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LACROSSE



USA LACROSSE EQUIPMENT GUIDE

FOR THE 2021 BOYS, GIRLS, AND BOX/INDOOR SEASONS

GIRLS' FIELD PLAYER EQUIPMENT



Required Equipment

1. GOGGLES

- » Meets the current ASTM standard for women's lacrosse eyewear;
- » SEI certified and bears the SEI mark.
- » SEI Website seinet.org/search.htm#§ion=hidden-us_lacrosse



2. CROSSE

- » Must adhere to Rule 2 Section 2 and meet the manufacturers specifications (Appendix B)
- » Legal Sticks- uslacrosse.com/legal-womens-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.



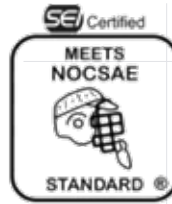
GIRLS' GOALIE EQUIPMENT



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- usalacrosse.com/legal-womens-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.*