

Box Lacrosse Equipment Guidelines

Lacrosse Stick

Stick length:
Pee Wee and down - 42" - 46"
Titanium and up - 42" - 46"



Mouth Guard

Mandatory



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.



Face Mask

The mask must be CSA approved for use hockey or a NOCSAE approved Colossal mask. Model #11318 or #11431.

All masks M1 S1 be approved for behind model that it is mounted on.



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. Short cuff hockey gloves can be used, but they don't offer the same grip or flexibility.



Helmet

All helmets MUST be CSA approved for use hockey. The helmet must have a chin strap and cannot be altered from the manufacturer form.

Shoulder Pads

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

Athletic Support & Cup
(Jock or Jill)

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