

## Required Lacrosse Equipment

### 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 (see detailed attachment), 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.

### 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.

### Mouthpiece:

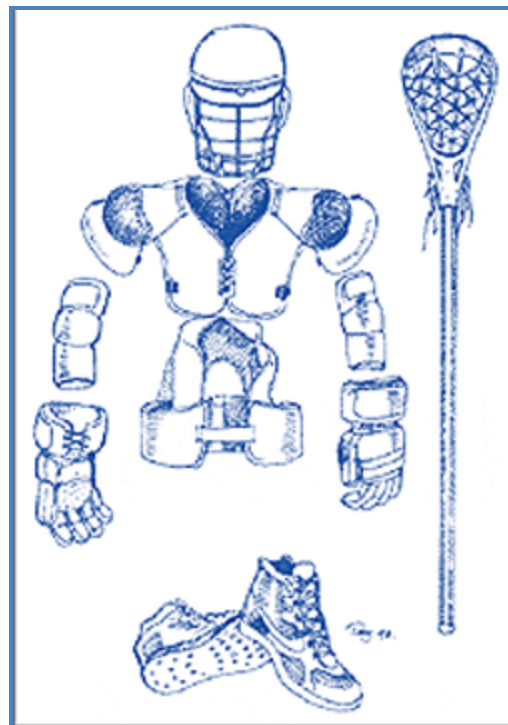
An intra-oral mouthpiece must be a highly visible color and is mandatory. The mouthpiece must cover all upper-jaw teeth.

### Gloves:

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

### Shoes:

All players are required to wear shoes. Lacrosse cleats are preferred, football or soccer cleats are acceptable.



### Other Protective Equipment:

All players must wear compression shorts with protective cups.

All players, with the exception of the goalkeeper, must wear shoulder pads. Arm pads are required and rib pads are strongly recommended.

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

**\*\*\*PLAYERS MUST BE FULLY EQUIPED FOR ALL PRACTICES AND GAMES\*\*\*  
PLAYERS WITHOUT FULL EQUIPMENT WILL NOT BE ALLOWED ON THE PRACTICE  
FIELD DUE TO INSURANCE REQUIREMENTS. PLAYERS WITHOUT FULL  
EQUIPMENT DURING A GAME WILL CAUSE THE TEAM TO BE PENALIZED.**

## Crosse Construction (Effective Jan. 1, 2010)

*\*Note: Drawing not to scale*

