MANUFACTURER'S SPECIFICATIONS

WOMENS LACROSSE STICK AND EQUIPMENT

(Updated 12.13.24)

SECTION 1. The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from the front and back of the pocket of a crosse without an excessively forceful check. *A crosse may be deemed illegal even though it meets all technical specifications if its design is a clear attempt to circumvent the intent of the rules*.

SECTION 2. The head of the crosse shall be constructed of wood, plastic, fiber- glass, nylon, leather, rubber, gut and any other synthetic material. The handle of the crosse shall be constructed of wood, metal alloy or other composite material. The head of the stick shall be affixed securely to the handle in such a way that it shall basically be in the same plane as the handle. An exception is that a handle may deviate up to, but not more than, 10 degrees from straight for the last part of the shaft that is within 6.5 cm from the ball stop when the handle is mounted in the head. The end of all handles shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The crosse shall not have sharp or protruding edges, and shall not be dangerous to players in any way. USA Lacrosse approved heads may not be altered. Prohibited alterations to heads include, but are not limited to: baking, drilling additional holes, breaking and/or reconstructingwith adhesive material, stretching, pinching and shaving.

SECTION 3. The overall length of the crosse shall be 90 cm minimum to 110 cm maximum. End caps are included when measuring the overall length of a crosse.

SECTION 4. To determine crosse compliance with the linear measurement specifications, all measurements except for overall crosse length shall be made to the nearest 0.01 cm.
The permitted deviation fromthe standard is 0.09 cm.

NOTE: If the maximum specified length for a particular measurement is 5.1cm, then a measurement of 5.20 cm is legal, but 5.21 cm is not legal. If the minimum specified length for a particular measurement is 5.1 cm, then a measurement of 5.00 cm is legal, but 4.99 cm is not legal.

SECTION 5. The unstrung head and the handle of a field stick must lie within a 6.55 cm horizontal plane. (Diagram 11,15)

- At the bridge or the ball stop, the top edge of the bridge or ball stop must be at least 1.3 cm above the center line of the handle.
- The top edge of the sidewall must not be more than 0.6cm below the center line of the handle.
- The top edge of the sidewall must not drop below the center line of the han- dle before 5.7 cm as measured from the center of the bridge or ball stop.

NOTE:
To determine the 6.55 cm horizontal plane of the head, place the stick on a table with the open pocket facing up so that the long axis of the handle is horizontal to the floor. Depending on the shape of the head, it may be necessary to support the handle so it is horizontal. With the handle horizontal and the lowest part of the head in contact with the table, no part of the head as defined from the ball stop to the outside edge of the scoop shall be more than 6.55 cm above the table.

A "bent" handle may only be used with the heads that are specifically designed to accommodate them; "bent" handles are head and manufacturer specific. Heads designed for use with a "bent" handle are not legal when mounted/attached to a straight handle. Heads designed for use with a straight handle are not legal when attached to a bent handle.

SECTION 6. The overall length of the head, as measured from the center of the bridge or ball stop (where the top, back edge of the stop pad meets the plastic) to the top outside edge of the scoop, shall be 25.4 cm minimum to 30.5 cm max- imum. With the open pocket of the head facing up, all length measurements are taken along the center line of the handle.

SECTION 7. The overall outside width of the head of the crosse when measured at the widest point at the top of the head shall be 18 cm minimum to 23 cm max- imum. With the open pocket of the head facing up, all width measurements are taken on a line that is perpendicular to the extension of the handle.

SECTION 8. Strung pockets must be attached to the bottom of the bottom rail of the head through stringing holes. The top of the stringing hole shall not be more than 1.0 cm from the bottom of the sidewall. Mesh pockets are also permitted.
SECTION 9. The entire crosse (strung head and handle) shall not weigh more than 567 g.

WOODEN FIELD CROSSES
SECTION 10. The head of a wooden field crosse is defined to consist of four parts: the bridge, the wooden sidewall, the guard and the scoop. (Diagram 12) The bridge is the woven ball stop of a wooden stick.

