**Lacrosse Equipment Primer - Girls Lacrosse**

The rules of **girls** lacrosse dictate that all players MUST wear the following:

 Eyemask (ASTM F803-03 Compliant)

 Mouth guard (Colored, can not be clear)

Cleats and gloves are optional.

You will also need a Crosse (otherwise known as a stick), but we will come back to this at the end.

**Eyemask:**

Eyemasks are often taken for granted, but a good pair can make the game more enjoyable. Most eyemasks come as one-size-fits-all; however, there are youth and adult sizes available. The eyemasks are shaped like ski goggles with a wire cage or plastic over the eyes. They are available in many colors and prices can range from $25 up to $75.

**Sticks:**

Girls sticks come in a variety of designs, shapes and sizes. There are 2 basic types of sticks in girls lacrosse: (1) The Goal Keeper crosse, which resembles a fish net or butterfly net. The large head area on this stick makes it easier for keepers to catch up to those fast shots; and (2) short sticks which measure 42 inches from the factory. For girls youth lacrosse the only stick we will ask parents to buy is a short stick. Which short stick is the right one? Sticks are designed and priced based on skill level. The higher priced stick has a more advanced design; therefore, it is for very skilled players. This means that your girls youth lacrosse player does not need an expensive stick. On the contrary, expensive sticks will make it harder for youth players to execute fundamental skills, as they are designed for players with exceptional fundamental skills. Entry level sticks designed for girls youth players start around $30. These sticks are made with sturdier construction and a more forgiving head shape that makes catching, throwing and scooping easier. Stick purchase is a personal choice and up to each individual parent; rest assured that your child does not require a $100+ stick.

**MAKE SURE THAT YOU PURCHASE A GIRLS STICK AND NOT A BOYS STICK – THE HEADS ARE DIFFERENT!!!**

Lacrosse has very specific rules about any modification of a lacrosse stick. Two such areas that the rules allow us to modify a stick are pocket depth and stick length. Please see a coach on both of these items before making any alterations. A coach can give you specific information on how to legally alter your stick as well as what not to do.

**Lacrosse Equipment Primer - Girls Lacrosse (cont.)**

**Equipment Stores / Websites:**

Stores:

 Lax Pros, Portland, ME ([www.laxpros.com](http://www.laxpros.com))

 Gee & Bee Sporting Goods, 190 Mt Auburn Ave, Auburn, ME 04210 207-784-4933

Dick’s Sporting Goods

 Play It Again Sports

Websites:

 Sportstop ([www.sportstop.com](http://www.sportstop.com))

 Lax World ([www.laxworld.com](http://www.laxworld.com))

 Great Atlantic Lacrosse ([www.lacrosse.com](http://www.lacrosse.com))

 Lacrosse Monkey ([www.lacrossemonkey.com](http://www.lacrossemonkey.com))

Finally, field hockey eyemasks can be worn for girls youth lacrosse.