



Boys' Lacrosse

Equipment Fitting Guide - Fit to Play the Right Way

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UNIFORM RULES:

HELMET WARNING

- Lacrosse is a dangerous sport. Use the helmet at your own risk.
- READ HELMET BOOKLET before putting the helmet on. Read all other warnings on helmet and facemask.
- Every time you play lacrosse you risk potential brain, head, neck and facial injury that may result in paralysis or death.
- Do not use this helmet to butt, ram, spear or strike another player. This is in violation of lacrosse rules and such use can result in severe head, brain or neck injuries, including paralysis or death, to you or your opponent. There is a risk injury may also occur as a result of accidental contact without intent to butt, ram or spear. Obey the rules and use equipment properly.
- Helmets and facemasks cannot prevent brain, head, neck, or all facial injuries from intentional or accidental contact while participating

HELMET

Step 1: Inspect the helmet for any cracks or damage. Athletes should NEVER wear a cracked or damaged helmet.

Step 2: Measure head circumference

- Use a fabric or paper tape measure to find head circumference in inches
- Make sure the tape measure touches 1 inch above the brow line at the widest point of your head

Step 3: Using measurement obtained in previous step, refer to manufacturer's size chart to select helmet size

Step 4: Place helmet on athlete's head and check the following:

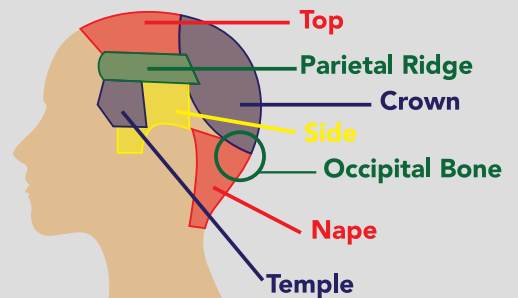
- Athlete's eyes are centered to look out the top opening of the facemask.
- Padding should be in firm, but comfortable, contact with the head and the side of the face.

Note: Refer to the manufacturer's guidelines if there are any gaps or the fit is too tight

- The clearance between the end of the nose and the inside of the facemask should be at least two to three finger widths



- Use a fabric or paper tape measure to find head circumference in inches
- Make sure the tape measure touches the following points on the head:
 1. 1 inch above the brow line
 2. ½ inch above the ears
 3. Occipital bone on the back of the head



Step 5: Fasten the chin strap at all four points of the helmet

- While the athlete holds the chin cup squarely and snugly on his chin, fasten and attach the straps starting with the top straps. Make sure the tension is equal on all four straps and no strap is pulled out of alignment. There should be no slack in the straps

Step 6: Final Check: (If ALL these steps are not met, start the fitting process over)

- The helmet should feel firm but comfortable -- forehead skin should move with the helmet when helmet is rotated on the head, and side padding should touch flush to the cheeks
- Chin straps are fastened with equal tension at all four points and without slack
- Athlete is looking through center of the top opening of the facemask

SHOULDER PADS

- Consult the manufacturer's guidelines for sizing
- The body of the pad should fit snug to the body without restricting movement
- The collar of the pad should lie flat along the collar bone
- The shoulder caps should hang roughly 2 inches off the shoulder
- The bicep pads should be secured snug to the biceps high on the arm
- Ensure the sternum plate is properly covering the sternum. If a pad is too big the sternum plate will sit too low and expose the sternum.

FOOTWEAR

Shoes are designed to flex at the ball of the foot. Correct fitting properly positions the ball joint in the shoe and provides room for the toes so that they are not confined. Improperly fit shoes can cause a variety of foot problems. Always use a Brannock Device to measure feet. A Brannock Device measures foot length (heel-to-toe), width and arch length (heel-to-ball). For more information on using a Brannock Device visit: <https://brannock.com/pages/instructions-fitting-tips>



CLEAT STYLES

Low Cleats - Frees the ankle from restrictions, providing maximum mobility to make aggressive cuts and reach high speeds, with low to no ankle support.

