

## Boys Lacrosse Equipment:

### The 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 42 inches for attackmen and midfielders, or 52 - 72 inches for defensemen. The head of the crosse must be 6.5 - 10 inches wide, 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 sidewall.

### The Ball:

The ball must be made of solid rubber and can be white, yellow or orange. The ball is 7.75 - 8 inches in circumference and 5 - 5.25 ounces.

### The 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 boys players. All helmets and face masks should be NOCSAE (National Operating Committee on Standards for Athletic Equipment) approved.

### The Mouthpiece:

The mouthpiece must be a highly visible color and is mandatory.

### The Glove:

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

### Protective Equipment:

All players must wear shoulder pads, Arm pads, Helmet, mouth guard, and Athletic supporter. Rib pads are also strongly recommended.

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

## Other Safety Considerations

- The helmet should be examined for damage before each use and should be worn with an approved mouth guard.
- The chinstrap, mask, and jaw strap should be adjusted to fit.
- The helmet should be cleaned with water only and should not be painted or otherwise altered, it should not be used if the mask is bent more than one-eighth inch, rusting, or loose.
- Helmets should never be used to butt, ram, or spear an opponent.
- The helmet should be re-certified every year with an approved reconditioner or discarded after three years.
- Helmets should not be passed on to other players.
- Players should adhere to the rules of the game during all practices and competitions.