

## 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
<b>Ages / Grades</b>	7-8 yrs (1-2)	9-10 yrs (3-4)	11-12 yrs (5-6)	13-14 yrs (7-8)
<b>Players</b>	4v4	7v7	10v10	10v10
<b>Field Size</b>	Half	Half	Full	Full
<b>Goalie / Goal Size</b>	No, 3x3 or 6x6 flipped	Yes, 6x6	Yes, 6x6	Yes, 6x6
<b>Ball</b>	Soft	Hard	Hard	Hard
<b>Gear Req.</b>	Full	Full	Full	Full
<b>Face Off / Offsides</b>	No/No	Yes/modified	Yes/Yes	Yes/Yes
<b>Body Checking</b>	No	No	limited	limited
<b>Long Pole</b>	No	No	Yes	Yes
<b>Officials</b>	Coach	1	2	2
<b>Man Down</b>	No	No	Yes	Yes
<b>On-The-Fly Substitution</b>	No	No	Yes	Yes
<b>Mercy Rule</b>	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
<b>Time</b>	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.
<b>Slow Whistle</b>	Yes	Yes	Yes	Yes
<b>Misc.</b>	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 NOCSAE 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 meets 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)

