

OFFICIAL EDUCATION

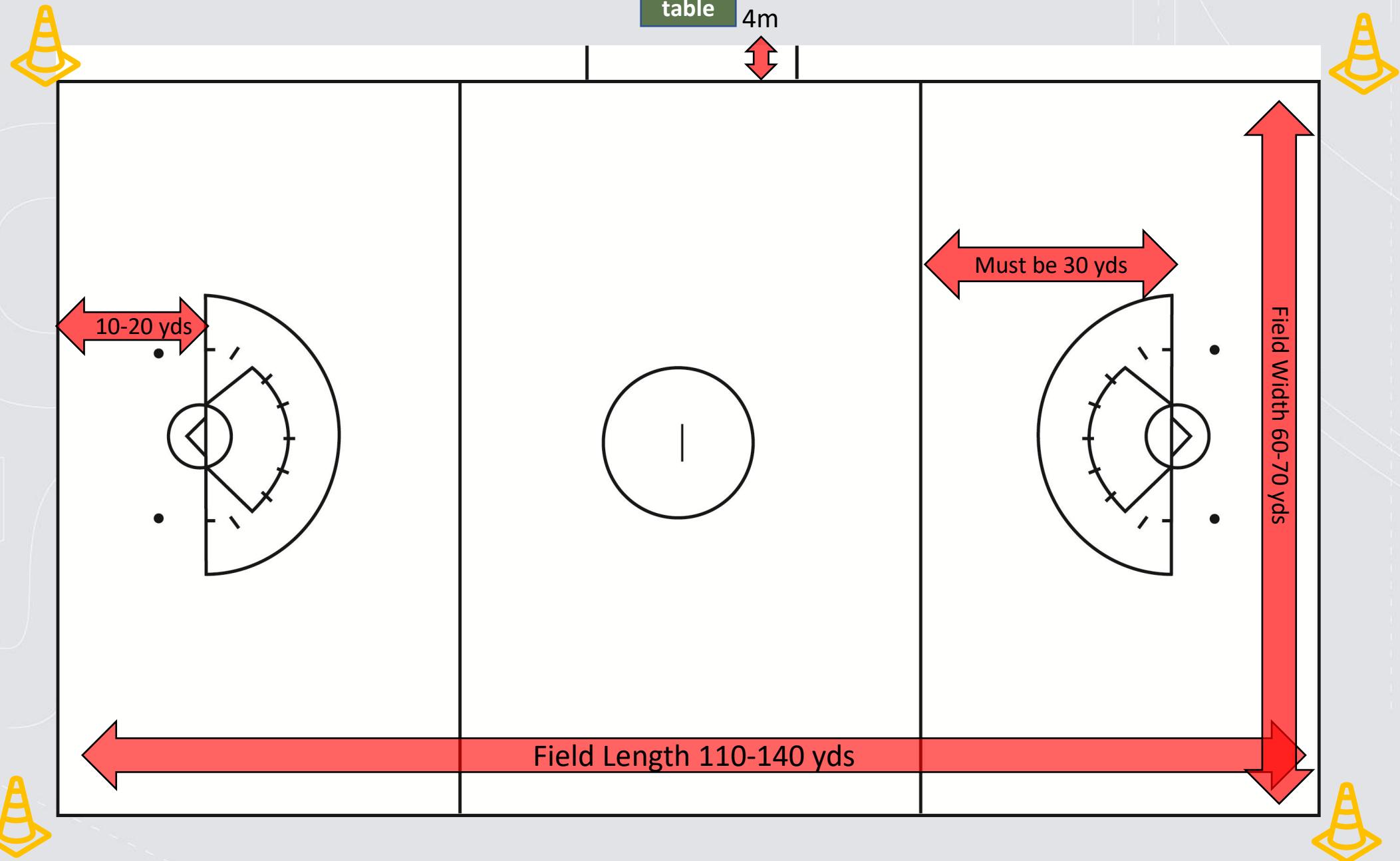
2026

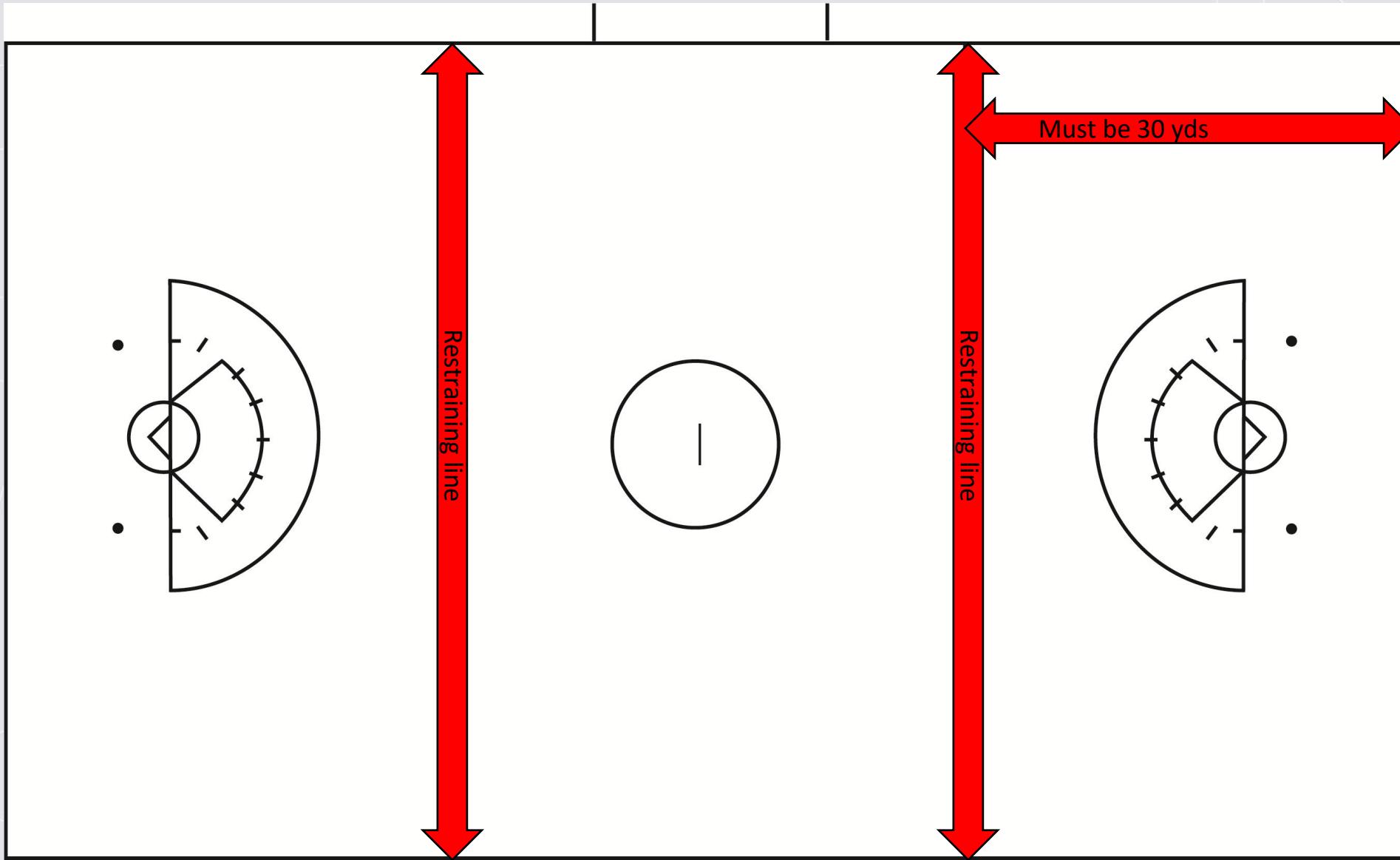
Field, Uniform, Equipment and Personnel

USA[®]
LACROSSE

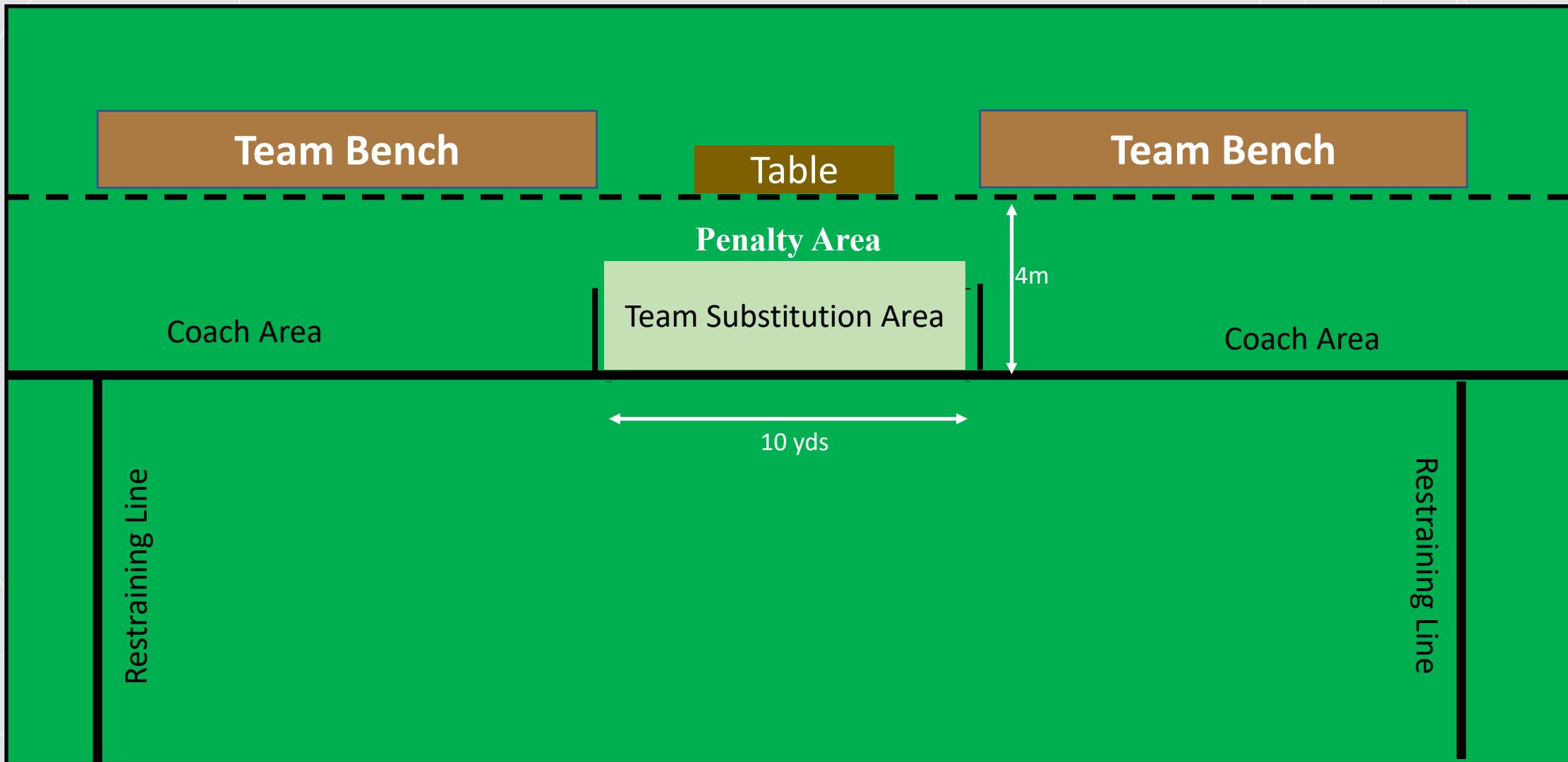


RECOGNIZED SPORT
ORGANIZATION

