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
- Designed for lacrosse

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
- Designed for lacrosse - Worn as the manufacturer intended

7. SHOULDER PADS
- Covers top of shoulder, collarbone & sternum
- Should fit comfortably; adjust by loosening/tightening straps
- Designed for lacrosse - Must meet MOCSAE ND200 Standards

8. MOUTHGUARD
- 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









