



# OFFICIAL EDUCATION

2026

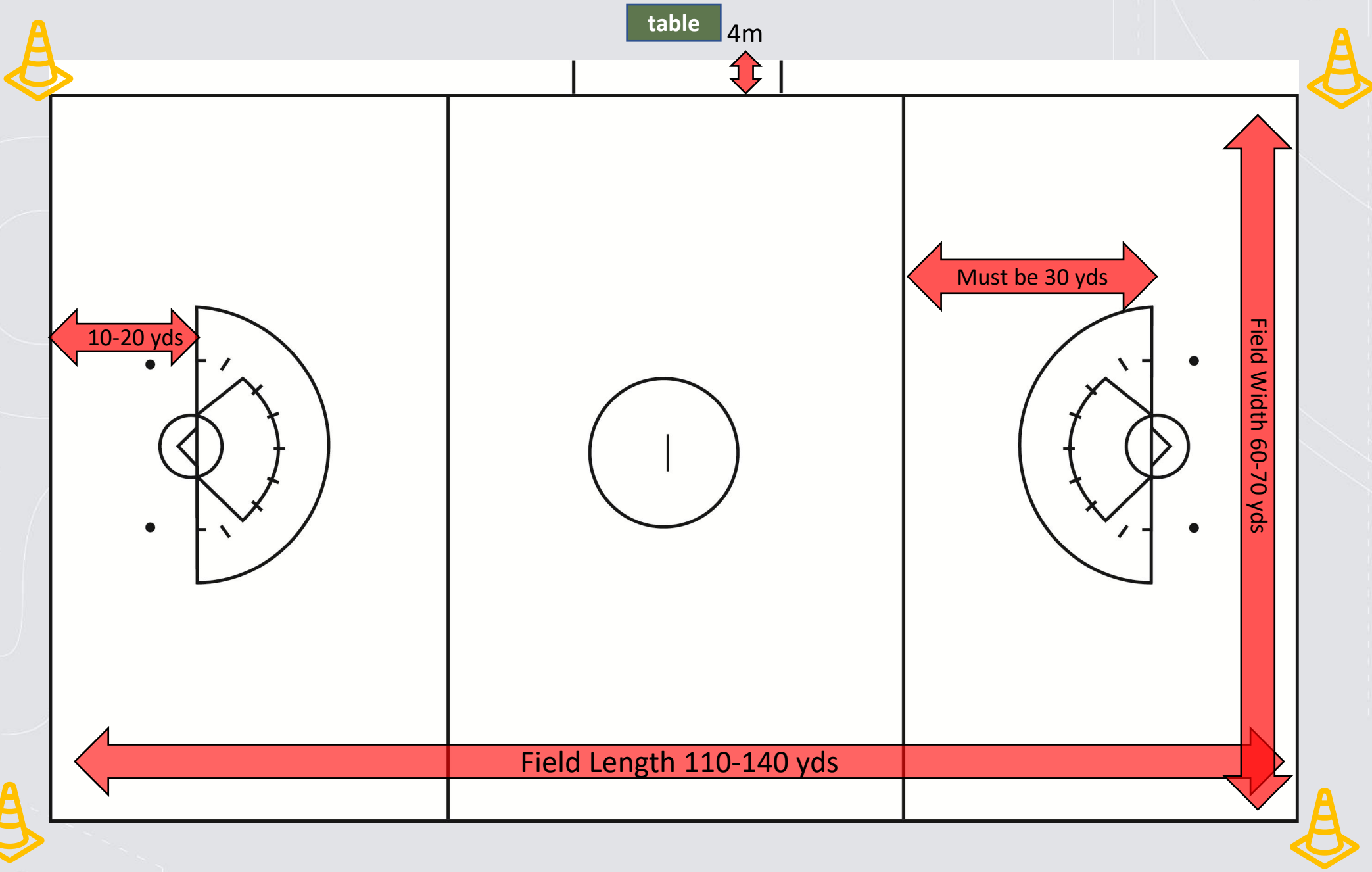
Field, Uniform, Equipment and Personnel

