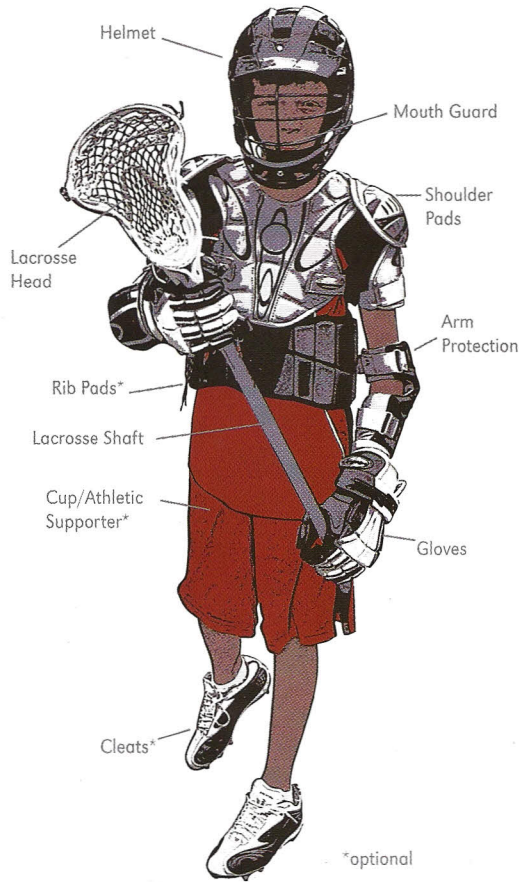


EQUIPMENT

Required Equipment for Boys' & Men's Lacrosse



The Game: Men's lacrosse is a contact game played by ten players: a goalie, three defensemen, three midfielders and three attackmen. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

To Start: Men's lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can run after the ball when the whistle sounds. The other players must wait until one player has gained possession of the ball, or the ball has crossed a goal area line, before they can release.

Length of Game:

Collegiate Game - 60min in four 15min quarters

High School Game - 48min in four 12min quarters



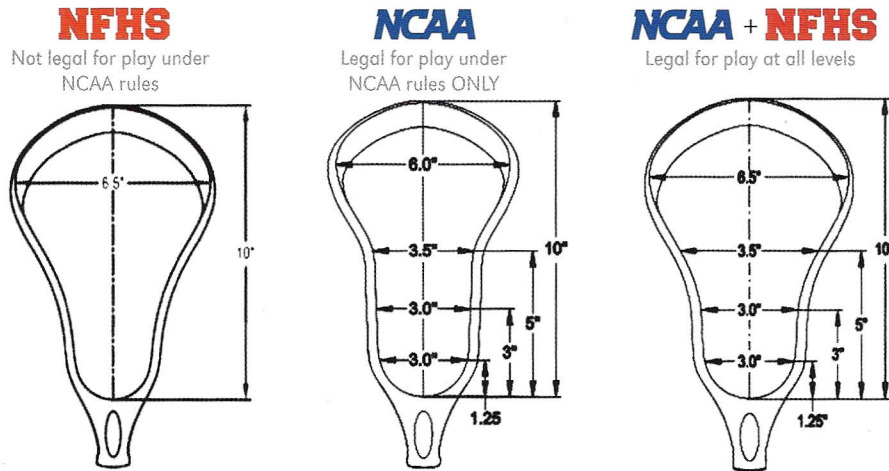
For full list of rules visit:
www.uslacrosse.org/the_sport/mens_rules.phtml

The Positions:

- **Attack:** The attackman's responsibility is to score goals. The attackman generally restricts his play to the offensive end of the field. Each team should have three attackmen on the field during play.
- **Midfield:** The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game, and is often called upon to clear the ball from defense to offense. Each team should have three midfielders on the field.
- **Defense:** The defenseman's responsibility is to defend the goal. The defenseman generally restricts his play to the defensive end of the field. Each team should have three defensemen on the field.
- **Goal:** The goalie's responsibility is to protect the goal and stop the opposing team from scoring. Each team has one goalie in the goal during play.

Stick Specification Guide

NFHS is the National Federation of State High School Associations (www.nfhs.org)
NCAA is the National Collegiate Athletic Association (www.ncaa.org)



Q: What are the NCAA Specifications?


