

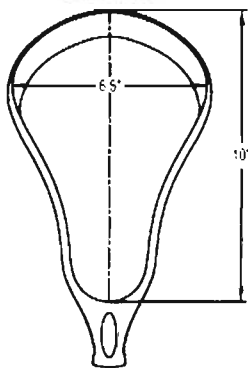
Stick Specification Guide

NFHS is the National Federation of State High School Associations (www.nfhs.org)

NCAA is the National Collegiate Athletic Association (www.ncaa.org)

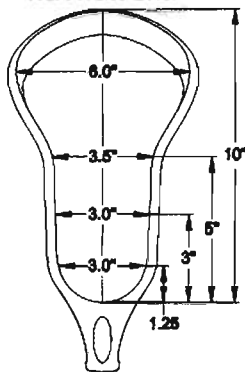
NFHS

Not legal for play under
NCAA rules



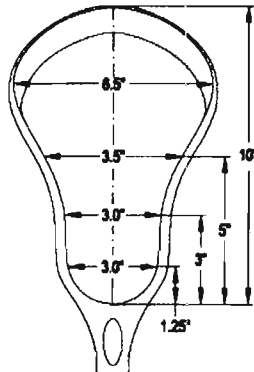
NCAA

Legal for play under
NCAA rules ONLY



NCAA + NFHS

Legal for play at all levels



Q: What are the NCAA Specifications?

The NCAA lacrosse specifications are a set of standards for measuring the dimensions of a lacrosse head used during a game where NCAA men's lacrosse rules are in effect. Specifically, it outlines four points on a lacrosse head that must conform to a set of minimum dimensions given in the table below:

These are in addition to the current rules:

Measurement from the throat (inches)	Minimum distance between narrowest point of head
1.25" up	3.0" across (all measurements)
3.0" up	3.0" across (all measurements)
5.0" up	3.5" to 4" across on front; 3.5" across back
Widest point	6" to 6.5" across on front; 6" across back

From the 1.25" measurement to the top of the head, the minimum distance between the sidewalls is 3"

Q: So what does this mean for US Lacrosse youth programs?

"US Lacrosse has not adopted revisions to stick dimension specifications for boys youth play, and the consideration of any changes to stick dimension specifications, as well as the timing of such changes, would be made in collaboration with the NFHS."



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