Crosse (Stick) Dimensions by Age group

|  |  |
| --- | --- |
| **AGE GROUP** | **MINIMUM - MAXIMUM LENGTH** |
| **SHORT POLE** | **LONG POLE** | **GOALIE** |
|  **Grade K-2** | Nothing Longer than 40” |
| **Grade 3-5** | 37” - 42” | N/A | 37” - 54” |
| **Grade 6-8** | 40” - 42” | 52” - 72” | 40” - 72” |

**Grade K-2 Equipment**

**Mandatory equipment**

Mouth guard

Lacrosse Stick

A jersey of the same color as their teammates

**Optional Equipment**

Gloves and eye protection

**Prohibited Equipment**

Players are not permitted to wear helmets, arm pads, or shoulder pads.

**Grade 3 – 5 and Grades 6 – 8 Equipment**

**Mandatory Equipment**

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 boy’s lacrosse (4) Shoulder pads designed for boy’s lacrosse, (5) Athletic cleats or athletic shoes, (6) Arm pads designed for lacrosse, (7) A jersey of the same color(s) as their teammates

**Recommended Equipment**

Athletic protective cup

**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 of the same color as their teammates.