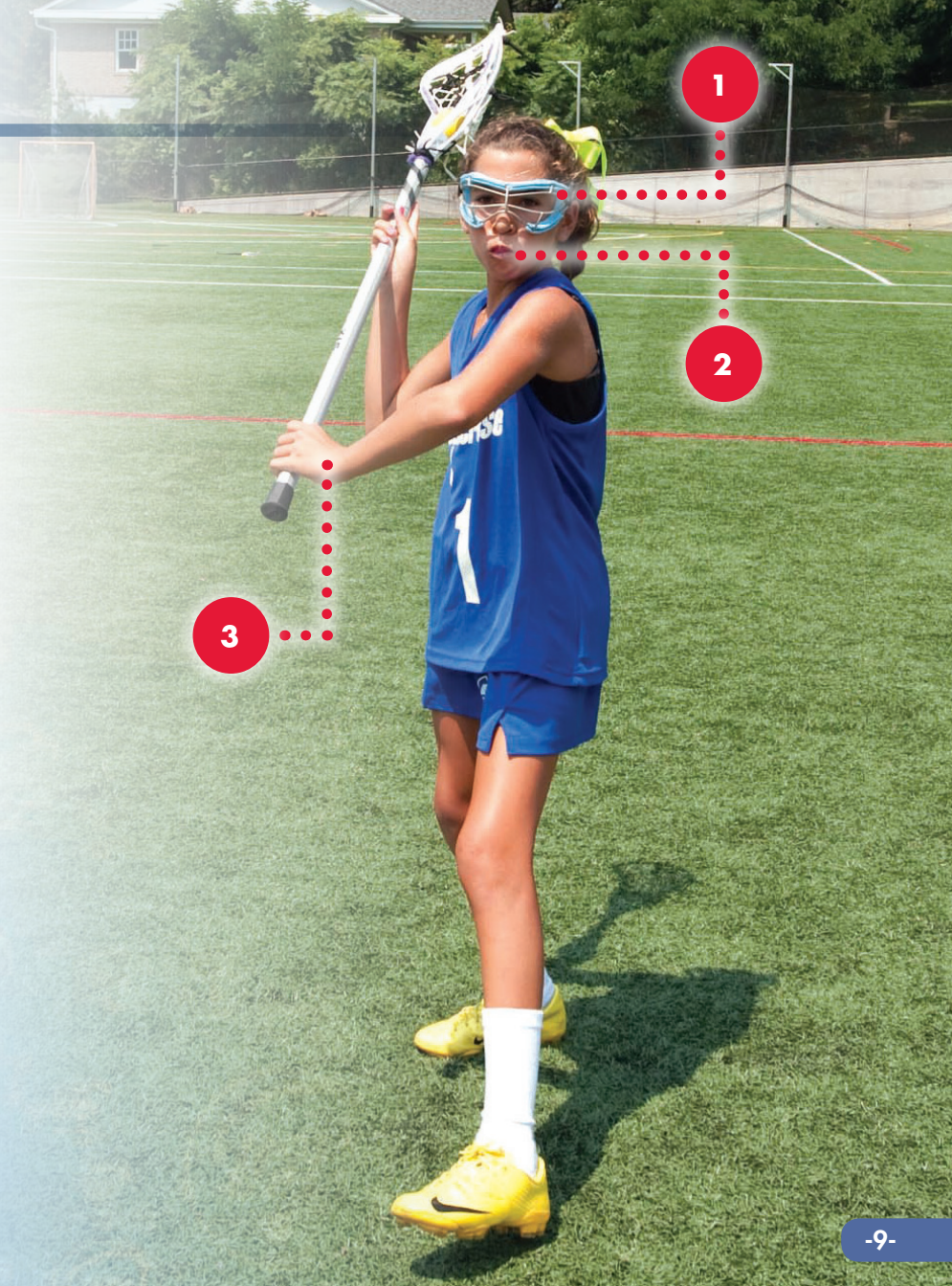
(Optional)

- If worn, they must be close-fitting & should be comfortable for player while holding a stick
- Goalie gloves not permitted for field players

OTHER PERSONAL EQUIPMENT

(Optional)

- Approved soft headgear
- Protective devices necessitated by medical grounds
- No equipment – including protective devices necessitated by medical grounds – may be used unless compliant with rules & manufacturers' specs & deemed not dangerous to other players by the officials



Girls' Goalie Equipment

1 GOALIE GLOVES
(Required)

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

2 CHEST PROTECTOR
(Required)

- Should cover front torso from neckline to below navel
- Body straps must be secured to the front of pad – adjust for a snug, comfortable fit
- Too tight – restricts player's movement
- Too loose – pads can move & expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Must wear underneath jersey

