

# Boys' Field Player Equipment

## **GLOVES** *(Required)*

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

## **HELMET** *(Required)*

- Must be field lacrosse-specific
- Statement/seal indicating it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet

## **RIB PADS** *(Recommended)*

- Must cover ribs and kidneys; adjust by loosening/tightening straps
- Should fit comfortably, not restricting breathing
- Tight enough to so they do not move excessively during play
- Try on rib pads prior to adding shoulder pads to ensure proper fit

## **PROTECTIVE CUP** *(Youth Required/HS Recommended)*

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

## **MOUTHGUARD** *(Required)*

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

## **SHOULDER PADS** *(Required)*

- Covers top of shoulder, collarbone & sternum
- Shoulder caps must rest on top of shoulders
- Collar should lie flat on collarbone
- Straps tightened - bicep pad sits high on arm so to not interfere with arm pads
- Sternum plate must cover sternum
- Should fit comfortably; adjust by loosening/tightening straps
- Too tight - may restrict movement; too loose - can move during play & expose player to injury

## **ARM PADS** *(Required)*

- Tight as to not slide down arm; loose as to not cause discomfort
- Elbow should be properly & completely covered
- If pad includes straps secure comfortably for limited movement during play