

# Boys' Field Player Equipment

## **GLOVES** (Required)

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

## **HELMET** (Required)

- Must be field lacrosse-specific
- Statement/seal indicating it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet

## **RIB PADS** (Recommended)

- Must cover ribs and kidneys; adjust by loosening/tightening straps
- Should fit comfortably, not restricting breathing
- Tight enough to so they do not move excessively during play
- Try on rib pads prior to adding shoulder pads to ensure proper fit

## **PROTECTIVE CUP**

(Youth Required/HS Recommended)

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

## **MOUTHGUARD** (Required)

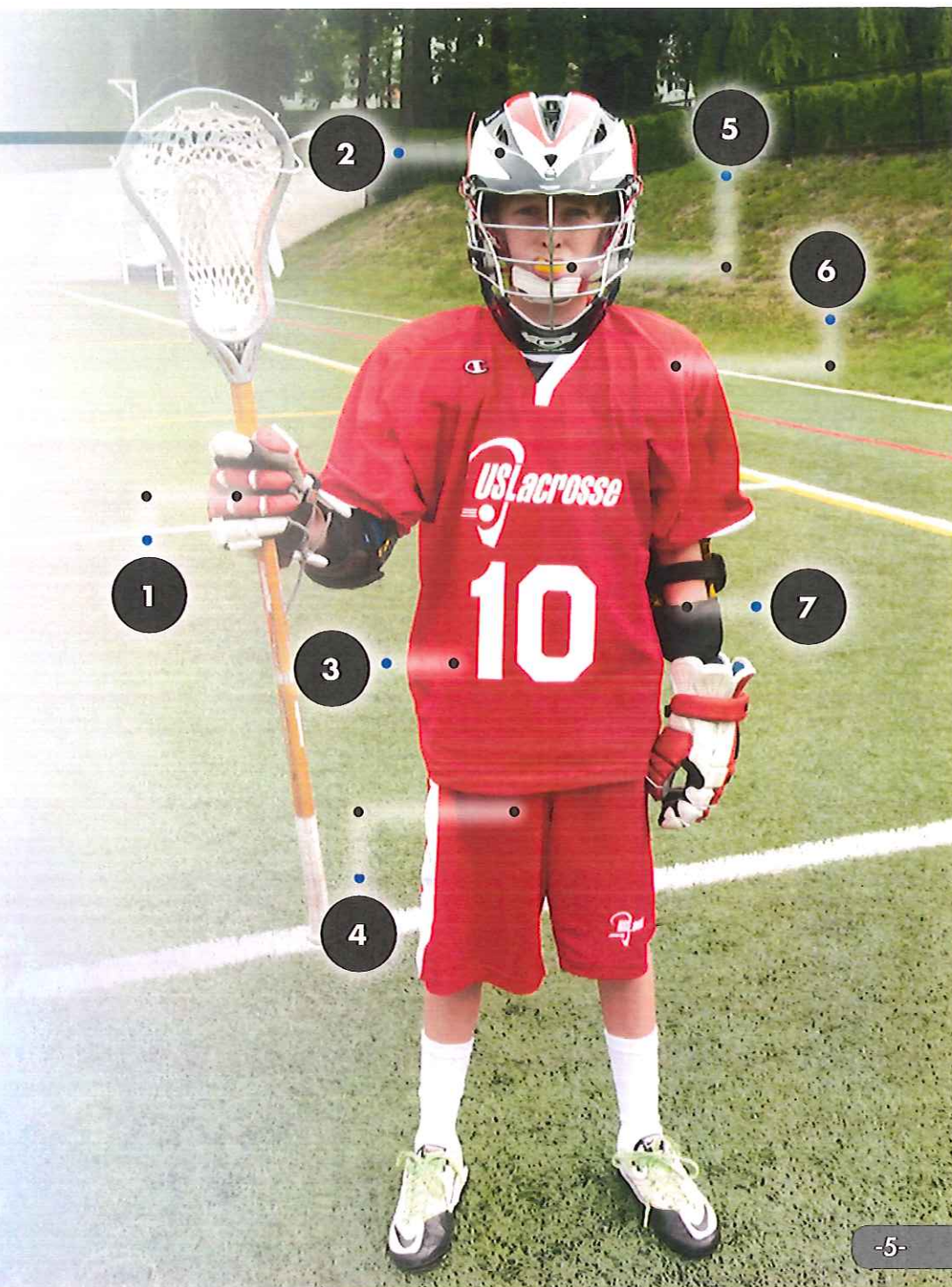
- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

