



REQUIRED LACROSSE GEAR for GAMES and PRACTICE

1. Girls/Women's Lacrosse Stick (see page 2 for a more technical description)
 - a. STX, Brine, Debeer, Harrow, Under Armor, Nike brands - est. cost: \$30 and up
 - b. Stick length – some may appear long for your daughter; the aluminum shafts can be sized by cutting. Please consult below or your coaches before modifying any equipment.
 - c. Color - personal preference
2. Women's Lacrosse Goggles (see page 2 for a more technical description)
 - a. Price range: est. \$20 - \$50+
 - b. Color - personal preference
3. Mouth Guard
 - a. Proper fit of the sports mouth guard is most important.
 - b. ShockDoctor mouth guards range in price from \$10 - \$20+. Other brands available too. Some require fitting by boiling and forming - some do not. Both are fine.
 - c. Also available are mouth guards made for braces/orthodontics...usually labeled as such.
 - d. Mouth guards must have some color so they are plainly visible to the officials. Clear mouth guards are NOT permitted.
4. Cleats/Footwear
 - a. Any comfortable soccer cleat will do - it's not necessary to purchase a lacrosse specific cleat.
 - b. Older teams will be playing on turf fields - many girls prefer playing with a good all-purpose sneaker.
5. Lacrosse Balls
 - a. Women's Lacrosse Game Balls are **YELLOW**
 - b. Have at least 3-4 for home practice and play. Cost: ~\$2/ea. 2014 approved game ball will be stamped with the **NOCSAE** seal.
 - i. NCAA or NFHS seal yellow lacrosse balls are fine for home practice and play and may be less expensive.

Where to Find Lacrosse Gear

Local Retail Options

Modell's - Dick's Sporting Goods - Sports Authority - *Lacrosse Unlimited in Rockville - *PJs in Bethesda, are good local sources for most lacrosse gear.

**These establishments typically have experienced staff able to better assist with your lacrosse questions.*

Online Sources

Longstreth.com - Lacrossemonkey.com - Lax.com - SportStop.com - eBay.com (quality used sticks can be found on ebay, often considerably cheaper than NEW)

Optional Equipment

Gloves – Weather during early spring games and practices may be cold and/or wet. Some girls like to wear gloves, some do not. If worn, gloves should be “lacrosse gloves” or some other type of thin material glove with a tacky grip.

Stick/Gear Bag – Kids will probably need something to keep all their gear together. A standard gym bag will do fine but lacrosse specific bags are available.



Equipment for Girls' and Women's Lacrosse



The Crosse:

The crosse (lacrosse stick) is made of wood, laminated wood, or synthetic material, with a shaped net pocket at the end. A girl's crosse must be an overall length of 35.5 - 43.25 inches. The head of the crosse must be seven to nine inches wide. The pocket of the stick must be strung traditionally; no mesh is allowed. The top of the ball when dropped in the pocket must remain above the side walls.* The goalkeeper's crosse may be 35.5- 48 inches long. The head of the crosse may be mesh and up to 12 inches wide.

* Modified Pocket allowed in girls youth rules



Protective Equipment:

Close-fitting gloves, nose guards and soft head gear are optional and may be worn by all players. All field players must properly wear eye protection that meets ASTM specification standard F803 for women's adult/ youth lacrosse for the appropriate level of play.

See approved listings for: [Eyewear](#) | [Sticks](#)

Information from US Lacrosse [Website](#)