Box Lacrosse Equipment Guidelines

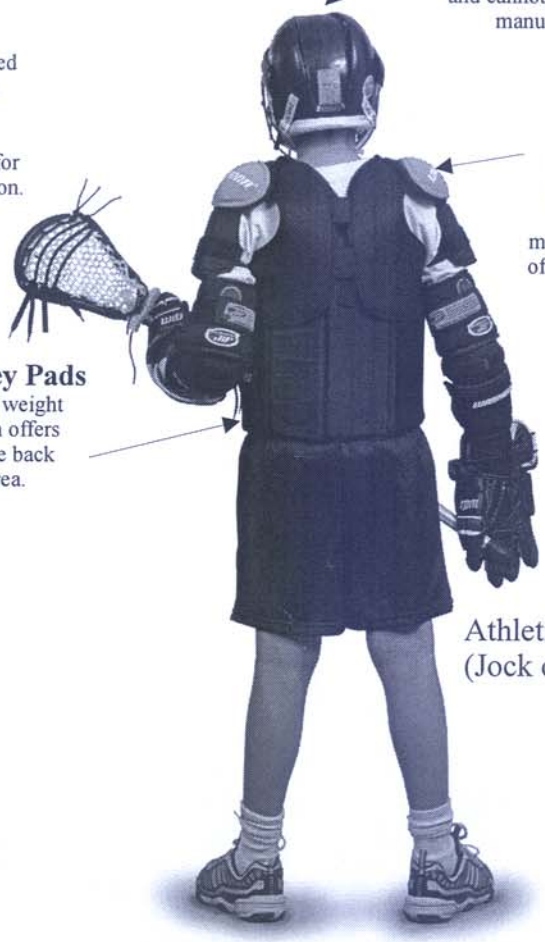
Lacrosse Stick
Stick length:
PeeWee and down: 34"- 46"
Bantam and up: 42" - 46"

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.

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

Back & Kidney Pads
A one piece light weight plastic pad which offers protection for the back and kidney area.

Athletic Support & Cup
(Jock or Jill)