

## Girls Lacrosse Overview adapted from USA Lacrosse ([usalacrosse.com](http://usalacrosse.com))

### Equipment

Minimal equipment is required in girls' and women's lacrosse due to its non-contact nature. A stick, mouthguard and protective eyewear are the only required items for most players. Headgear and close fitting gloves are optional for field players. Goalies are also required to wear a helmet with a face mask, a separate throat protector, padded gloves and a chest protector.

**For sticks and 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**
4. Order **on-line**: [lax.com](http://lax.com), [lacrossemonkey.com](http://lacrossemonkey.com), [lacrosseunlimited.com](http://lacrosseunlimited.com)

## Badgerland Lacrosse Association Rules

Category	10U	12U	14U
Ages / Grades	8-10 yrs. (3rd, 4th)	11-12 yrs (5th/6th)	13-14 yrs. (7th, 8th)
Players	7v7	10v10	12v12
Field Size	Half (60-70 yards x 35-45 yards)	Full (110-140 yards x 60-70 yards)	Full (110-140 yards x 60-70 yards)
Goalie, Goal Size	No, 4x4 or 6x6 flipped	Yes, 6x6	Yes, 6x6
Ball	Hard	Hard	Hard
Gear Req.	Full	Full	Full
Face Off	3v3 draw at the center	3v3 draw at the center	3v3 draw at the center
Offsides	Not Enforced	Enforced	Enforced
Pass Rule	two-pass rule	None	None
Officials	1 required	2 officials (1 minimum)	2 officials
On-The-Fly Substitution	Yes	Yes	Yes
Mercy Rule	4+	4+	4+
Time	4x10 minutes running	4x10 minutes running	4x12 minutes running
Overtime	No	One 3 minutes. Sudden Victory	Two 3 minutes. Sudden Victory
Start After Goal	Face Off / Draw	Face Off / Draw	Face Off / Draw
Misc.	<ul style="list-style-type: none"><li>• Cover Not Allowed</li><li>• No jewelry (including earrings)</li></ul>	<ul style="list-style-type: none"><li>• Cover not allowed when another player within playing distance;</li><li>• All checking below the shoulder</li><li>• No jewelry (including earrings)</li></ul>	<ul style="list-style-type: none"><li>• Cover not allowed when another player within playing distance</li><li>• No jewelry (including earrings)</li></ul>

# GIRLS' FIELD/SIXES PLAYER EQUIPMENT



## Required Equipment

### 1. GOGGLES

- » Meets the current ASTM standard for women's lacrosse eyewear;
- » SEI certified and bears the SEI mark.
- » SEI Website [seinet.org/search.htm#&section=hidden-us\\_lacrosse](http://seinet.org/search.htm#&section=hidden-us_lacrosse)



### 2. CROSSE

- » Must adhere to Rule 2 Section 2 and meet the manufacturers specifications
- » Legal Sticks- [usalacrosse.com/legal-womens-sticks](http://usalacrosse.com/legal-womens-sticks)

### 3. MOUTHGUARD

- » Must wear mouthguard with no protruding tabs
- » Self-molding (from manufacturers) or custom-molded (from dentist)

## Optional Equipment

### 4. GLOVES

- » Must be close-fitting & should be comfortable for player while holding a stick.



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# GIRLS' 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
- » SEI WEBSITE
- » Statement/seal indicating it meets NOCSAE ND200 standard for lacrosse and SEI certified

### 4. GOALIE GLOVES

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

### 5. THIGH PADS

- » Must wear thigh padding with integrated protective padding
- » May not use field hockey goalie pads

### 6. CROSSE

- » Must adhere to Rule 2 Section 3, Appendix B
- » Legal Stick List- [usalacrosse.com/legal-womens-sticks](http://usalacrosse.com/legal-womens-sticks)

### 7. MOUTHGUARD

- » Must wear mouthguard that may be attached to the helmet
- » Self-molding (from manufacturers) or custom-molded (from dentist)

## Optional Equipment

### 8. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps

### 9. SHIN PROTECTION

- » Padding may not exceed one inch thick