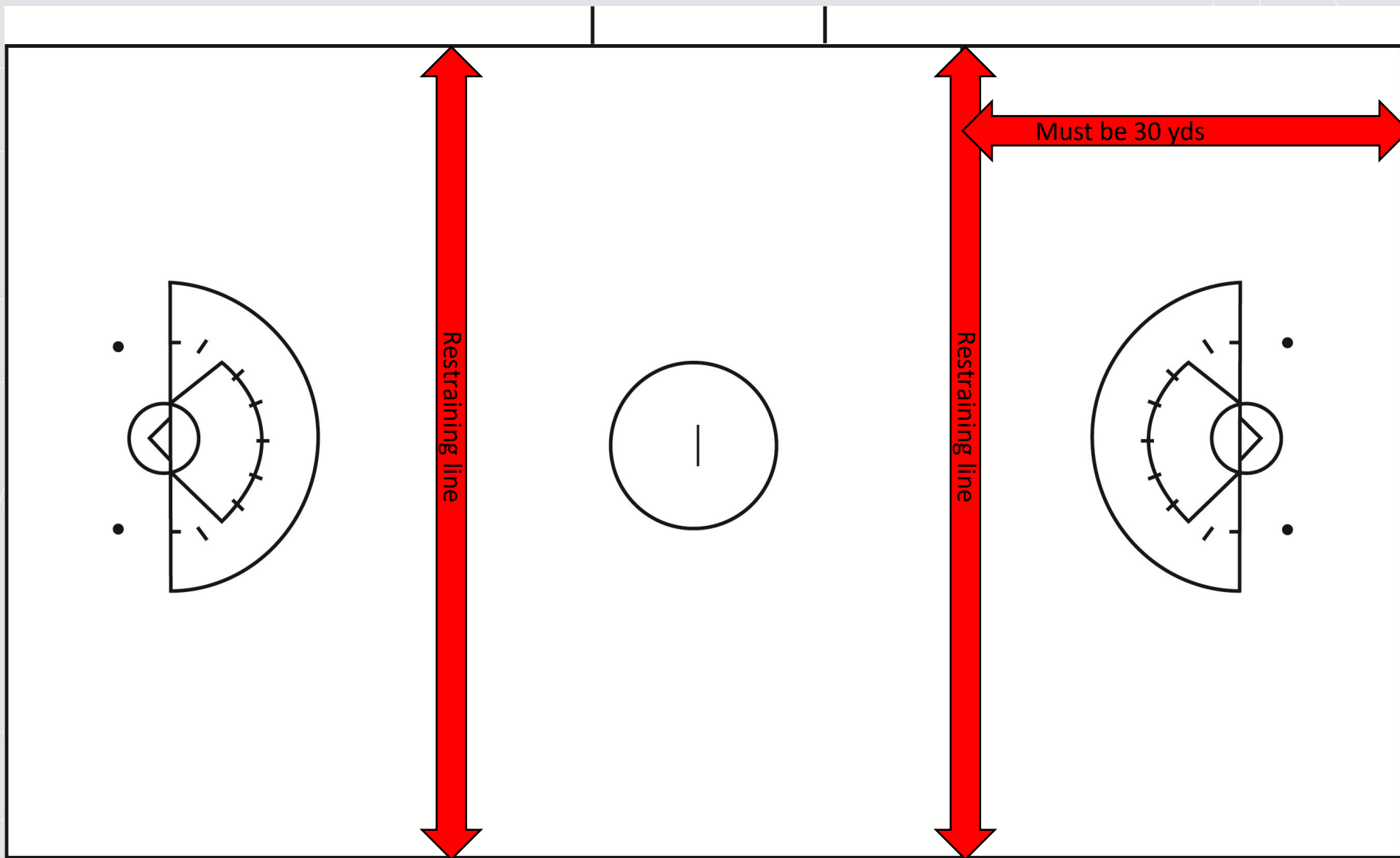
**USA<sup>®</sup>**  
**LACROSSE**



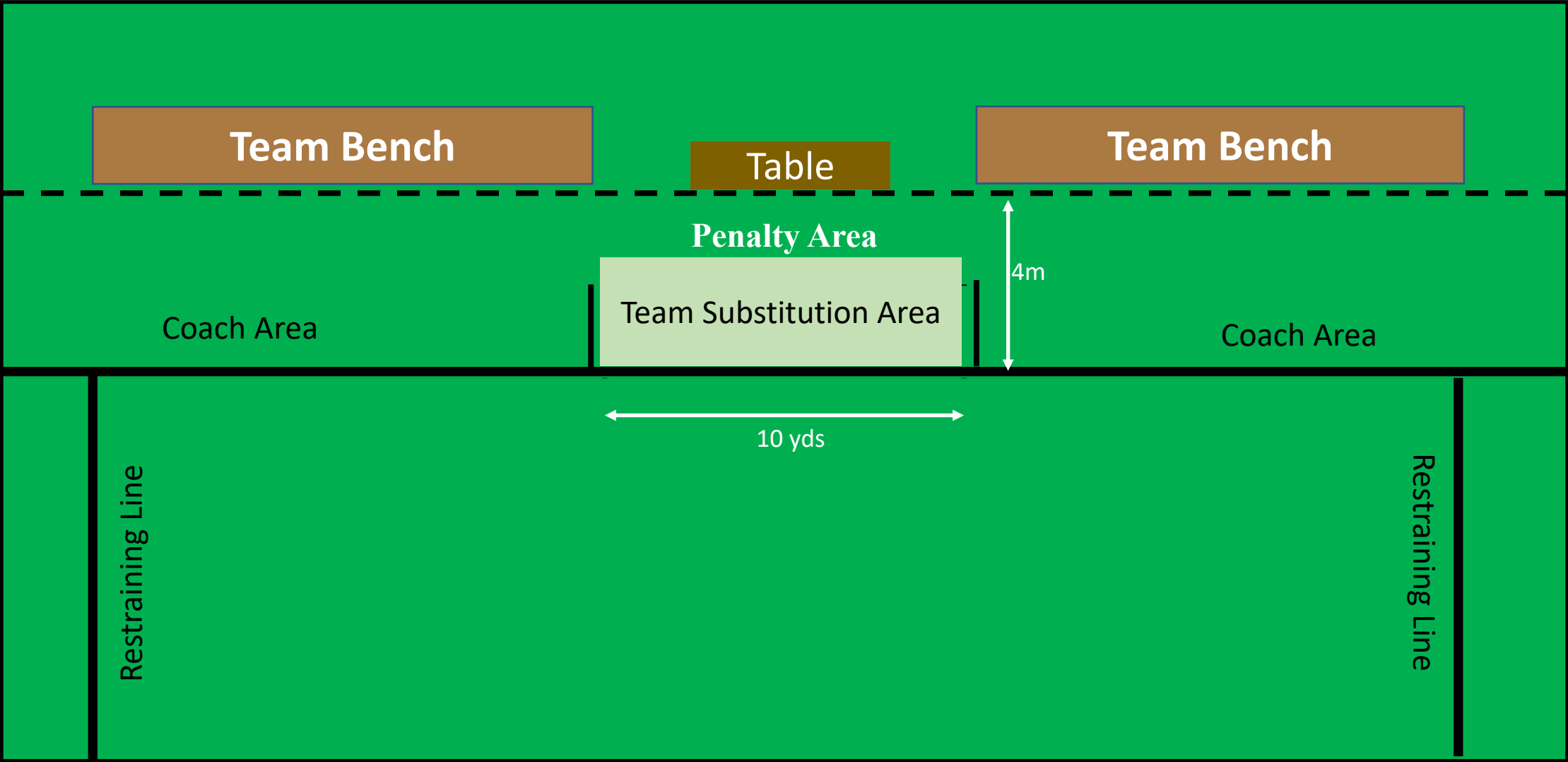
RECOGNIZED SPORT  
