



Gig Harbor Boys High School Lacrosse Equipment Requirements

Players are responsible for providing their own equipment: Helmet, Mouth Guard, Shoulder Pads, Arm Pads, Gloves, Protective Cup, Cleats, Stick. *Players should be fully equipped whenever entering the field of play, whether at a casual toss-around, practice, or game.*

Stick Heads

Please be sure the head of your stick meets the most current NFHS requirements.

Helmet and Gloves Requirements

League Policy: Our governing league requires that our helmets and gloves be “uniform...that the color schemes must match.”

Our Philosophy: It is our belief that equipment fit, feel, and performance are critical, and to that end, a one-size-fits-all approach to helmets and gloves does not work. We believe each player should identify what brand/model of helmet and glove provides the best fit, vision, feel, and performance for him. Therefore, these are our team guidelines for helmets and gloves:

Helmets: Players may choose any brand/model of helmet as long as it meets the guidelines below:

- ✓ Helmets must be NOCSAE certified.
- ✓ Helmets must be black, including chin & visor.
- ✓ Face cages should be black.

Helmet Decals: Players are also required to apply the custom team decal to their helmet. These will be purchased by the player as part of the uniform package.



Gloves: Players may choose any brand/model of gloves as long as they meet the guidelines below:

- ✓ The body of the glove must be predominantly Navy Blue.
- ✓ Accent colors may be White, Carolina Blue, Black.

