



US LACROSSE COACHING EDUCATION PROGRAM

Equipment and Helmet Sizing

If you're unsure about your size, compare your measurements to the charts below to determine the correct fit. These charts give you a good idea of the sizes to order, but be sure to also read special sizing information that may accompany an item description. Some merchandise dimensions may vary from the averages listed here.

Pads and Gloves

Age	Weight	Glove Size	Pad Size
Under 5	Under 80 lbs	8"	XS
6-8	81-105 lbs	10"	S
9-13	106-150 lbs	12"	M
14+	151+ lbs	13"	L

NOTE: Lacrosse pads are not currently made in sizes bigger than "Large."

Cascade Helmets

Model	Size	Head Circumference
CPX, Pro7	One size fits most (except for players under 13, regardless of head circumference)	20" - 24 3/8"
CLH2, CPV	XXS	19 5/8" to 20 1/2"
	XS	20 5/8" to 21 1/4"
	S/M	21 1/2" to 23 5/8"
	M/L	22 3/4" to 24"
	CS Youth	One size only Should fit most players under 12





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Warrior Helmets

Size	Head Circumference
XXS	9 3/4"
XS	19 7/8" - 21"
S	21 1/8" - 22 1/4"
M	22 3/8" - 23 1/2"
L	23 5/8" - 24 3/4"
XL	24 7/8" +

Brine Helmets

Model	Size	Head Circumference
ST2	XS	18 7/8" - 19 5/8"
	S	19 5/8" - 21 1/8"
	M	21 1/8" - 23"
Triumph	S/M	20 1/8" - 22 1/4"
	L/XL	22 1/4" - 23 1/2"

Gait Helmets

Size	Head Circumference
One size fits most	20" - 25"