3 PELVIC/ABDOMINAL PROTECTION
(Youth Required/HS Recommended)

- Generally incorporated in leg pads

4 MOUTHGUARD
(Required)

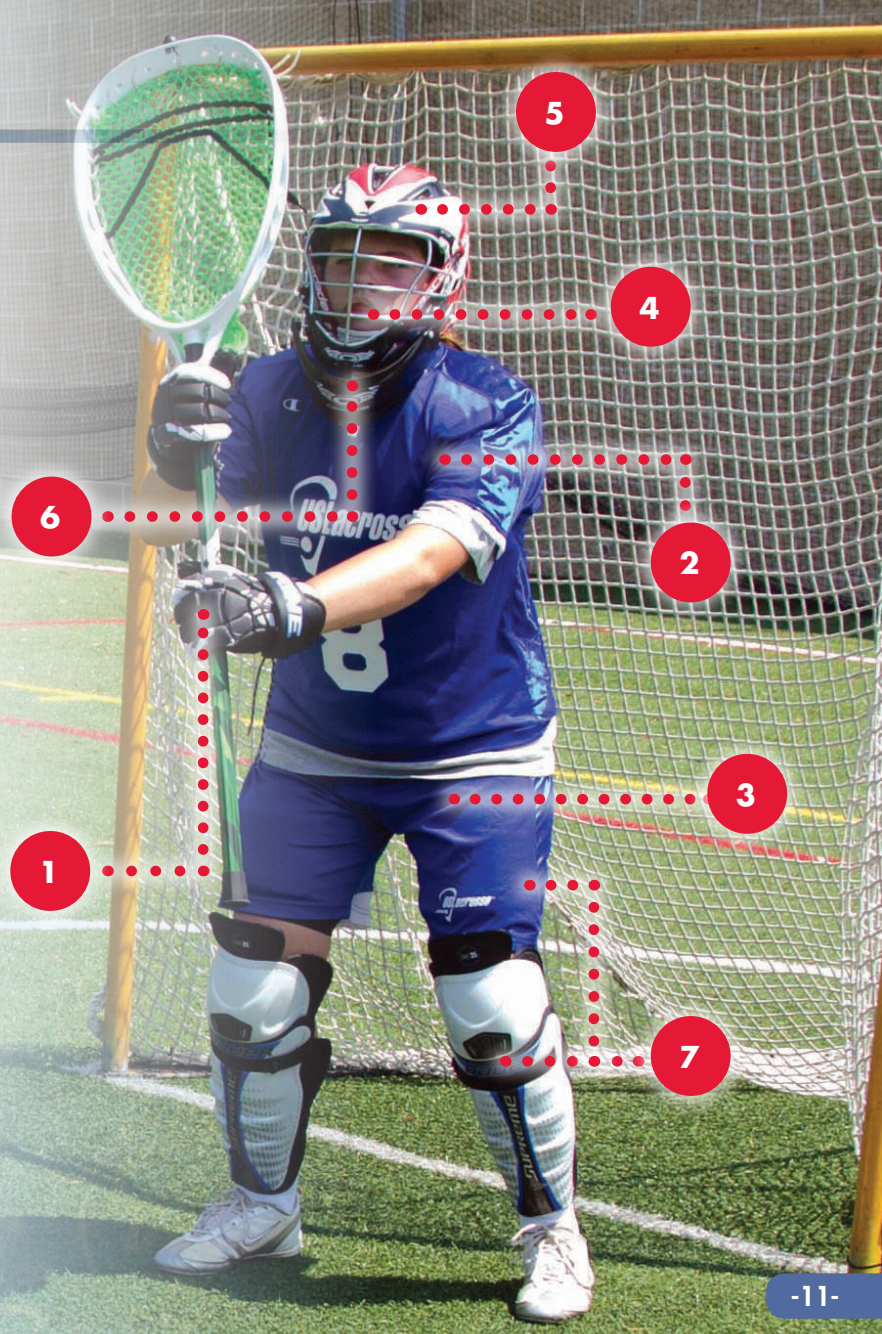
See Girls' Field Player Equipment (p. 8-9)

5 HELMET
(Required)

- Must be field lacrosse-specific
- Statement/seal to indicate it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet

6 THROAT GUARD
(Required)

- Separate from helmet
- Attach with snaps, screws or other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

7 LEG PADS
(Required)

- Must protect shins & thighs
- May not use field hockey equipment
- Tight enough so they don't slide up or down during play
- Tight enough not to cause discomfort