

**USA<sup>TM</sup>**  
**LACROSSE**



**USA LACROSSE EQUIPMENT GUIDE**

**FOR THE 2021 BOYS, GIRLS, AND BOX/INDOOR SEASONS**

# 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

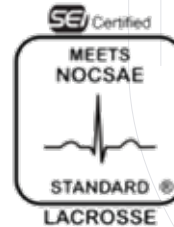
### 8. MOUTHGUARD

- » 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

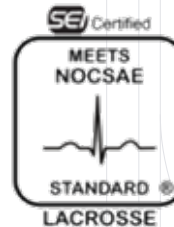
### 1. HELMET

- » 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. GOGGLES

- » 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](http://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](http://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.



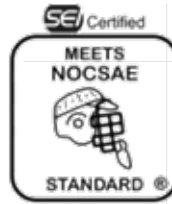
# GIRLS' GOALIE EQUIPMENT



## 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](http://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)



# BOX GOALIE EQUIPMENT (GENDER NEUTRAL)



## 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. CROSSE

- » 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.*