

Box Lacrosse Equipment Guidelines

Lacrosse Stick

Stick length:
PeeWee and down: 34" - 46"
Bantam 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 ice hockey or a NOCSAE approved Calcoat mask Model #411Sr or #414 Jr. All masks **MUST** be approved for helmet 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 ice hockey. The helmet must have a chin strap and cannot be altered from the manufactured 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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WARRIOR