

BOYS EQUIPMENT



Helmet
\$90.00-150.00
MUST BE NOCSAE Certified for Lacrosse
National Operating Committee on
Standards for Athletic Equipment

Helmet Size Chart
Head Circumference Size
21 1/4" XS
21 1/2 - 22 3/8" S
22 3/4 - 23 5/8" M
23 3/4 - 24 1/4" L
24 3/8" XL

Shoulder Pad's
\$40.00-100.00

Arm Pads
\$20.00-70.00

Rib pads
optional
\$30.00-50.00

Gloves
\$35.00-105.00
hockey gloves won't do.
They don't flex in the right places.

Stick
\$20.00-200.00
(mesh is recommended for badinages)

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Boys Equipment

The required equipment should be worn to all practices as well as games. No player will be allowed to participate without all of the required equipment. All IYL coaches enforce this safety rule so always double-check your players gear bag before leaving for a game (or practice). The league also strictly enforces equipment regulations for player safety - a referee will immediately suspend play, call a Technical Foul and remove a player from the game field if he does not have the required equipment on, if not being worn properly or if it is not regulation. The team is penalized for equipment infractions and player taken out of the game for the duration of the penalty.

In order to practice or play in a game Issaquah Youth Lacrosse requires each player to have:

- **Stick.** Make sure it is legal (see Boys Rules). **Optional:** Backup stick
- **Helmet designed for Lacrosse**, must meet NOCSAE Standard – IYL requires helmets to be **all white color** (Hockey helmets are not acceptable)
- **Shoulder Pads**
- **Arm Pads**
- **Gloves designed for Lacrosse** (Hockey gloves do not flex properly for Lacrosse)
- **Athletic supporter with protective cup**
- **Mouth Guards x2** (back-up) Must be colored, **NOT** clear or white
- **Rubber cleats** (soccer or football cleats are fine). Metal cleats are not allowed.
- **Shorts** – IYL provides official uniform shorts which must be worn to games
- **T-shirt or tight under garment** (long or short sleeve) to wear under pads. Must be solid color of white, grey or one of the team's official colors. (kept tucked into shorts)
- **White t-shirt to wear over pads and under the practice jersey** during practice. Rules now require that a player's pads are completely covered, and IYL practice jerseys are tank-style, leaving pads exposed.

- **Sweatshirt** or coat to put on following play in cold weather
- **Water bottle** (filled). 48oz minimum, label with player name
- **Optional** - Bag for your gear (recommended)
- **Optional** - Rib pads

More Equipment Notes:

Gear Bag - You can help your player get all the required equipment to every event by helping them set up a system for keeping all their gear together. Some use a bag, some use the "lacrosse kabob" method, but that doesn't give them a place for both jerseys, water, extra mouth guard, warm up clothes. Some tie a permanent note to their bags with a checklist or simply the question "Water?" Any system is better than no system. I also highly recommend your player get all their gear together the night before an event. Please emphasize with your player that it is **their responsibility** (not yours, Mom & Dad, and not the coaches) to have all their gear ready for every practice and game. If they don't have all their gear, they can't play or practice. *This can be a very good lesson in responsibility, so let them learn it themselves!*

WEAR A CUP! – Get one, get used to it, and wear one, the consequences can be life changing.....Protection options: [Nuttybuddy](#); Nutt Hutt; [Shock Doctor](#).

Why a White helmet? – NFHS Boy's Lacrosse Rules require all players on a team to wear helmets of the same color or colors. IYL requires White. All helmet decals and external markings (except mandatory manufacturer safety warning) must be IYL issued. High School helmets are not allowed for IYL games or practices.

Water:

Please remember, proper hydration is critical, even in cold weather and water is the drink of choice. **Only water is allowed on turf fields. NO SPORTS DRINKS.** Gatorade (and similar) will gradually ruin the synthetic field turf. Violations of this policy puts our access to these fields at risk.

Some players come to practice without water. This is not OK - it can be dangerous. Even when it is cold and rainy boys sweat, and they must replenish the water in their systems. All players will drink water after warm-ups and before the game. **Players without water will not play.** Period.

Expert recommended minimums: 16oz two hours before; and 8oz thirty minutes before; and 8oz every twenty minutes. This is a minimum of 48oz during each two hour practice or game. Be prepared, pay attention, and manage your intake.