US LACROSSE EQUIPMENT GUIDE
FOR THE 2021 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

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)

**Starting with the 2021 season, goalies MUST wear goalkeeper chest protectors which meet the NOCSAE ND200 lacrosse standards at the time of manufacture.
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

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

**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 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

**Starting with the 2021 season, goalies MUST wear goalkeeper chest protectors which meet the NOCSAE ND200 lacrosse standards at the time of manufacture.**