



# Girls' Lacrosse

*Equipment Fitting Guide - Fit to Play the Right Way*

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## UNIFORM RULES:

### 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/safety/us-lacrosse-equipment-fit-guide.pdf> <https://www.uslacrosse.org/sites/default/files/public/documents/rules/2018b-Girls-Youth-Rulebook.pdf>

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

- Players on each team will wear the same color shirt, but a different and contrasting color than the other team.
- Eyewear and mouth guard recommended

### BALL

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

### STICK

Smaller sized lacrosse sticks shall be used at this level of play. Note: It is recommended that players use a lacrosse stick with traditional girl's stringing when available. If they are using a standard stick that is cut down, best practices guide that the stick should be approximately the distance from the ground to the players waist. There are no requirements or limitations on pocket depth.

## **8U (7 YEARS OLD OR YOUNGER ON AUGUST 31)**

- Players on each team will wear the same color shirt, but a different and contrasting color than the other team.
- Eyewear required -- All field players must properly wear eye protection that meets the ASTM standard for women's lacrosse (F3077)

### **MOUTHGUARD (required)**

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

### **STICK**

Smaller sized lacrosse sticks shall be used at this level of play. Note: It is recommended that players use a lacrosse stick with traditional girl's stringing when available. If they are using a standard stick that is cut down, best practices guide that the stick should be approximately the distance from the ground to the players waist.

There are no requirements or limitations on pocket depth.

### **BALL**

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

## **10U/12U/14U:**

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)

Players on each team will wear the same color shirt, but a different and contrasting color than the other team. Each shirt shall have a visible number.

## **GIRL'S FIELD PLAYER EQUIPMENT**

### **EYEWEAR (required)**

- Must be lacrosse-specific
- Meets the ASTM International standard performance specification; includes a statement/seal indicating compliance
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with the goggles



## **MOUTHGUARD (required)**

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

## **FIELD PLAYERS' STICK/CROSSE**

- The head of the crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be constructed of wood, metal alloy or other composite material and must be nominally straight. Recessed screws must be used to attach the head of a plastic/molded crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way. US Lacrosse approved heads may not be altered.
- Prohibited alterations to heads include but are not limited to: baking, drilling additional holes, breaking and/or reconstructing with adhesive material, stretching, pinching and shaving.
- The overall length of the crosse shall be 90 cm minimum to 110 cm maximum. End caps are included when measuring the overall length of a crosse.
- There may be no protrusions or outcroppings on the inside surface of the sidewalls that interfere with the free movement of the ball or affect ball retention. Minor protrusions or outcroppings added for design or strengthening purposes will be allowed. The legality of these protrusions/outcroppings will be determined by the Rules Committee upon submission of the crosse by the manufacturer.





## **GIRL'S GOALIE EQUIPMENT**

### **GOALIE GLOVES (required)**

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

### **CHEST PROTECTOR (required)**

- Should cover front torso from neckline to below navel
- Body straps must be secured to the front of pad – adjust for a snug, comfortable fit
- Too tight – restricts player's movement
- Too loose – pads can move & expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Must wear underneath jersey

### **PELVIC/ABDOMINAL PROTECTION (youth required/HS recommended)**

Generally incorporated in leg pads

### **MOUTHGUARD (required)**

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

### **HELMET (required)**

- Must be field lacrosse-specific
- Statement/seal to indicate it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet
- Always review the specific helmet manufacturer's recommendations for proper helmet fitting either on the manufacturer's web site or in the store.
- Helmets are measured in inches. Check manufacturers' charts to show the proper size helmet for your child's head.



- Padding of the helmet shall give firm and uniform pressure about the head. The skin of the forehead should move as the helmet is moved from left to right and from front to back.
- Be sure there is a four-point chin-strap attached to the helmet. The chin-strap should be tightened so that there is no slack.
- Properly fitted helmets must take into account the hairstyle of your child; if your child has a great deal of thick hair and then receives a haircut, the helmet must then be refitted.
- Proper helmet fit should never cause headaches.
- The facemask should attach cleanly to the helmet and should be replaced if it is bent.

### **THROAT GUARD (required)**

- Separate from helmet
- Attach with snaps, screws or other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

### **LEG PADS (required)**

- Must protect shins & thighs
- May not use field hockey equipment
- Tight enough so they don't slide up or down during play
- Tight enough not to cause discomfort
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### **GOALKEEPER'S STICK/CROSSE**

- The crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be straight and may be constructed of wood, metal alloy or other composite material. The end of all handles shall have an end cap, be taped or be sanded smooth, if wood. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.
- The overall length of the crosse shall be 90 cm minimum to 135 cm maximum. The end cap is included when measuring the overall length of the crosse.
- The head shall have a maximum length of 42cm.
- The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.
- The entire crosse (strung head and handle) shall not weigh more than 773g. NOTE: The intent of the rule governing the design of the goalkeeper's crosse is to disallow any crosse where excessive widths of plastic have been added to the outside of the sidewalls in order to increase the surface area of the head.

### **BALLS**

- Ball must meet NOCSAE specifications FIELD PLAYERS' STICK/CROSSE

- Regulation for existing USL specifications for lacrosse sticks, with a modified pocket allowed for 10U. No more than 1/2 of the ball can be seen below the sidewall

## **ALL AGE GROUPS**

### **GLOVES (optional)**

- If worn, they must be close-fitting & should be comfortable for player while holding a stick
- Goalie gloves not permitted for field players

### **OTHER PERSONAL EQUIPMENT (optional)**

- Approved soft headgear
- Protective devices necessitated by medical grounds
- No equipment – including protective devices necessitated by medical grounds – may be used unless compliant with rules & manufacturers' specs & deemed not dangerous to other players by the officials

The Safety Equipment Institute (SEI) is a private, non-profit organization that administers a non-governmental, third-party certification program, and tests for public safety, and certifies a broad range of safety and protective products used occupationally and recreationally.

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.

ASTM International is an international standards organization that develops and publishes voluntary consensus technical standards for a wide range of materials, products, systems, and services.



For more information please visit:



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