

LC Operations Manual

12.3 INTRA-ORAL MOUTH GUARDS

12.3.1 For Women's Field Lacrosse, intra-oral mouth guards, properly fitted and worn as recommended, are mandatory.

12.3.2 For Box Lacrosse it is mandatory that all minor aged players use an intra-oral mouthpiece. It is recommended for all players above minor to use an intra-oral mouthpiece.

12.3.3 For Men's Field Lacrosse all players are required to wear an intra-oral mouth guard.