- The height of the bridge shall be 5.1 cm maximum to 3.2 cm minimum.
- As measured from the bridge to the midpoint of the head, the height of the wooden sidewall shall be 4.5 cm maximum to 3.2 cm minimum.
- From the midpoint of the head, the height of the sidewall may taper toward the scoop.The guard is the soft woven wall of the head.
- The height of the guard shall be 7 cm maximum to 3.2 cm minimum.

SECTION 11. The head shall be triangular. The inside width between the side- walls of the head must continually increase as measured from the center of the bridge to the widest point at the top of the head.

- The inside width between the sidewalls of the head, as measured 3.2cm from the center of the bridge, shall be 6.7 cm to 7.6 cm and the outside width of the head shall be 7.6 cm to 10.1 cm.
- The inside width between the sidewalls of the head, as measured 5.1 cm from the center of the bridge, shall be 7 cm minimum.
- The inside width between the sidewalls of the head, as measured 7.6 cm from the center of the bridge, shall be 8 cm minimum.
- The inside width between the sidewalls of the head, as measured 10.2 cm from the center of the bridge, shall be 9 cm minimum.
- The inside width between the walls at the widest point at the top of the head shall be 15 cm to 16 cm.

PLASTIC/MOLDED HEAD FIELD CROSSE
SECTION 12. The head of the plastic/molded head field stick is defined to consist of four areas: the throat, the ball stop, the sidewall and the scoop. (Diagram 12)

SECTION 13. The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 7 degrees from perpendicular to the long axis of the handle. The height of the ball stop shall be 6.55 cm maximum to 3.2 cm minimum.

NOTE: To determine stick compliance with the angular measurement specifications, all measurements and calculations will be made to the nearest 0.01 degree. The permitted deviation from the standard is 0.44 degrees. If the maximum specified angle is 7 degrees, then a particular measurement of 7.44 degrees passes and 7.45 degrees does not.

SECTION 14. Stop pads shall not be more than 0.5 cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to the bottom of the ball stop. The stop pad may have slightly raised or inset lettering as long as the perceived goal is artistic design/advertising. The surface of the stop pad may not, in any way, interfere with the free movement of the ball within the pocket or affect ball retention.

SECTION 15. The stop area ends and the sidewall begins at 3.4 cm as measured from the center of the ball stop. The sidewall ends and the scoop area begins at the widest point at the top of the head.

SECTION 16. From the beginning of the sidewall at 3.4 cm to the midpoint of the head, as measured from the center of the ball stop to the top of the scoop, the actual height of the sidewalls shall be 4.7 cm maximum to 2.8 cm minimum. From the midpoint of the head, the height of the sidewalls may taper toward the scoop.

SECTION 17. There may be no protrusions or outcroppings on the inside or outside surface of the sidewalls and scoop that interfere with the free movement of the ball or affect ball retention. Minor protrusions or outcroppings added for design or strengthening purposes will be permitted. The legality of these protrusions/outcroppings will be determined by the USA Lacrosse Equipment Council upon submission of the stick by the manufacturer.

NOTE: Any stick that contains outcroppings within the plane of the sidewall or protrusions from the sidewalls, must be submitted to the USA Lacrosse Equipment Council for review.

SECTION 18. The head of the stick shall be triangular in concept, with the exact allowable distances between the sidewalls determined by the specific measure- ments outlined in other sections of the specifications. (Diagram 13)

- The inside width between the sidewalls of the head, as measured 3.2 cm from the center of the ball stop, shall be 6.7 cm minimum to 8.0 cm maxi- mum. The radius of the ball is 3.2 cm.
- The inside width between the sidewalls of the head, as measured 5.1 cm from the center of the ball stop, shall be 6.8 cm minimum.
- The inside width between the sidewalls of the head, as measured 7.6 cm from the center of the ball stop, shall be 7.4 cm minimum.
- The inside width between the sidewalls of the head, as measured 10.2 cm from the center of the ball stop, shall be 8.7 cm minimum.
- The inside width between the walls at the widest point at the top of the head shall be 16.0 cm minimum.
- The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.
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SECTION 19. At all points along the sidewall, the formula outlined below shall be used to determine the maximum slant/angle that the sidewalls and scoop of the head may deviate from vertical. (Diagram 15)
With the open pocket of the head facing up, measure the vertical height of the sidewall at any point. Then find the difference in the width between the top and the bottom edges of the sidewalls at that point.
At all points, the difference between the top and bottom widths divided by the vertical height of the sidewall must be 0.65 or less.

