

Girls Equipment Guide

Girls Lacrosse requires 4 main pieces of equipment to play:

- Girls Lacrosse Stick
- Goggles
- Mouthguard-must be colored; cannot be clear or white. Cannot have anything attached to the front. Must cover all upper teeth
- Lacrosse Ball- girls play with yellow or orange balls

Optional equipment includes:

- Cleats-very good idea to prevent slippage and potential injury on the field
- Field Gloves- these are good to give your hands extra protection and/or grip on the stick.
- Gear Bag/Stick Bag- Keeps everything together and nothing is missing for games/practice. Stick bags are good also if you plan on traveling by plane because you will have to check your stick.
- Backyard Goal- Great for practicing at home.
- Rebounder-this helps you work on your passing and catching without a partner.
- Shooting Target-Great to have to practice your placement of shots.

Here's some additional info on the basics:

Goggles: Many styles are available so it's best to take your player to the store and try them on for best fit. Most goggles come in Junior and Adult sizes.



Cage Type (1st one good for glasses)



Plastic/Plexiglass type

Girls vs Guys Stick: Boy's sticks have large mesh pockets, girls sticks do not. Look for a stick with an "offset" head (see below). If you look at the stick from the side, an offset head dips down, allowing for a deeper ball set. This is easier to catch and hold onto. The non-offset heads are straight across, and do not allow for as deep a pocket. The pocket is considered legal if the top of the ball is even with or above the sidewalls of the stick head when dropped into the pocket and slight pressure is applied. (Refs do stick checks at the beginning of each game to be sure the top of the ball sits above the sidewall of the stick.) However, if you are 5th grade and below, you are allowed to have an illegal pocket for games.



Girls Stick- Offset Head



Girls Stick-Non-offset Head



Boys Stick

Length: All sticks come one length and they are cut down to fit the players' size. Sticks must be between 35 ½" to 43 ¼" to be legal. Measure by placing the end of the shaft under her armpit and have her extend her pointer finger towards the "head" of the stick. Whatever is left over along the shaft is what you can cut as long as it's still legal.



Shaft Head

Offset Stick- There are several sticks coming out every year with offset head options. The 10 degree Crux by STX is an example of this. If you buy one of these sticks you also need the offset shaft that goes with it. Most sticks you can switch the shaft or head as long as they match up. Don't put an offset head with a regular non-offset shaft. Make sure you ask if you have any questions.