



Boys Equipment:

The following equipment is required in order to participate in practices and games. Referees will remove players from games (and coaches will remove players from practice) due to lack of, or insufficient, protective equipment:

1. A NOCSAE certified lacrosse helmet (hockey helmets are not sufficient)
2. A sports mouthguard (preferably one that attaches to the face guard of the helmet)
3. Shoulder pads (either lacrosse or hockey is fine)
4. Lacrosse Arm/elbow pads (full arm pads are recommended)
5. Lacrosse gloves (hockey gloves are not recommended due to reduced mobility)
6. Lacrosse stick (boys stick). Be sure it is a full size stick; do not purchase a smaller "beginner" stick. More expensive sticks will not serve any benefit at this age level.
7. Practice jersey (read below)
8. Clothing appropriate for the weather conditions, including shorts and t-shirt in warmer conditions, and long sleeve t-shirt and windpants/sweatpants in colder conditions.
9. Cleats (recommended). Lacrosse or Football cleats will provide improved functionality over baseball and soccer cleats. If he cannot wear cleats, players must wear adequate sneakers that have laces, and can be tied tightly.
10. Protective cups (hard cups) are highly recommended to ensure safety! All goalies are required to wear protective cups.
11. Water. The team issued water may run out on hot summer days, and may not be available at practices. Please bring your own water whenever possible.