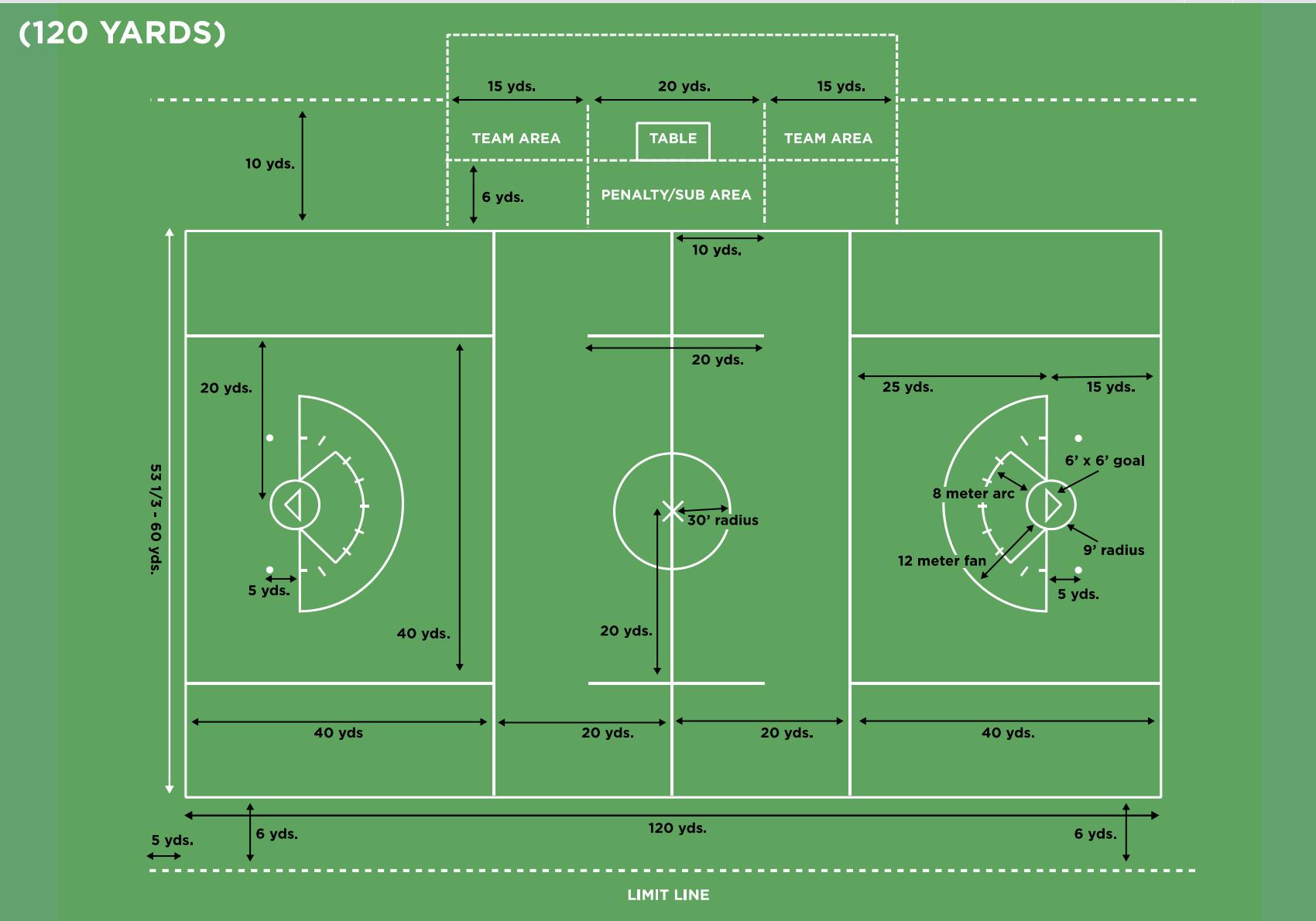




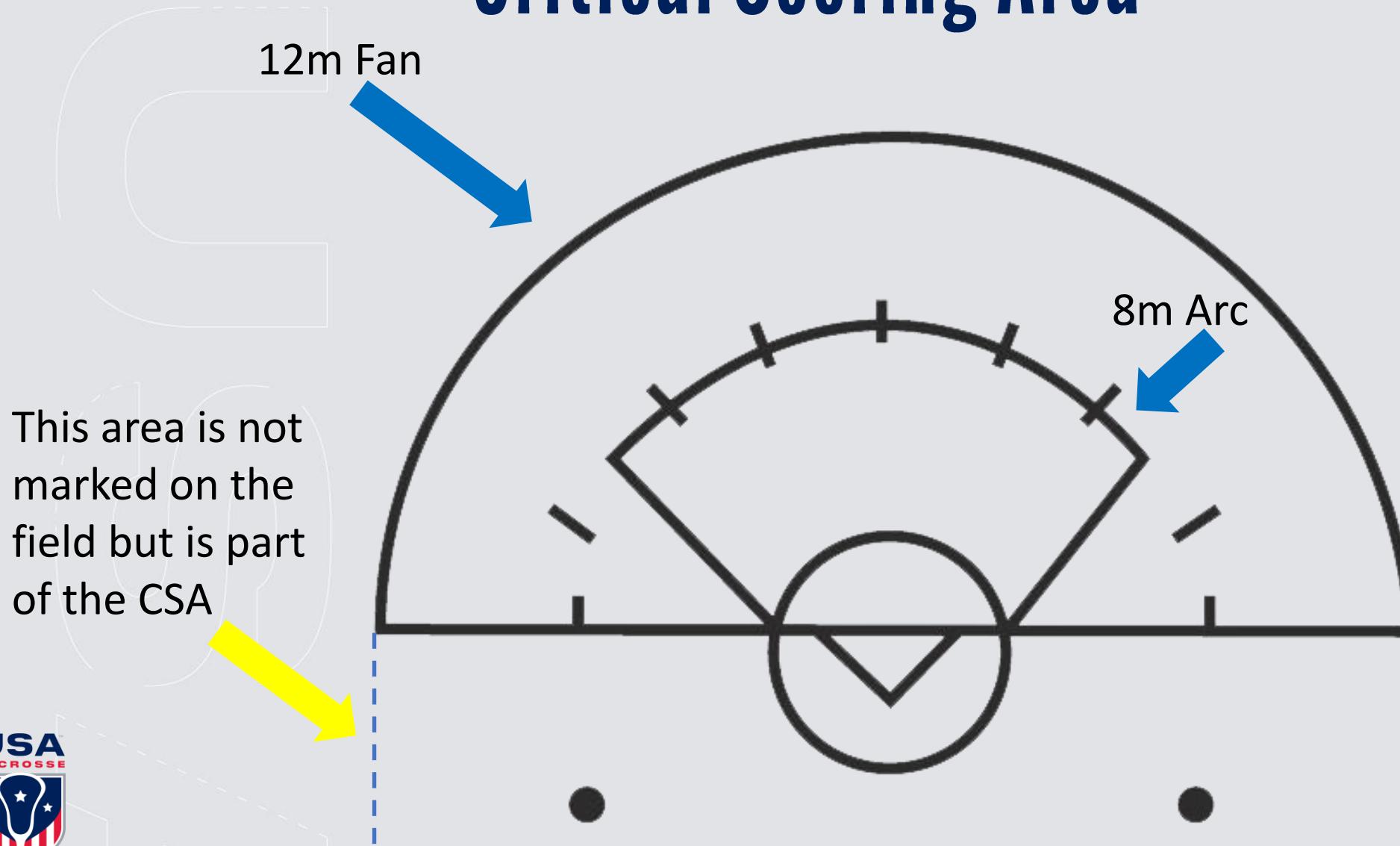
Rule 1: The Field and Markings



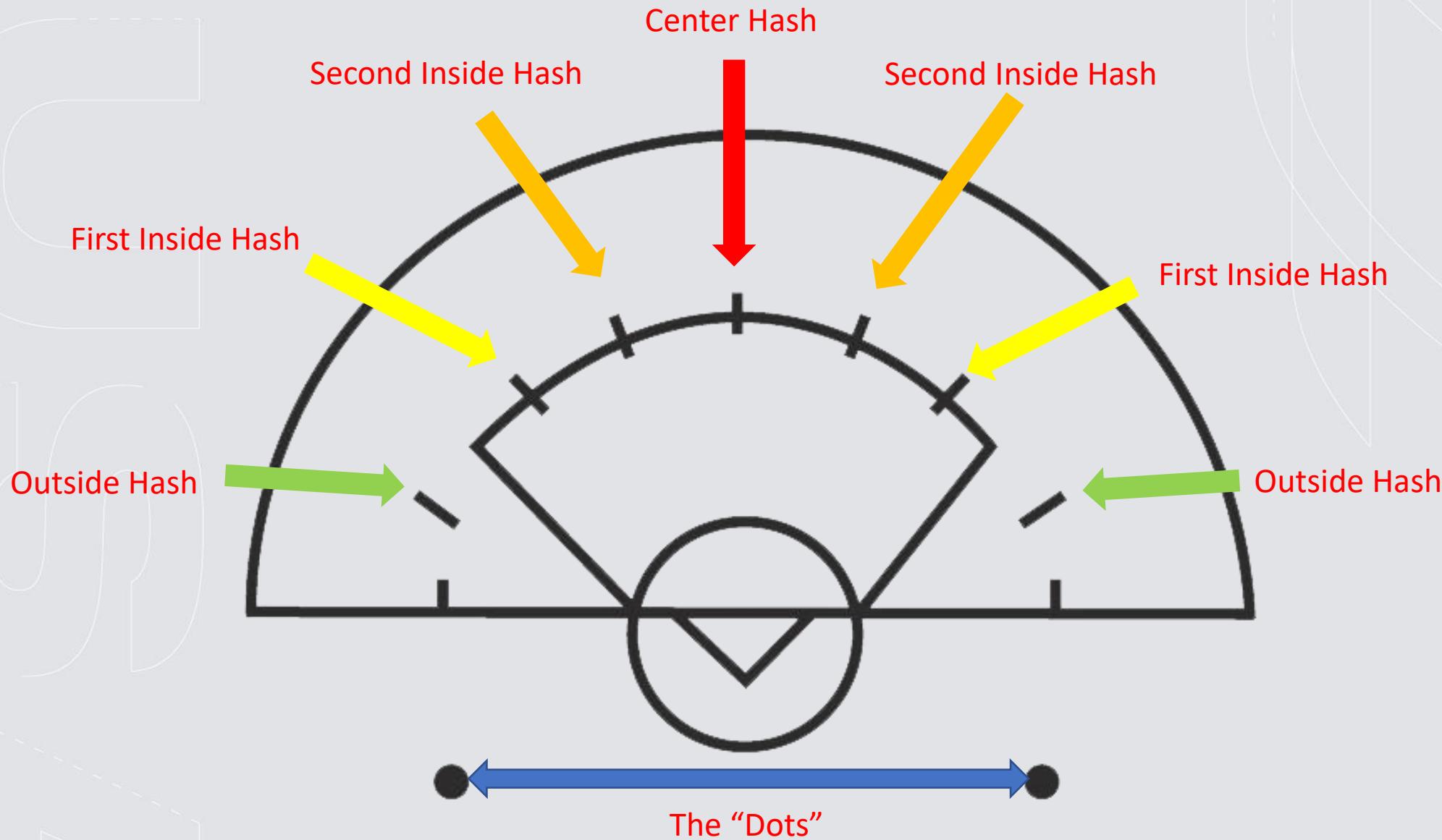
Unified Field



Critical Scoring Area



Critical Scoring Area



Good Goals and Bad Goals



Flat bottom –