ORGANIZATION



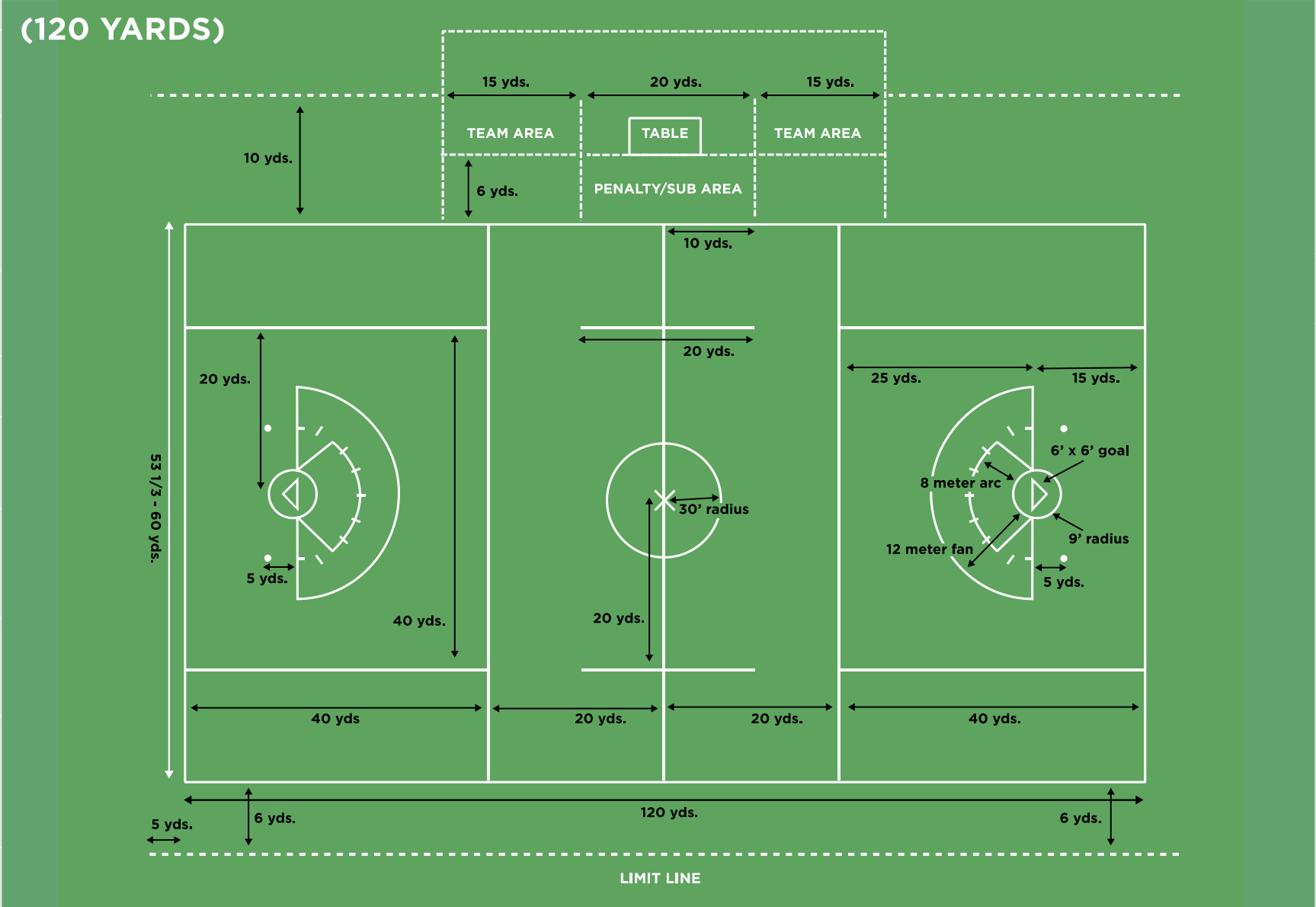




# Rule 1: The Field and Markings

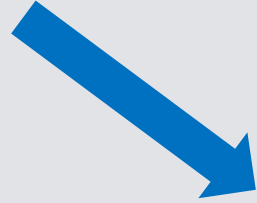


