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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

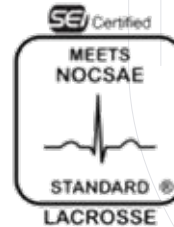
8. MOUTHGUARD

- » 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#§ion=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.



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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- uslacrosse.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.*