US LACROSSE EQUIPMENT GUIDE
FOR THE 2020 BOYS, GIRLS, AND BOX/INDOOR SEASONS
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 US 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
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
   • NOTE: Not required until 2021, US Lacrosse strongly recommends goalies wear goalkeeper chest protectors that meet the NOCSAE ND200 lacrosse standard.

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 US 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)
REQUIRED EQUIPMENT

1. GOGGLES
   - Meets the current ASTM standard for women’s lacrosse eyewear;
   - SEI certified and bears the SEI mark
   - SEI Website - https://www.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 - https://www.uslacrosse.org/safety/equipment/legal-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.
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
   - NOTE: While not required until 2021, US Lacrosse strongly recommends goalies wear goalkeeper chest protectors designed for lacrosse that meets the NOCSAE ND200 lacrosse standard at the time of manufacture.

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- https://www.uslacrosse.org/safety/equipment/legal-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
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 US 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)
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 US Lacrosse Box/Indoor Rules Book for age specific requirements

4. CROSSE
   - Must adhere to Rule 26 of the US 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. MOUTHGUARD
   - Must be visible color other than clear or white
   - Self-molding (from manufacturers) or custom-molded (from dentist)

9. PROTECTIVE CUP/PELVIC PROTECTION
   - Generally incorporated as a part of thigh padding

**While not required until 2021, US Lacrosse strongly recommends goalies wear goalkeeper chest protectors designed for lacrosse that meets the NOCSAE ND200 lacrosse standard at the time of manufacture.