

Thinking about Playing Lacrosse?

Here's what gear you need...

Boys

- Helmet*
- Gloves
- Elbow Pads
- Shoulder Pads
- Mouthguard
- Cleats
- Lacrosse Stick



Boys Lacrosse Sticks –

Usually with a continuous mesh web pocket behind the plastic head of the stick and an arrangement of shooting strings. Beginner boys start with a normal sized stick 38 to 42 inches in length. Older boys may play defense and use a longer shaft but this is not necessary for players 5th grade and under.

No Fiddle sticks – These are smaller than regular lacrosse sticks both in length and width of the plastic head. These sticks are fun to play with but they are not used for real lacrosse play.

Girls

- Goggles**
- Mouthguard
- Cleats
- Lacrosse Stick



Girls Lacrosse Sticks –

Identified by a thinner plastic head and tight prominent vertical strings without a pocket for the ball to sit in. These sticks can be different lengths but the heads are all the same size.

*All helmets and face masks must be NOCSAE (National Operating Committee on Standards for Athletic Equipment) approved.

** Eyewear must meet ASTM 3077 standard to be consider legal for play.