NOTE: Bevels are subject to this maximum slant/angle formula for internal rotation only.

The following angles must be equal to or less than the following based on the measurement points depicted in Diagram 10:

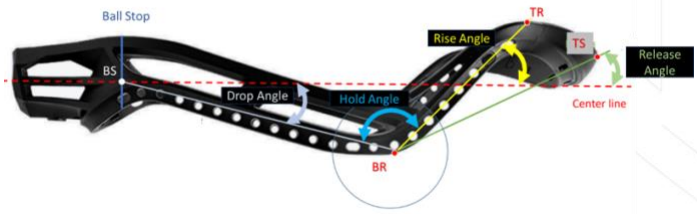


Diagram 10

Drop Angle is the angle between the center line and the line defined by BS–BR. BR is the lowest point (from the Center Line) of bottom rail (BR). If BR is more than a singular point of contact, BR will be measured from the point of contact that is closest to BS
Max 30.6
Rise Angle is the angle between the center line and the line defined by BR–TR. TR is the highest point (from the Center Line) of the top rail (TR). If TR is flat or extended beyond a singular point, TR will be measured at the point closest to TS.
Max 48.7
Release Angle is the angle between the center line and the lined defined BR–TS. TS is the furthest top edge of the scoop, the point of the head that is farthest from the Ball Stop.
Max 27.6
Hold Angle is the angle between the lines BS–BR and BR–TR. The Hold Angle is computed as 180 degrees minus (Drop Angle plus Rise Angle).**Max 138.1**

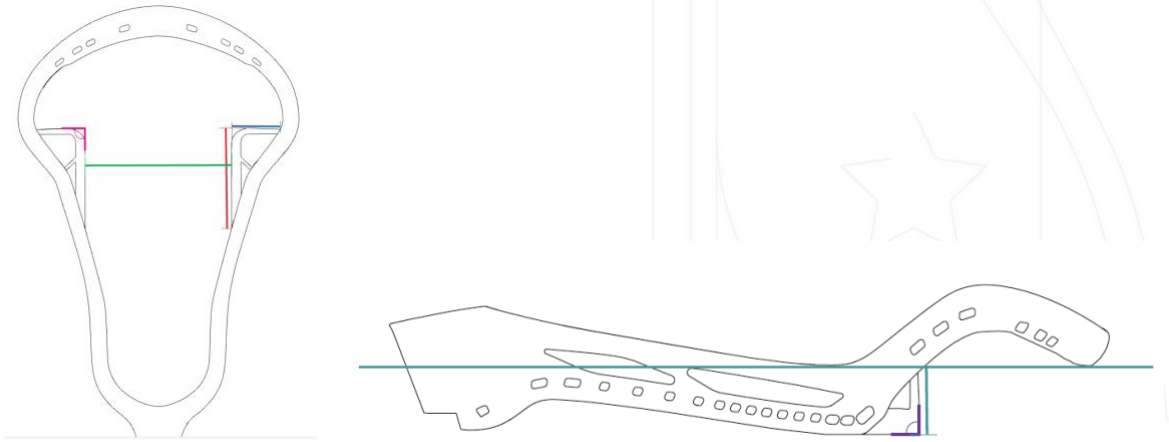


Diagram 11 & 12

Measurements below are specific to outcroppings on the back face and lower side of the sidewall as depicted above, diagrams 11 & 12.

Specifications		Measurements
Front View	Protrustion Width	3.40 cm
	Protrustion Height	6.69 cm
	Distance Between Protrustion	9.62cm
	Angle	88 deg
Side View	Protrustion Depth	3.42 cm
	Angle	88 deg

POCKETS

Pocket compliance is subject to on-field check and playing rules. The pocket does not need to be checked at the lab unless it is a prefabricated pocket that cannot be altered in any manner.