# Unified Field



# Critical Scoring Area

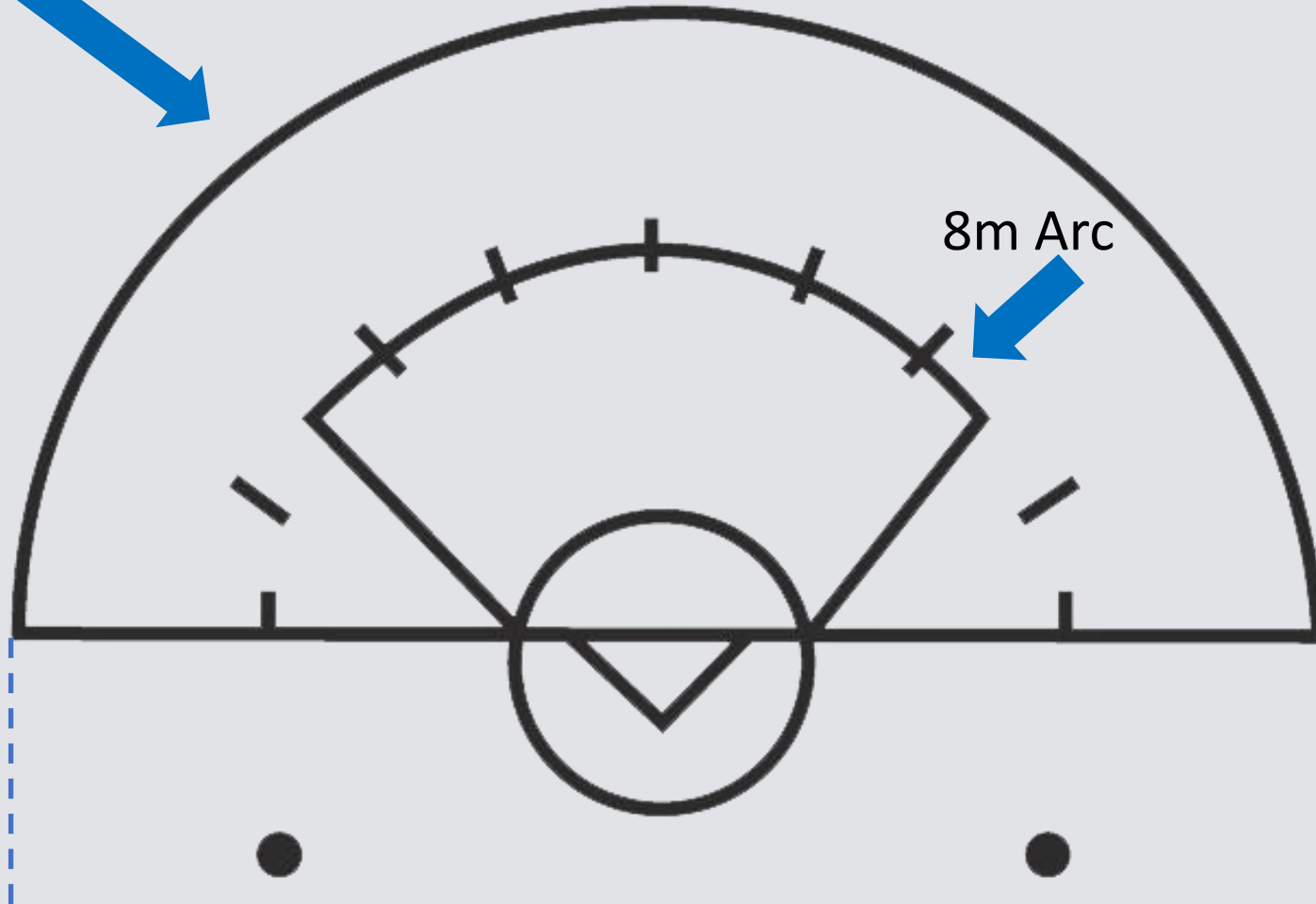
12m Fan



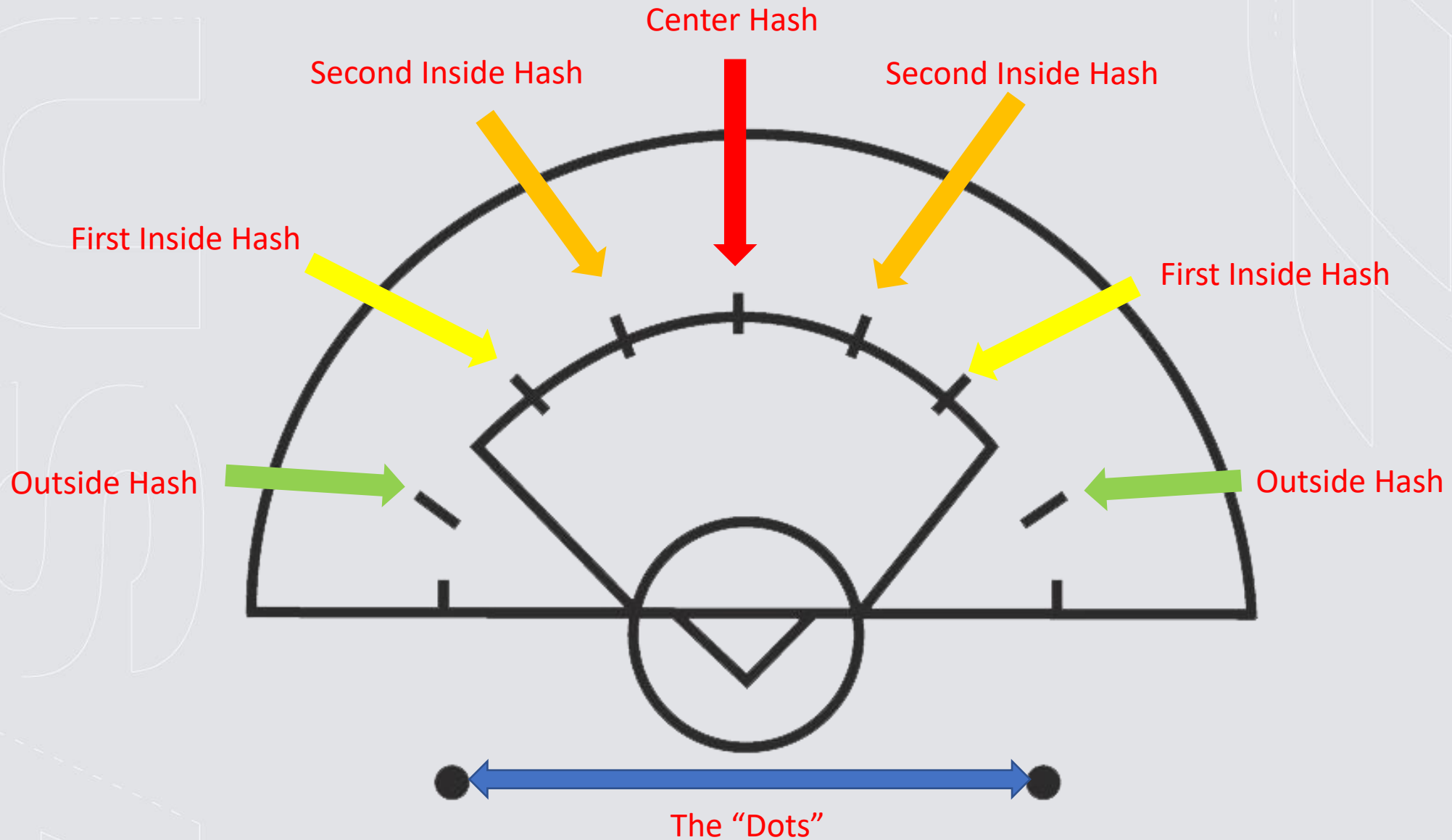
8m Arc



This area is not marked on the field but is part of the CSA



# Critical Scoring Area



# Good Goals and Bad Goals



Flat bottom —  
needs NO padding



This cage goes straight back before it  
angles to the point in the back.



