



## Equipment for Girls' and Women's Lacrosse

### 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 35.5 - 43.25 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 above the side walls.\* The goalkeeper's crosse may be 35.5- 48 inches long. The head of the crosse may be mesh and up to 12 inches wide.

\* Modified Pocket allowed in [girls youth rules](#)

### The Ball:

The game ball must be yellow and made of solid rubber, smooth without dimples for games and must be visible color, other than clear or white. 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 and soft head gear are optional and may be worn by all players. All field players must properly wear eye protection that meets ASTM specification standard F803 for women's adult/ youth lacrosse for the appropriate level of play.

### The Goalkeeper's Equipment:

The goalkeeper must wear a helmet with face mask ([NOCSAE](#) approved), separate throat protector, padded gloves, mouth piece, and chest protector. The goalkeeper may wear padding on arms, legs, and shoulders which does not excessively increase the size of those body parts. High school level and below must wear padding on thighs and shins. Youth level must wear some form of abdominal and pelvic protection.

Goalies are required to wear padded gloves.