SECTION 20. The nominal diameter of the shooting string nylon cord and side- wall string nylon shall be 0.3 cm maximum. The nominal diameter of pocket nylon shall be 0.3 cm maximum unless fused mesh is utilized to attach the pocket to the head of the stick. The stipulation for 0.3 cm maximum nominal diameter for pocket nylon is a manufacturer's specification. Officials shall not measure this for compliance as part of their routine stick checks. Technical criteria assume a defined gap is present between pocket nylon mesh. A solid surface of nylon would be non-compliant.

SECTION 21. Field crosses shall have no more than two separate shooting strings. Shooting strings shall not be rolled or coiled or twisted more than twice between each thong. In a mesh pocket, the shooting string may be coiled once per mesh diamond/hole. Flat laces may not be used as shooting strings. Shooting strings are not required.

SECTION 22. Any shooting string must be directly attached to both sidewalls within 3.5 inches as measured from the top outside edge of the head and the bot- tom shooting string may be an inverted "U" in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the head. The shooting strings may be attached through any hole or gap in the side- wall. Shooting strings may not be crossed. If there are no thongs in the pocket, shooting strings cannot be touching within an inch of the sidewall. (Diagram 16)

SECTION 23. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting strings, cross lacings, or thongs. This rule strictly prohibits the use of beads, tubing or similar items on any part of the pocket. Other materials that may be prohibited: any materials that are sharp/ unyielding – i.e. – metal or hard rubber material that could be dangerous to another player.

SECTION 24. The combined height of the sidewall and the depth of the natural forward facing pocket containing the ball shall not exceed 6.4cm, the diameter of the ball. The combined height of the sidewall and depth of the reverse (backside) pocket containing the ball shall not exceed 6.4 cm, the diameter of the ball. The top of a ball, when placed into the pocket of a horizontally held crosse both front and back, must be visible above the top of the entire wooden or plastic sidewall after reasonable force with one hand has been applied and released from the ball.

SECTION 25. The ball moves freely within all parts of the head of the stick both laterally and along its full length of the front and back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden crosse, or in the ball stop or under the walls of a plastic/ molded head crosse. The ball must easily fall out of the pocket when the crosse is turned upside down. There must be no holes or gaps in the pocket that are larger than 1.5" diameter (38.1 mm).

NOTE: The following are some examples that either alone or in combination might cause a lack of free ball movement in the head/pocket: Shooting strings that are not interwoven with the cross lacings and thongs and are permitted to sit on top of these other stringing areas; thongs that are raised above the plane of the pocket; any adhesive substance in the pocket which impedes movement.

GOALKEEPER'S CROSSE

SECTION 26. The crosse shall be constructed of wood, plastic, fiberglass, ny- lon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be straight and may be constructed of wood, metal alloy or other composite material. The head of the stick shall be affixed securely to the handle in such a way that it shall basically be in the same plane as the handle. The end of all handles shall have an end cap, be taped or be sanded smooth, if wood. The stick shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way.

SECTION 27. The overall length of the crosse shall be 90 cm minimum to 135 cm maximum. The end cap is included when measuring the overall length of the crosse.

SECTION 28. To determine crosse compliance with linear measurement specifi-cations, all measurements shall be made to the nearest 0.01 cm, except for overall crosse length. The permitted deviation from the standard is 0.09 cm.

SECTION 29. The unstrung head and the handle of a goalkeeper's crosse shall lie within a 7.6 cm horizontal plane. No part of the head shall pass beyond a plane 2.5 cm above the center line of the handle and/or 5.1 cm below the center line of the handle. The top edge of the sidewall shall not be more than 0.6 cm below the center line of the handle.

SECTION 30. The head shall have a maximum length of 42 cm. The length of the head is measured from the center of the bridge or ball stop (where the top back edge of the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the center line of the handle.

SECTION 31. The height of the bridge or ball stop of a goalkeeper's crosse shall be 5.4 cm maximum to 3.2 cm minimum. The bridge or plastic wall of the ball stop must not deviate by more than 10 degrees from perpendicular to the long axis of the handle.

