

Lacrosse Stick

Stick length:
PeeWee and down: 34" - 46"
Bantam and up: 42" - 46"



Mouth Guard

Mandatory



Arm Pads - 2 types

Light weight, hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.



Face Mask

The mask must be CSA approved for ice hockey or a NOCSAE approved Calcoat mask Model #411Sr or #414 Jr. All masks **MUST** be approved for helmet model that it is mounted on.

Back & Kidney Pads

A one piece light weight plastic pad which offers protection for the back and kidney area.

Gloves

Field/Box lacrosse gloves offer excellent protection and flexibility. Short cuff hockey gloves can be used, but they don't offer the same grip or flexibility.

Helmet

All helmets **MUST** be CSA approved for ice hockey. The helmet must have a chin strap and cannot be altered from the manufactured form.

Shoulder Pads

One piece pad made of flexible, durable material when fit properly offers protection for upper body and shoulders.

Athletic Support & Cup (Jock or Jill)



Equipment required to play box lacrosse:

Helmet with cage (must be CSA approved for ice hockey, must have a chin strap and not altered in any way)

Shoulder pads/chest protector

Back & kidney pads

Gloves (can be hockey gloves, but they often don't offer the same grip)

Athletic support cup (Jock or Jill)

Mouth guard

Elbow pads

Knee pads (Westlock Lacrosse Association requires all players to wear knee pads)

Lacrosse stick

Water bottle

Good running shoes

Places to find equipment:

Westlock Home Hardware

Totem Outfitters

St. Albert Source for sports

The Grind

United Cycle

Join our Facebook page to search for equipment