

Boys Lacrosse Overview

Equipment

Boys field players are required to use a helmet, stick, gloves, shoulder pads, arm pads, a mouthguard and a protective cup. Rib pads are optional. Goalies are also required to wear a helmet with a face mask, a separate throat protector, padded gloves and a chest protector.

For lacrosse sticks, the most important thing is that the pocket (the strings of the stick) are not overly old and that they are well-strung. A stick that catches well (not a tennis racquet) and throws reliably (not too low, not too high, and doesn't change much with the weather) is crucial for a new player to gain confidence. Nothing hurts a new player's spirit like throwing the ball into the ground because the pocket is strung poorly or is too old. Recommended brands: Warrior, ECD, StringKing, Powell Lacrosse Scout.

For the protective equipment, some options are:

1. **PlayItAgain sports here in Madison** has new and used equipment to purchase or new equipment to rent.
2. The **Lax Shack in Brookfield** is a nice newer store and has an indoor field to test-out equipment. <https://www.wiscolaxshack.com/>. New equipment and rental equipment.
3. **Dicks Sporting Goods** carries good STX and warrior protective gear.
4. Order **on-line**: lax.com, lacrossemonkey.com, lacrosseunlimited.com

Badgerland Lacrosse Association Rules

Category	8U	10U	12U	14U
Ages / Grades	7-8 yrs (1-2)	9-10 yrs (3-4)	11-12 yrs (5-6)	13-14 yrs (7-8)
Players	4v4	7v7	10v10	10v10
Field Size	Half	Half	Full	Full
Goalie / Goal Size	No, 3x3 or 6x6 flipped	Yes, 6x6	Yes, 6x6	Yes, 6x6
Ball	Soft	Hard	Hard	Hard
Gear Req.	Full	Full	Full	Full
Face Off / Offsides	No/No	Yes/modified	Yes/Yes	Yes/Yes
Body Checking	No	No	limited	limited
Long Pole	No	No	Yes	Yes
Officials	Coach	1	2	2
Man Down	No	No	Yes	Yes
On-The-Fly Substitution	No	No	Yes	Yes
Mercy Rule	Yes - 6+	Yes - 6+, awarded face-off	Yes - 12+ goal difference; only in 2nd half-running clock	Yes - 12+ goal difference; only in 2nd half- running clock
Time	2 x 12 minute running halves; 5 min half	4 x 10 minute running quarters; 5 min half	4 x 12 minute running quarters; 5 min half	4 x 12 minute running quarters 5 min half.
Slow Whistle	Yes	Yes	Yes	Yes
Misc.	1 pass before shooting following face-off win; No standing in crease unless retrieving ground ball.	1 pass before shooting following face-off win	No 1 arm swinging checks	No 1 arm swinging checks

BOYS' FIELD PLAYER EQUIPMENT



Required Equipment

1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified



2. FIELD PLAYERS CROSSE (Stick)

- » Short Crosse – 40-42"
- » Long Crosse – 52-72"
- » 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

3. GLOVES

- » Hand must be fully inserted in glove
- » Designed for lacrosse

4. SHOES

- » Athletic cleats or athletic shoes

5. PROTECTIVE CUP

- » Fitted for comfort & protection
- » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

6. ARM PADS

- » Elbow should be properly & completely covered
- » Designed for lacrosse - Worn as the manufacturer intended

7. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps
- » Designed for lacrosse - Must meet MOCSAE ND200 Standards

8. MOUTHGUARD

- » Self-molding (from manufacturers) or custom-molded (from dentist)

Optional Equipment

9. RIB PADS (NOT SHOWN)

- » Covers the ribs and kidneys; adjust by loosening/tightening straps
- » Should fit comfortably, not restricting breathing



BOYS' FIELD/SIXES GOALIE EQUIPMENT



Required Equipment

1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified



2. THROAT GUARD

- » Separate from helmet & required for goalies
- » Attach with snaps/screws/other fasteners
- » Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard



3. CHEST PROTECTOR

- » Covers front torso, neckline to below navel
- » Body straps must be secured to the front of pad - adjust for a snug, comfortable fit
- » Must meet NOCSAE ND200 standard.

4. PROTECTIVE CUP

- » Fitted for comfort & protection
- » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

5. SHOES

- » Athletic cleats or athletic shoes

6. GOALIE GLOVES

- » Hand must be fully inserted in glove
- » Includes goalie specific additional thumb protection

7. GOALIE CROSSE

- » Length 40 - 72"
- » NOTE: 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

8. MOUTHGUARD

- » Self-molding (from manufacturers) or custom-molded (from dentist)