SECTION 32. The height of the woven wall of a wooden goalkeeper's crosse shall be 7 cm maximum. As measured 3.4 cm from the top center of the bridge or the ball stop, the sidewall begins. The height of the sidewall shall be 5.1 cm maximum to 2.54 cm minimum. The sidewall ends at the widest point at the top of the head.

SECTION 33. The entire head of the crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the
center line of the handle.

- When measured 5.1 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 13 cm to 17 cm.
- The maximum outside width of the head shall be 20 cm.
- When measured 10.2 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 18.5 cm to 22.5 cm.
- The maximum outside width of the head shall be 26 cm.

- When measured 15.3 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 23 cm to 26 cm.
- The maximum outside width of the head shall be 30 cm.
- At the widest point of the head, the inside width between the sidewalls of a plastic/molded head crosse shall be 28.5 cm to 30.5 cm.
- The maximum outside width of the head shall be 33 cm.

SECTION 34. The pocket of the crosse may be strung with six or seven longitudinal leather or synthetic thongs and cross-lacing or may be mesh. The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.

SECTION 35. The goalkeeper's crosse may have more than two shooting strings. Flat laces or nylon cord may be used as "shooting" strings. There are no restrictions regarding the number, design or placement of "shooting" strings in the pocket of a goalkeeper's crosse.

SECTION 36. The entire crosse (strung head and handle) shall not weigh more than 773 g.
NOTE: The intent of the rule governing the design of the goalkeeper's crosse is to disallow any crosse to which excessive widths of plastic have been added to the outside of the sidewalls in order to increase the surface area of the head.

Stick Certification Procedures: Any women's lacrosse head to be used, sold or marketed in the United States must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the specifications outlined in the Manufacturer Specifications, a report noting this compliance will be sent to the USA Lacrosse Sr Director, Sports Administration and the Equipment Council Chair. Upon review and approval of the lab report, the stick will then be listed on the USA Lacrosse website as legal for use in the United States. If a stick has been submitted to the testing lab and it is determined that it meets all World Lacrosse specifications, it will automatically be considered legal for use in the United States. These sticks will also be listed on the USA Lacrosse website. The testing lab will accept pre-production models (also known as SLA's or rapid prototypes) for testing; however, only preliminary approval will be granted if the model meets all specifications. Final approval and listing on the USA Lacrosse website will be contingent on the submission to the testing lab of a final production model that meets all specifications.

Approved crosse heads and/or pre-fabricated pockets may not be sold as USA Lacrosse approved if the head is altered in any way from its original lab approval. The testing lab will send the approval documents for heads and pre-fabricated pockets to USA Lacrosse. All documents will include photos of the side and the front of the head. Pre-sewn/ synthetic pockets may only be certified by the lab when attached to a head. Pocket stringing is subject to the rules of play by USAL, NFHS or NCAA and on field compliance check by officials. The USAL, NFHS and NCAA Lacrosse Rules Committees have the final authority to either approve or deny stick stringing and/ or designs independent of lab approval.
Go to www.usalacrosse.com for lists of USA Lacrosse approved equipment.

EYE PROTECTION
SECTION 37. All field players must properly wear eye protection that meets the current ASTM standard (F3077) for women's lacrosse. All eyewear must be SEI certified no later than January 1, 2020. Legal products will be listed as legal for play on the SEI website.

SECTION 38. Any field player choosing to wear headgear will only be permitted to wear headgear that meets the current ASTM standard for women's lacrosse (F3137) and is labeled accordingly. Any headgear manufactured on or after 1/1/18 must be permanently labeled with the SEI certification mark.
NOTE: All ASTM women's lacrosse eyewear and headgear that is legal for play will be listed on the SEI website.

BALL
SECTION 39. The ball shall be yellow, lime green or bright orange (similar to Pantone #811) color, and meet the current NOCSAE lacrosse ball standard at the time of manufacture.

GOALS
SECTION 40. For information on lacrosse goal specifications, please refer to Rule 1, Section 2, Art 1.

