

Helmet and Face Mask - All helmets MUST be NOCSAE approved. The helmet must have a chin strap and cannot be altered from the manufactured form. The face mask cannot allow the head of the stick or ball to make contact with the face.

Mouth Guard - Should be a color that is easily seen by Referees and MUST be attached to the facemask

Shoulder Pads - One piece pad made of flexible, durable material when fit properly offers protection for upper body and shoulders.

Gloves - Gloves should offer excellent protection and flexibility. No skin should be visible from the base of the wrist to the tip of the fingers

Lacrosse Stick - Plastic head with metal or composite shafts
Stick Length 40"-42", shorter sticks allowed for younger divisions. Long Poles ONLY allowed for older divisions.
Pocket cannot be designed to "hold" the ball if stick is turned upside down.

Back and Kidney Pads (optional) - A one piece light weight plastic pad which offers protection for the back and kidney area.

Arm Pads - Hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.



Men's Lacrosse Equipment Requirements