

Box Lacrosse Player Equipment

Helmet & Cage

Helmet and cage must be CSA for hockey or NOCSAE approved with a chin strap.



Shoulder Pads

One piece adjustable pad which offers protection for shoulders and arms.



Elbow Pads

When using hockey shoulder pads, elbow pads or slash guards provide additional protection.



Athletic Supporter & Cup or Jill Strap



Gloves

Fields/ Box lacrosse gloves offer excellent protection.

Back and Kidney Pads

Light weight and wrap around to protect the lower back and kidney area.



Basketball or Court Shoes

Stick & Balls

Did You Know?

In 1856 the Montreal Lacrosse Club was organized, and in 1860 the rules of the game were standardized.

The Stick:

There are two types of sticks:

1. The traditional wood stick comes with a rawlon sidewall and a choice of pockets of leather or nylon lace with leather runners.
2. Sticks with moulded heads; pockets with rawlon lace or synthetic lace with leather runners and wood or metal handles.

The lacrosse stick should not be more than forty-six (46"), nor less than forty (40"), and not more than eight (8"), nor less than four and one half (4 1/2") in width. In Pee Wee and all lower divisions (see page 6 for categories), the minimum length of the stick can be thirty-four (34").

Balls:

The balls used in all matches should conform to CLA standards and be approved by the CLA. The approved ball is the same used in Field Lacrosse.