NETS
SECTION 41. For information on lacrosse goal net specifications, please refer to Rule 1, Section 2, Art 2.

CHEST PROTECTION
SECTION 42. All goalkeepers must properly wear chest protection that meets the NOCSAE standard (ND200) for women's lacrosse at the time of manufacture beginning January 1, 2021. The SEI/NOCSAE mark is required on all chest protectors that meet the NOCSAE standard.

NOTE: Specifications for all equipment are modified periodically While the rulemaking bodies will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment, they expressly reserve the right to change any specification at any time if, in its sole discretion, they deem the change to be in the best interest of the sport of women's lacrosse. USA Lacrosse does not test or approve equipment to determine compliance with specifications. USA Lacrosse shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory lab and approved.

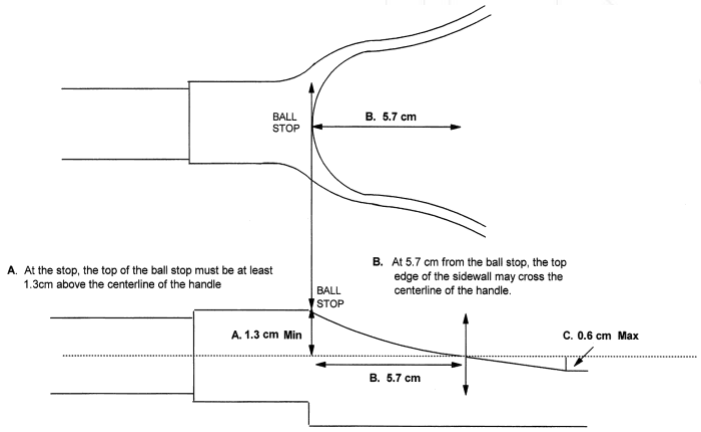


Diagram 11 – Offset Specifications within 6.55 centimeters Horizontal Plane

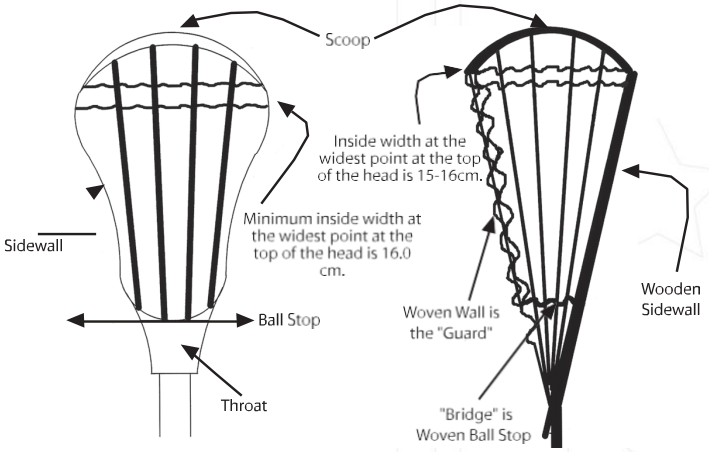


Diagram 12 – The Field Crosse

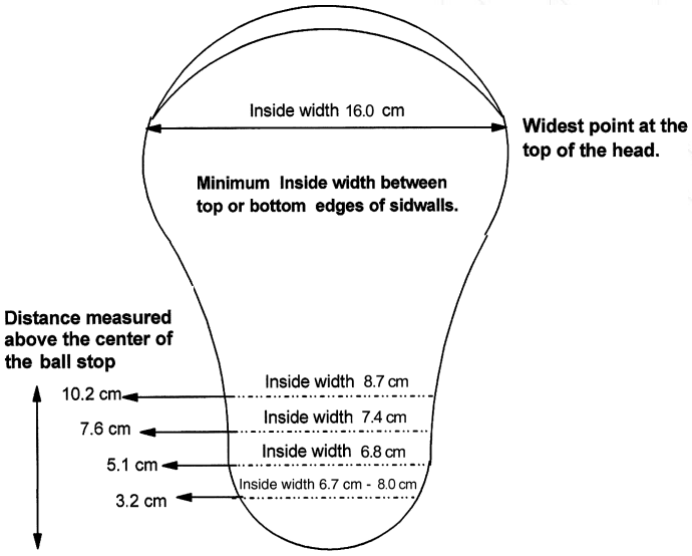


Diagram 13 – Triangular in Concept

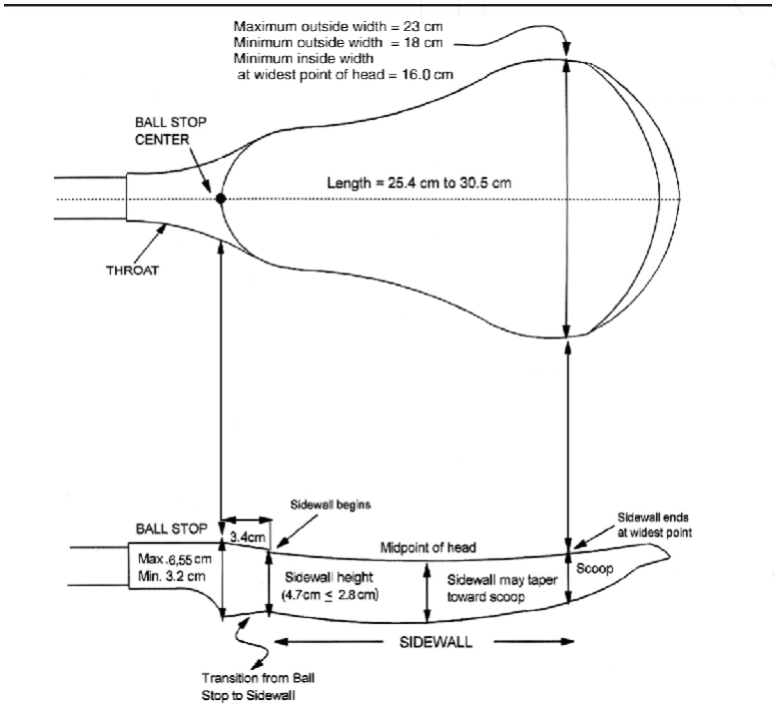
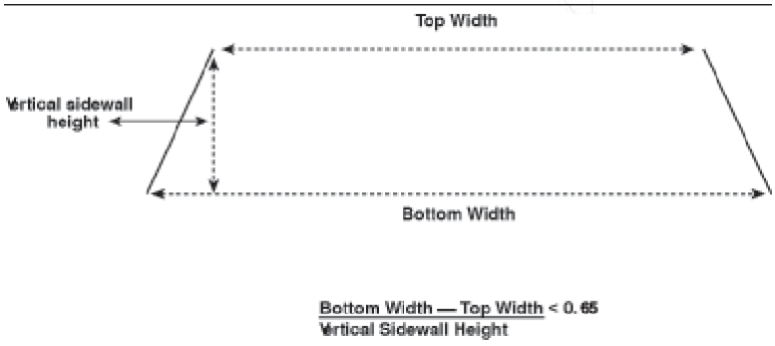
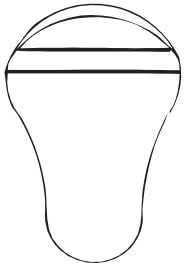


Diagram 14 – Plastic/Molded Head Specifications

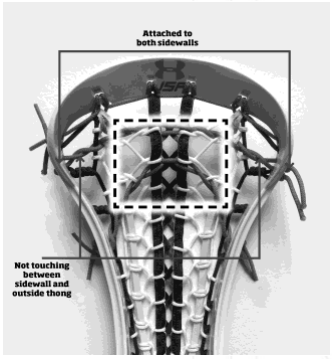


$$\frac{\text{Bottom Width} - \text{Top Width}}{\text{Vertical Sidewall Height}} < 0.65$$

Diagram 15 – Cross Section of Unstrung Head



Two separate horizontal throw strings:
both attached in the top
3.5 inches of the head.



Two separate throw strings:
one horizontal across the top
3.5 inches of the head: one
inverted “U” in the top 6.5
inches of the head.

Diagram 16 – Legal Shooting Strings