# Boys’ Field Player Equipment

## Required Equipment

1. **Helmet**
   - Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified

2. **Field Players Crosse (Stick)**
   - Short Crosse – 40-42”
   - Long Crosse – 52-72”
   - 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys’ Youth Rules Book).

3. **Gloves**
   - Hand must be fully inserted in glove

4. **Shoes**
   - Athletic cleats or athletic shoes

5. **Protective Cup**
   - Fitted for comfort & protection
   - Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

6. **Arm Pads**
   - Elbow should be properly & completely covered

7. **Shoulder Pads**
   - Covers top of shoulder, collarbone & sternum
   - Should fit comfortably; adjust by loosening/tightening straps
   - NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022

8. **Mouthguard**
   - Must be visible color other than clear or white
   - Self-molding (from manufacturers) or custom-molded (from dentist)

## Optional Equipment

9. **Rib Pads (Not Shown)**
   - Covers the ribs and kidneys; adjust by loosening/tightening straps
   - Should fit comfortably, not restricting breathing
**BOYS’ GOALIE EQUIPMENT**

**Required Equipment**

1. **HELMET**
   - Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified

2. **THROAT GUARD**
   - Separate from helmet & required for goalies
   - 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

3. **CHEST PROTECTOR ★★**
   - Covers front torso, neckline to below navel
   - Body straps must be secured to the front of pad – adjust for a snug, comfortable fit

4. **PROTECTIVE CUP**
   - Fitted for comfort & protection
   - Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

5. **SHOES**
   - Athletic cleats or athletic shoes

6. **GOALIE GLOVES**
   - Hand must be fully inserted in glove
   - Includes goalie specific additional thumb protection

7. **GOALIE CROSSE**
   - Length 40 – 72"
   - NOTE: 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys’ Youth Rules Book).

8. **MOUTHGUARD**
   - Must be visible color other than clear or white
   - Self-molding (from manufacturers) or custom-molded (from dentist)

**Starting with the 2021 season, goalies MUST wear goalkeeper chest protectors which meet the NOCSAE ND200 lacrosse standards at the time of manufacture.**
**GIRLS’ FIELD PLAYER EQUIPMENT**

**Required Equipment**

1. **GOOGLES**
   - Meets the current ASTM standard for women’s lacrosse eyewear;
   - SEI certified and bears the SEI mark.
   - SEI Website seinet.org/search.htm#&section=hidden-us_lacrosse

2. **CROSSE**
   - Must adhere to Rule 2 Section 2 and meet the manufacturers specifications (Appendix B)
   - Legal Sticks—uslacrosse.com/legal-womens-sticks

3. **MOUTHGUARD**
   - Must be visible color other than clear or white
   - Self-molding (from manufacturers) or custom-molded (from dentist)

**Optional Equipment**

4. **GLOVES**
   - Must be close-fitting & should be comfortable for player while holding a stick.

5. **HEADGEAR**
   - Meets current ASTM standard for women’s lacrosse headgear and has permanent SEI certification mark.
   - If it includes integrated eyewear, it must also meet that current ASTM standard.
GIRLS’ GOALIE EQUIPMENT

Required Equipment

1. HELMET
   » Statement/seal indicating it meets NOCSAE lacrosse standard
   » performance specification and SEI certified

2. THROAT GUARD
   » Separate from helmet & required for goalies
   » 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

3. CHEST PROTECTOR ★★
   » Covers front torso, neckline to below navel
   » Body straps must be secured to the front of pad
   » adjust for a snug, comfortable fit
   » SEI WEBSITE

4. GOALIE GLOVES
   » Hand must be fully inserted in glove
   » Includes goalie specific additional thumb protection

5. LEG PADS
   » Must protect shins and thighs
   » May not use field hockey goalie pads

6. PELVIC and ABDOMINAL PROTECTION
   » Generally incorporated as a part of thigh padding

7. CROSSE
   » Must adhere to Rule 2 Section 3, Appendix B
   » Legal Stick List- usalacrosse.com/legal-womens-sticks

8. MOUTHGUARD
   » Must be visible color other than clear or white
   » Self-molding (from manufacturers) or custom-molded
     (from dentist)

Optional Equipment

9. SHOULDER PADS
   » Covers top of shoulder, collarbone & sternum
   » Should fit comfortably; adjust by loosening/tightening straps

**Starting with the 2021 season, goalies MUST wear goalkeeper
chest protectors which meet the NOCSAE ND200 lacrosse
standards at the time of manufacture.**
Box Player Equipment (Gender Neutral)

Required Equipment

1. Helmet
   » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified

2. Shoulder pads
   » Covers top of shoulder, collarbone, sternum, and top of arms
   » Should fit comfortably; adjust by loosening/tightening straps
   » Must Have Bicep Protectors (2A)
   » NOTE: NOCSAE ND200 compliant shoulder pads will be mandatory as of January 1, 2022**

3. Gloves
   » Hand must be fully inserted in glove

4. Field Players Crosse
   » Short Crosse – 40-42”
   » Long Crosse – 52-72”
   » NOTE: 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Box/Indoor Rules Book).

5. Shoes
   » Athletic shoes

6. Protective Cup
   » Fitted for comfort & protection
   » Garments to improve comfort include: supporters, all-in-one briefs, & combinations of both

7. Arm Pads
   » Elbow should be properly & completely covered

8. Rib Pads
   » Must cover ribs and kidneys; adjust by loosening/tightening straps
   » Should fit comfortably, not restricting breathing
   » Try on rib pads prior to adding shoulder pads to ensure proper fit

9. Mouthguard
   » Must be visible color other than clear or white
   » Self-molding (from manufacturers) or custom-molded (from dentist)
Required Equipment

1. **HELMET**
   - Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified

2. **THROAT GUARD**
   - Separate from helmet & required for goalies
   - 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

3. **CHEST AND ARM PROTECTORS (UPPERS)** ★★
   - Covers front torso, neckline to below navel, shoulders, and arms
   - Pads should conform to body
   - See categories in the USA Lacrosse Box/Indoor Rules Book for age specific requirements

4. **CROSE**
   - Must adhere to Rule 26 of the USA Lacrosse Box/Indoor Rules Book

5. **LEG GUARDS AND PANTS (LOWERS)**
   - Covers thigh to toe
   - See categories in rule book for age specific requirements

6. **SHOES**
   - Normal rubber sole athletic shoe
   - Shoe with manufactured protective toe (optional)

7. **PROTECTIVE BOX GOALIE GLOVES**
   - Hand must be fully inserted in glove
   - Includes thicker goalie specific additional thumb protection
   - NOTE: Gloves are thicker than regular field goalie gloves

8. **PROTECTIVE CUP/PELVIC PROTECTION**
   - Generally incorporated as a part of thigh padding

9. **MOUTHGUARD**
   - Must be visible color other than clear or white
   - Self-molding (from manufacturers) or custom-molded (from dentist)

**Starting with the 2022 season, goalies MUST wear goalkeeper chest protectors which meet the NOCSAE ND200 lacrosse standards at the time of manufacture.**