

Girls Lacrosse Equipment and Protective Lacrosse Equipment

For girls, protective equipment for players should include:

- A [mouth guard](#) (mandatory)
- [Protective eyewear](#) (mandatory)
- Padded gloves (these are optional but recommended)
- [Cleats](#)
- Note: female lacrosse players (other than goalies) are not required to wear helmets

Recommended equipment for a female goalie includes:

- A helmet with a face guard and throat protector and attached mouth guard
- A chest protector
- Padded gloves
- Arm pads
- Leg pads
- A protective cup

The Crosse:

The crosse (lacrosse stick) is made of wood, laminated wood, or synthetic material, with a shaped net pocket at the end. A girl's crosse must be an overall length of 35 1/2 - 43 1/4 inches. The head of the crosse must be seven to nine inches wide. The pocket of the stick must be strung traditionally; no mesh is allowed. The top of the ball when dropped in the pocket must remain even with or above the sidewalls. The goalkeeper's crosse may be 35 1/2 - 48 inches long. The head of the crosse may be mesh and up to 12 inches wide.

The Ball:

The ball must be yellow and made of solid rubber. The ball must be 7.75 - 8 inches in circumference and weigh 5 - 5.25 ounces.

The Mouthpiece:

All players must wear mouthguards.

Protective Equipment:

Close-fitting gloves, nose guards, soft head gear and eye guards are optional, and may be worn by all players.

The Goalkeeper's Equipment:

The goalkeeper must wear a facemask and helmet with a mouth guard, throat protector and chest protector. The goalkeeper may wear padding on hands, arms, legs, shoulders and chest which does not excessively increase the size of those body parts.

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.