Good



No angle and rounded pipe



# The Ball

- Shall be Yellow, Bright Orange or Lime Green
- Must have “Meets NOCSAE Standard” on ball



**Activity: Label The Field**

# Equipment and Uniforms

- ✓ Crosse
  - ✓ Uniforms
  - ✓ Personal Equipment
- Protective Equipment



# Crosse (Lacrosse Stick)

## Field Player

Between 35 ½ inches and 43 ¼ inches long

Ball must move freely in pocket

Top of ball must remain above sidewall on both front and back of pocket

## Goalkeeper

Between 35 ½ inches and 52 inches long

May be synthetic or mesh

Ball must move freely in pocket laterally and length



# Mandatory Equipment: Field Players



**Eyewear**

Must be ASTM 3077 approved



**Mouthguard**



Close-fitting gloves, cloth sweatbands, hair ties, etc. may be worn on the hand/arm



**Headgear**

ASTM 3137 approved may be worn

Medical devices may be worn as long as they do not endanger other players





# Mandatory Equipment: Goalies



## Padded Gloves

(Padding on arms and shoulders recommended)



## Mouthguard



## Helmet

With facemask and chinstrap



## Protective Padding on Thighs

## Chest Protector

Designed for lacrosse  
Must meet NOCSAE standard



## Throat Protector

Separate; may be attached to helmet



# Illegal Goalkeeper Equipment



This shield is NOT allowed

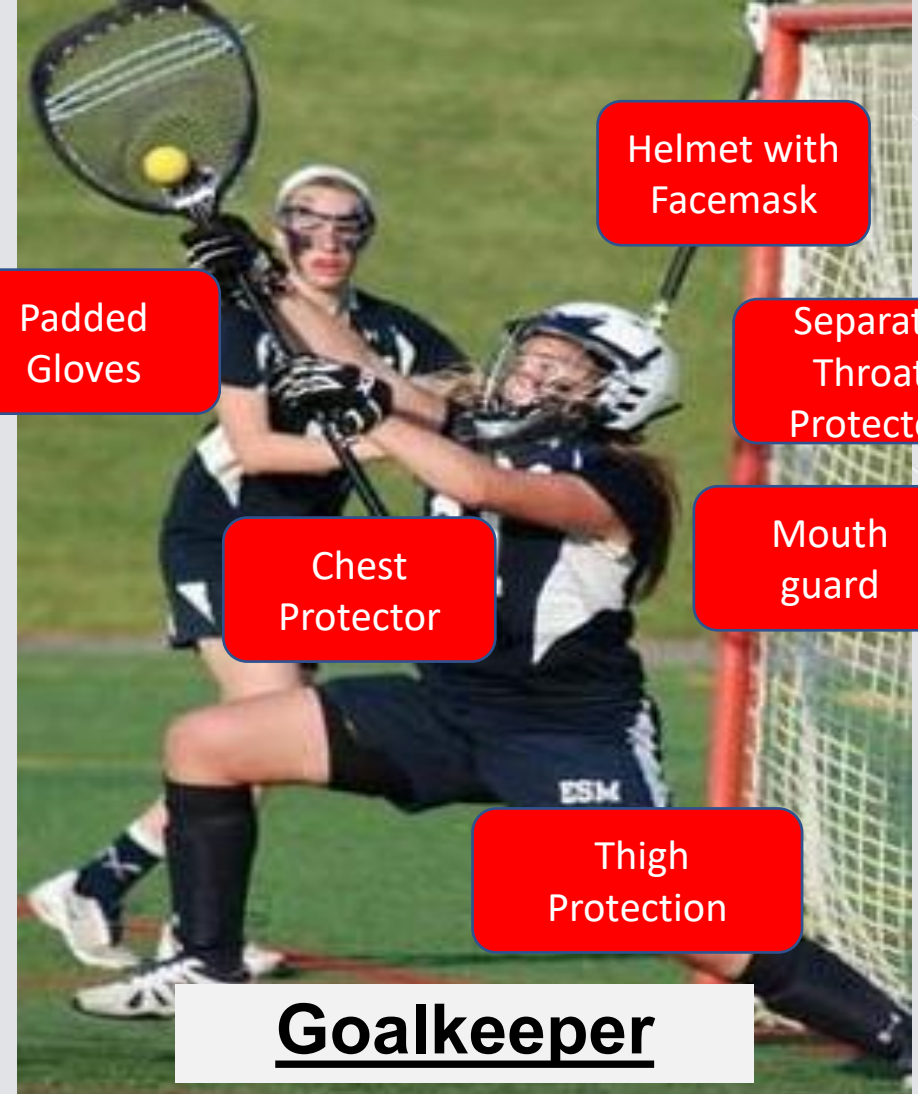
# Equipment



Goggles

Mouth  
guard

Field Player



Helmet with  
Facemask

Padded  
Gloves

Separate  
Throat  
Protector

Chest  
Protector

Mouth  
guard

Thigh  
Protection

Goalkeeper



# Optional Personal Equipment



**All of these are LEGAL**





# Uniforms

## Field Player



Jersey: Single solid color



Kilts, shorts or pants:  
Same dominant color do  
not need to match jerseys

Home Team: light jerseys  
Visitors: Dark jerseys



## Goalkeeper



Jersey:  
Must be same color as team



Pants or shorts:  
Same color as team or white,  
black or gray



Chest or shoulder equipment  
must be worn under jersey

# Game Personnel

## Teams

Any number up to 12 players on the field at one time

One MAY be a goalkeeper

## Head Coach

Must certify equipment is legal

