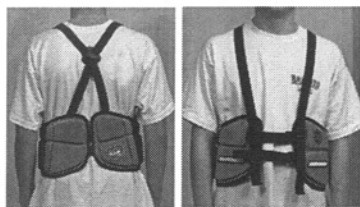


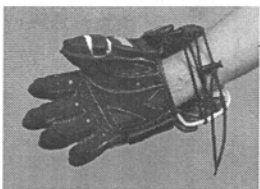
Field Lacrosse Equipment Guidelines



Arm Pads - 2 types
Light weight hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.



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



Gloves
Field/Box lacrosse gloves offer excellent protection and flexibility. Hockey gloves can be used, but they don't offer the same grip or flexibility. Palms may be cut out, but fingers must be encased.

Athletic Support & Cup
(Jock or Jill)



Lacrosse Stick

Plastic heads with metal or wood shafts
Stick Length - ILF Rule: 40" to 42"
52" to 72"

Ontario Minors: 34" to 46"
52" to 72"

Stick Width - 4" to 10" inside measurement at the widest point.

Only one back stop allowed

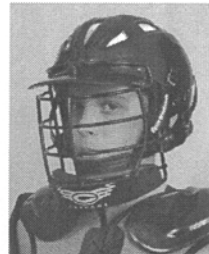
Cannot be designed to retard dislodgement of ball



Mouth Guard
Mandatory in British Columbia and Ontario



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



Helmet & Facemask
All helmets MUST be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap and cannot be altered from the manufactured form. The facemask can not allow the head of the stick or ball to make contact with the face.

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