Mid Cleats - Moderate ankle stability without seriously restricting movement or speed.

High Top Cleats - Secure ankle support and stability, protects against rolled or twisted ankles, while slightly restricting movement and speed.

The following information was obtained from 2018 US Lacrosse Rule Book:

<https://www.uslacrosse.org/sites/default/files/public/documents/rules/2018b-Boys-Youth-Rulebook.pdf>

6U (5 YEARS OLD OR YOUNGER ON AUGUST 31)

- Players are not permitted to wear helmets, arm pads, or shoulder pads.
- Teams shall have contrasting jersey or shirt colors.
- Eyewear and gloves are not required at this level of play but are allowable.
- Mouth guard is required

BALL

Soft lacrosse ball, tennis ball or other soft athletic ball of similar or larger diameter should be used. Standard lacrosse balls must not be used at this level.

STICK

Mini type lacrosse sticks should be used at this level of play. Note: It is not recommended that players use a regulation lacrosse stick, but if used they should be cut-down so the entire length of the stick is less than the distance from the ground to the players waist.

8U/10U/12U/14U:

8U (7 years old or younger on August 31)

10U (9 years old or younger on August 31)

12U (11 years old or younger on August 31)

14U (13 years old or younger on August 31)

BALL

8U: Soft lacrosse ball, tennis ball or other soft athletic ball of similar or larger diameter should be used. Standard lacrosse balls must not be used at this level.

10U/12U/14U: Use NOCSAE lacrosse balls

STICK/CROSSE

HEAD DIMENSIONS - The head of the crosse at its widest point shall measure a minimum of 6 inches and a minimum of 10 inches from the top of the crosse head to bottom of the wall. Both NFHS and NCAA stick specifications are legal for youth lacrosse

SHOTTING STRINGS - Any laces or stings must be located within 4 inches of the top of the crosse



head. Any strings or leathers hanging off the crosse must measure 2 inches or less

POCKET - The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when the ball is placed in the crosse, is below the bottom edge of the sidewall (this does not apply to goalies).

CROSS LENGTHS - consult your local Lacrosse equipment retailer for measuring and cutting the handle/shaft.

14U - Crosses in which the pocket has sagged to such a depth that the top surface of a lacrosse ball, when placed therein, is below the bottom edge of the side wall (this prohibition does not apply to the goalkeeper's crosse). Additionally, no player may use a crosse that has stringing that retards the normal and free dis-lodgment of the ball by an opponent. A crosse that has been altered in such a way as to give an advantage to an individual is illegal. Adjustable-length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. The use of pull strings to alter the depth of the pocket is illegal. No more than one sidewall string on each side is allowed.

BOY'S FIELD PLAYERS:

All field players shall have

1. A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell
2. An Intra-oral mouth protector (mouth piece)
3. Protective gloves designed for boys' lacrosse
4. Shoulder pads designed for boy's lacrosse
5. Athletic cleats or athletic shoes
6. Arm pads designed for lacrosse
7. A jersey and shorts of the same color(s) as their teammates
8. Athletic protective cup.



BOY'S GOALIE EQUIPMENT

All goalies shall have

1. A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell,
2. A throat protector designed for lacrosse
3. An Intra-oral mouth protector (mouth piece)
4. Protective gloves designed for boy's lacrosse
5. Goalie chest protector designed for lacrosse
6. Athletic cleats or athletic shoes
7. Athletic protective cup
8. A jersey and shorts of the same color as their teammates.

Recommended but not required pieces of equipment

1. Arm pads designed for lacrosse
2. Shin, knee, and thigh pads that may be worn so long as they do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads)

The National Operating Committee on Standards for Athletic Equipment (NOCSAE) is an independent and nonprofit standards development body with the sole mission to enhance athletic safety through scientific research and the creation of performance standards for athletic equipment.

For more information please visit:



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