Can request a timeout

Must submit roster to the scorer 10 minutes prior to game time



## Game Administrator

Ensures game timer and scorer are on hand and field is safe for play

Handles game management issues

# Game Personnel

## Team Captains

Meet with officials before the game  
May ask for clarifications of the rules

## Scorer and Timer

Must sit at the table  
Records cards, timeouts, alternate possession and goals  
Keeps official game time and time of card penalties



## Officials

Game officiated by two officials certified for the game by the authority having jurisdiction  
Inspect grounds and equipment prior to game  
Ensure timers and scorers understand their responsibilities  
Conduct Captains' and Coaches' meeting





# Captain's/Coaches Meeting

1. Introductions
2. Coaches certify players are legally dressed and equipped
3. Site Administration (ask the home coach)
4. Field marking
5. Coin toss  
(Visitor calls tails)
6. Questions?



Discussion: “Pregame Responsibilities”

# Meeting with the Table Personnel



1. Introductions
2. Scorer?
  - List players in book
  - Record goals, timeouts, cards, AP
  - Blow the horn for illegal substitute
1. Timer?
  - Set clock for pregame protocol
  - Halftime
  - Stop the clock on our signal
  - Start the clock on the whistle
  - Time outs
3. Questions?

# Summary of Pregame Duties



Arrive on-site 30 minutes before the game



Inspect the field and goals, and conduct pregame discussion with partner



Confirm that the Scorer and Timer understand their job responsibilities



Conduct Captains' and Coaches' meeting



Perform equipment, uniform, and stick checks for each team

# Review: Equipment and Personnel

1. A flat bottomed goal cage is legal and needs no padding (T/F)
2. The ball may be orange (T/F)
3. The winner of the coin toss may choose an end of the field to defend first (T/F)
4. A player's stick may have a mesh pocket (T/F)
5. A player may wear eye black that covers their eyelids (T/F)
6. Goalies must wear shin guards (T/F)



QUESTIONS?



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