The NCAA lacrosse specifications are a set of standards for measuring the dimensions of a lacrosse head used during a game where NCAA men's lacrosse rules are in effect. Specifically, it outlines four points on a lacrosse head that must conform to a set of minimum dimensions given in the table below:

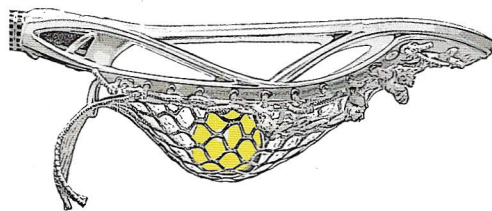
These are in addition to the current rules:

Measurement from the throat (inches)	Minimum distance between narrowest point of head
1.25" up	3.0" across (all measurements)
3.0" up	3.0" across (all measurements)
5.0" up	3.5" to 4" across on front; 3.5" across back
Widest point	6" to 6.5" across on front; 6" across back

From the 1.25" measurement to the top of the head, the minimum distance between the sidewalls is 3".

Q: So what does this mean for US Lacrosse youth programs?

"US Lacrosse has not adopted revisions to stick dimension specifications for boys youth play, and the consideration of any changes to stick dimension specifications, as well as the timing of such changes, would be made in collaboration with the NFHS."  December 18, 2008



Pocket Rules: maximum pocket size

For a legal pocket, the top of the ball must be at least a bit above the bottom edge of the sidewall. Or, put another way, the pocket is illegal if the top surface of the lacrosse ball, when placed in the pocket, is below the bottom edge of the sidewall.

Stick Length Rules

Legal stick lengths are given as a range to accommodate different ages and heights of players. The length is measured from the tip of the scoop to the end of the shaft.



Short Stick: 40-42in

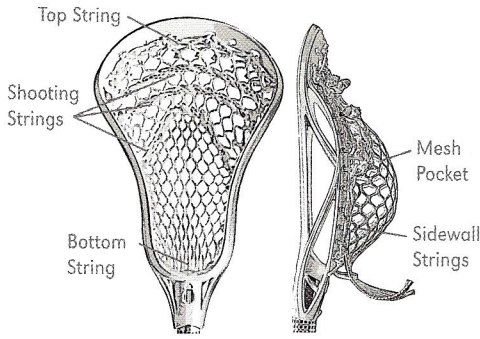


Long Stick: 52-72in



Goalie Stick: 42-72in

STRINGING



Mesh Diamond Pattern



10-diamond

- More stringing options
- Faster release
- **Most common mesh**



6-diamond

- More hold
- Slower release
- Good for defensemen

Other Mesh

- 5,7,8-Diamond – less commonly used but can be ideal for some players
- Canadian Mesh – twice as thick as traditional mesh

Mesh Coating

Soft Mesh – uncoated mesh

- Easier to catch
- No break in time
- Good for beginners

Hard Mesh – coated

- More durable
- Can shape pocket better
- **Most common mesh**
- Good for all levels of play

Pockets

Low Pocket

Good for:

- Feeders
- One handed carriers
- Defensive players



Mid Pocket

Good for:

- Two handed carriers
- Shoot and run players
- **Most common pocket**



High Pocket

Good for:

- Shooters
- Fakes



Shooting String

Shooters are generally 33" long laces. The top shooter can also be strung with top string.

3-straight

- Shooters pocket
- Strung for speed
- Original way to string shooters



2-straight and V

- V helps guide ball
- Adds whip and hold
- **Most popular way**



1-straight and 2 Vs

- Most whip and hold
- Least common stringing



Types of String

Sidewall – strong braided nylon or polyester cord

Top string – thicker for durability

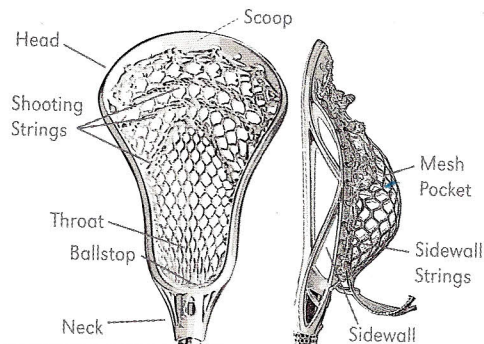
Crosslace – thinner for ease of use, often used for traditional stringing with leathers

Bottom Stringing – can use:

- top string – thicker string provides less friction with mesh
- shooter – used to allow more give to the pocket
- sidewall – frequently used for ease of stringing

HEADS

Lacrosse heads are one of the most varied pieces of equipment. There are over 100 different models on the market today. The heads are made of a polymer and have many different features. For the beginning player, the most important factor is the mesh. A beginner should have soft mesh and they should use a low-to-mid priced head. After playing a couple of years, they can move up to more specialized heads and to stiffer hard mesh which will give them more control with passing, catching, and shooting.



Position:

The following head pages display four different symbols to designate for whom the heads are intended. Y is specific to a youth player (kids under 10). G is for goalie. The A & D are for attack or defense. Either head can be used, but generally a D head is more rigid and takes more abuse.