## **SHOULDER PADS** (Required)

- Covers top of shoulder, collarbone & sternum
- Shoulder caps must rest on top of shoulders
- Collar should lie flat on collarbone
- Straps tightened - bicep pad sits high on arm so to not interfere with arm pads
- Sternum plate must cover sternum
- Should fit comfortably; adjust by loosening/tightening straps
- Too tight - may restrict movement; too loose - can move during play & expose player to injury

## **ARM PADS** (Required)

- Tight as to not slide down arm; loose as to not cause discomfort
- Elbow should be properly & completely covered
- If pad includes straps secure comfortably for limited movement during play



# Boys' Goalie Equipment

## GOALIE GLOVES

*(Required)*

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

## MOUTHGUARD

*(Required)*

See Boys' Field Player Equipment (p. 4-5)

## ARM PADS

*(Youth Required/HS Recommended)*

See Boys' Field Player Equipment (p. 4-5)

## PROTECTIVE CUP

*(Youth Required/HS Recommended)*

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include supporters, all-in-one briefs & combinations of both
- For goalies – pads available that integrate thigh padding with protective cup

## THROAT GUARD

*(Required)*

- Separate from helmet & required
- Attach with snaps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

## CHEST PROTECTOR

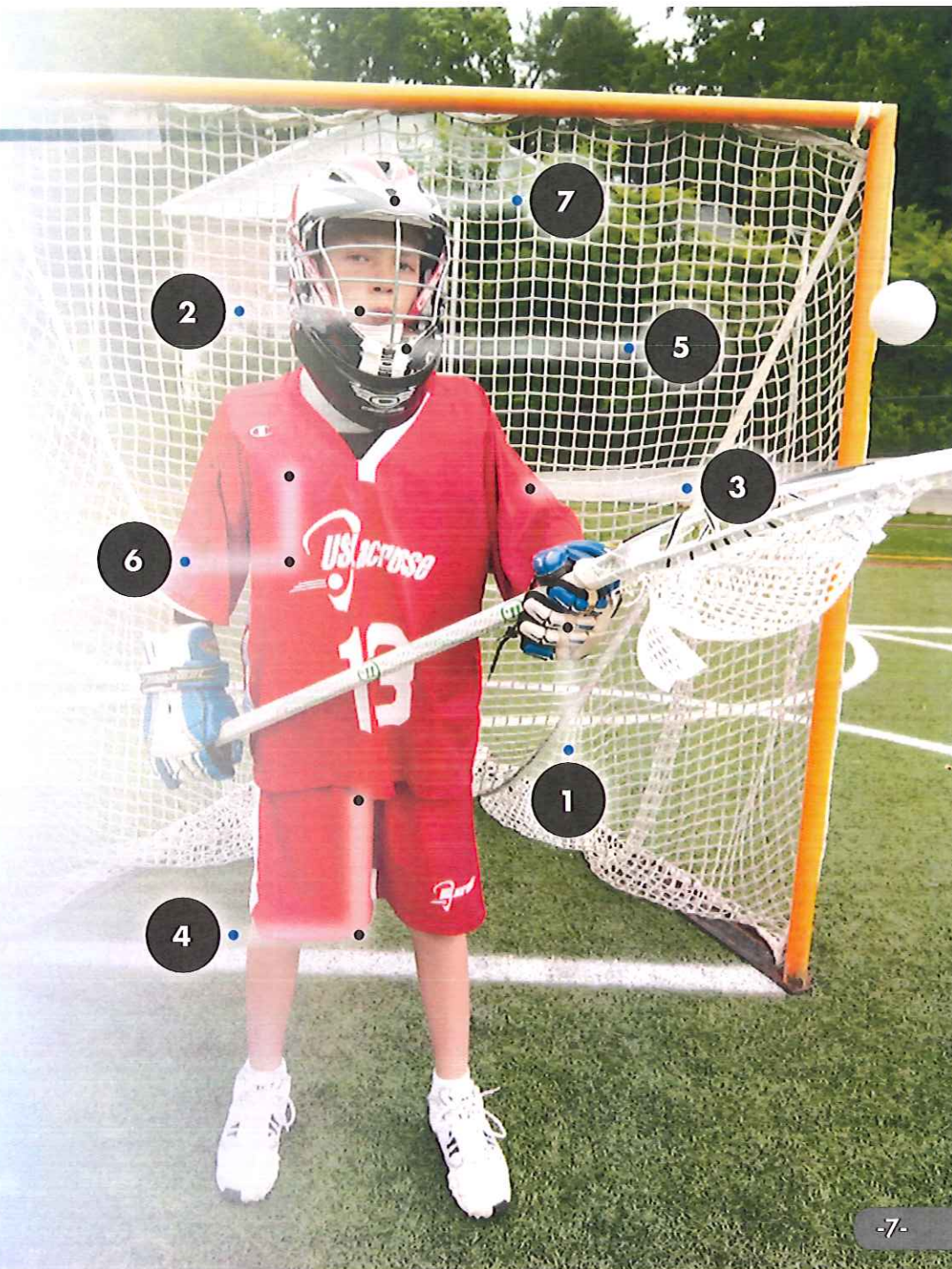
*(Required)*

- Covers front torso, neckline to below navel
- Body straps secured to front of pad – adjust for snug, comfortable fit
- Too tight – restricts player's movement
- Too loose – pads can move & expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Preferably includes additional arm & shoulder protection
- Must wear underneath jersey

## HELMET

*(Required)*

See Boys' Field Player Equipment (p. 4-5)



# Girls' Field Player Equipment

## GOGGLES

*(Required)*

- Must be lacrosse-specific
- Meets the ASTM International standard performance specification; includes a statement/seal indicating compliance
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with the goggles

