

LACROSSE SPECIFIC EQUIPMENT



Photos Courtesy Mountain Edge Lacrosse

Player Equipment by Division:

U7

- Helmet with Face Shield - both CSA approved.
- Shoulder Pads.
- Gloves - Hockey gloves are okay.
- Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".
- Mouth guard ("Boil & Byte" are acceptable).
- Elbow Pads (recommended).
- Knee Pads (recommended).
- Lacrosse Stick with a minimum length of 34 inches.

U9

- Helmet with Face Shield - both CSA approved.
- Shoulder Pads.
- Gloves - Hockey gloves are okay.
- Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".
- Mouth guard ("Boil & Byte" are acceptable).
- Elbow Pads.
- Knee Pads (recommended, not mandatory).
- Arm slash guards (recommended, not mandatory).
- Kidney/rib/back slash guards (mandatory).
- Lacrosse Stick with a minimum length of 34 inches.

U11

- Helmet with Face Shield - both CSA approved.
- Shoulder Pads.
- Gloves - Hockey gloves are okay.
- Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".
- Mouth guard ("Boil & Byte" are acceptable).
- Elbow Pads.
- Knee Pads (recommended, not mandatory).
- Arm slash guards (mandatory).
- Kidney/rib/back slash guards (mandatory).
- Lacrosse Stick with a minimum length of 34 inches.

U13

- Helmet with Face Shield - both CSA approved.
- Shoulder Pads.
- Gloves - Hockey gloves are okay.
- Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".
- Mouth guard (fitted).
- Elbow Pads.
- Knee Pads (recommended, not mandatory).
- Arm slash guards (mandatory).
- Kidney/rib/back slash guards (mandatory).
- Lacrosse Stick with a minimum length of 34 inches.

U15/U17

- Helmet with Face Shield - both CSA approved.
- Shoulder Pads.
- Gloves - Hockey gloves are okay.
- Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".
- Mouth guard (fitted).
- Elbow Pads.
- Knee Pads (recommended, not mandatory).
- Arm slash guards (mandatory).
- Kidney/rib/back slash guards (mandatory).
- Lacrosse Stick with a minimum length of 40 inches.