

# 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