## MOUTHGUARD

*(Required)*

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

## GLOVES

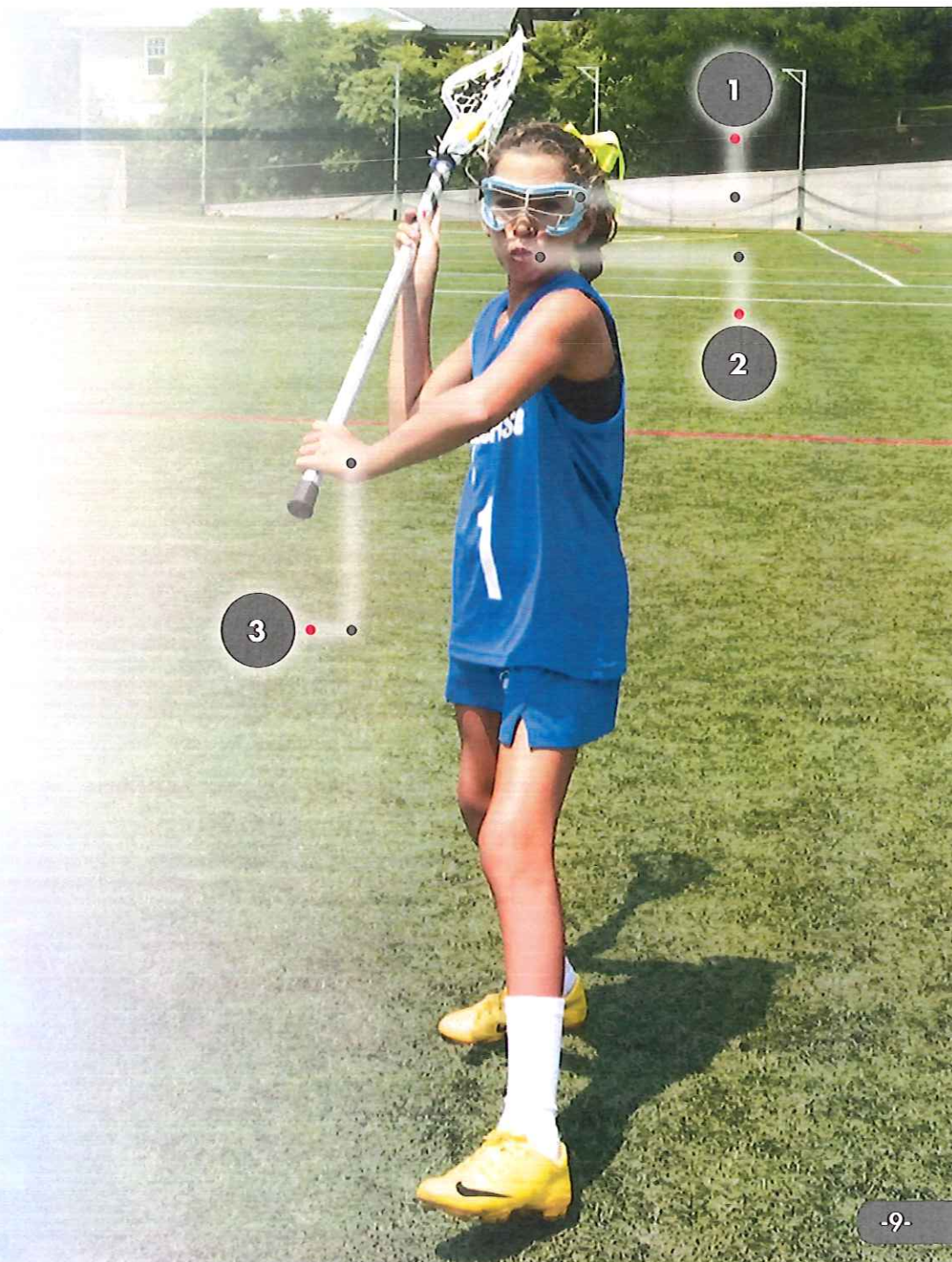
*(Optional)*

- If worn, they must be close-fitting & should be comfortable for player while holding a stick
- Goalie gloves not permitted for field players

## OTHER PERSONAL EQUIPMENT

*(Optional)*

- Approved soft headgear
- Protective devices necessitated by medical grounds
- No equipment – including protective devices necessitated by medical grounds – may be used unless compliant with rules & manufacturers' specs & deemed not dangerous to other players by the officials



# Girls' Goalie Equipment

## GOALIE GLOVES

*(Required)*

- Hand must be fully inserted in glove
- Includes additional thumb protection
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- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

## CHEST PROTECTOR

*(Required)*

- Should cover front torso from neckline to below navel
- Body straps must be secured to the front of pad – adjust for a snug, comfortable fit
- Too tight – restricts player's movement
- Too loose – pads can move & expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Must wear underneath jersey

## PELVIC/ABDOMINAL PROTECTION

*(Youth Required/HS Recommended)*

- Generally incorporated in leg pads

## MOUTHGUARD

*(Required)*

See Girls' Field Player Equipment (p. 8-9)

## HELMET

*(Required)*

- Must be field lacrosse-specific
- Statement/seal to indicate it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet

## THROAT GUARD

*(Required)*

- Separate from helmet
- Attach with snaps, screws or other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

## LEG PADS

*(Required)*

- Must protect shins & thighs
- May not use field hockey equipment
- Tight enough so they don't slide up or down during play
- Tight enough not to cause discomfort

