



Women's Field

For the summer field season, the **Ontario Lacrosse Association**

Equipment Guidelines

looks at the gear you need, to bring your game...

PLAYER



Eye Guards: Optional. Close fitting eye guards are permitted. These must have been approved for wear by the FIL. A list of current approved eyewear can be found on the Ontario Women's Lacrosse website www.ontariowomenslacrosse.com.

Mouth Guard: Mandatory. The mouth guard must be a professionally manufactured intra-oral mouth guard, which must not be altered to decrease protection.

Bicep Pads: One piece pad made of high density impact foam pad protects arm.

Crosse:

Crosse Width: The inside width between the walls of a plastic/moulded head crosse at the widest point at the top of the head shall be 16cm minimum.

Crosse Length: The overall length of the field crosse shall be 90cm minimum to 110cm maximum.

• U15 — may use a crosse shorter than 90cm to allow the crosse to fit comfortably along the full length of the player's arm.

Stringing: The pockets of all field crosses shall be strung with 4 or 5 longitudinal leather or synthetic thongs and 8 to 12 stitches of cross lacing. The crosse may have no more than two separate shooting/throw strings, which shall not be rolled more than twice between each vertical thong.

FIL Crosses: The Federation of International Lacrosse (FIL) certifies all field crosses that are legal for play. The current list can be found at www.ontariowomenslacrosse.com.

Lacrosse Gloves: Optional. Close fitting field gloves are permitted.

Footwear: Players may wear shoes with plastic, metal, leather or rubber cleats/studs. The exposed surface of all cleats/studs must be smooth.



GOALKEEPER



Helmet: All helmets must be CSA or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides.

Facemask and Throat Protector: Cannot allow the head of the crosse or ball to contact the face. A throat protector attached to the helmet is mandatory. It must hang less than the diameter of a ball (approximately 6.5cm) from the helmet.

Mouth Guard: Mandatory. The mouth guard must be a professionally manufactured intra-oral mouth guard, which must not be altered to decrease protection.

Chest Pad: Mandatory. A chest or body protector for the upper body must be worn, it should be made of impact-absorbing memory foam construction, offering flexibility and unrestricted movement. The maximum thickness is 3cm and all padding must be worn snugly.

Arm Guards: Optional. These must be worn securely and must measure no more than 3cm in thickness.

Crosse:

Crosse Width: The inside width between the wall of a plastic/moulded head crosse at the widest point at the top of the head shall be 28.5cm to 30.5cm. The maximum outside width of the head shall be 33cm.

Crosse Length: The overall length of the field crosse shall be 90cm minimum to 135cm maximum.

Stringing: The pockets of the crosse shall be strung with 6 or 7 longitudinal leather or synthetic thongs and 8 to 12 stitches of cross lacing or may be mesh.

FIL Crosses: The Federation of International Lacrosse (FIL) certifies all field crosses that are legal for play. The current list can be found at www.ontariowomenslacrosse.com.

Goalkeeper Gloves: Optional. Padded gloves must be tied securely at the cuff, must not have webbing and cannot increase the width of the goalkeepers hand beyond the thickness of the padding.

Padded Shorts: Optional. These must be worn securely and must measure no more than 3cm in thickness.

Leg Pads: Optional. These must be worn securely and must measure no more than 3cm in thickness.

Footwear: Players may wear shoes with plastic, metal, leather or rubber cleats/studs. The exposed surface of all cleats/studs must be smooth.