needs NO padding

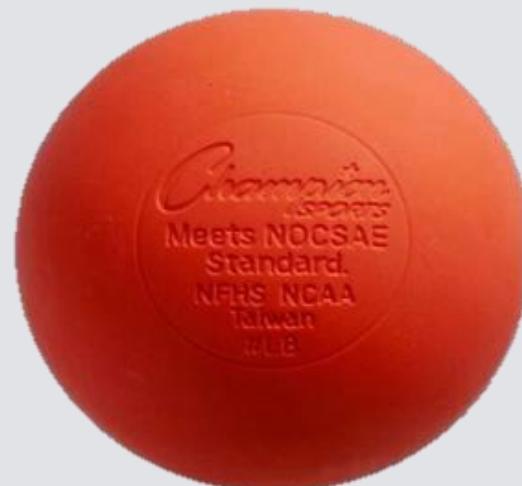
This cage goes straight back before it
angles to the point in the back.



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 $\frac{1}{2}$ inches and 43 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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



Headgear

ASTM 3137 approved may be worn



Mouthguard

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



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



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



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



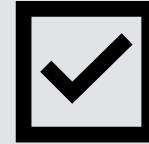
Inspect the field and goals, and conduct pregame discussion with partner



Confirm that the Scorer and Timer understand their job responsibilities



Conduct Captains' and Coaches' meeting



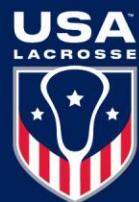
Perform equipment, uniform, and stick checks for each team

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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