

Kamloops Minor Lacrosse Association

PO Box 446, Station Main

Kamloops, B.C. V2C 5L2

www.kamloopsrattlers.com

FIELD LACROSSE EQUIPMENT

The following information on field lacrosse equipment has been taken from the British Columbia Lacrosse Association website at http://www.bclacrosse.com/field_lacrosse.php, and is a copy of the World Lacrosse 2021 – 2023 Rules of Men’s Field Lacrosse Official Playing Rules May 2021 – Ver 1.0.

Additional information about Field Lacrosse can be found in the following World Lacrosse document:
<http://bclacrosse.com/Referees%20and%20Officials/Mens-Rules-2021-23-May-2021-V1.0-1.pdf>.

SECTION 2 EQUIPMENT

Rule 15 The Stick (See Appendix D)

15.1 The stick shall be of an overall length of EITHER 40 inches (101.60 centimeters) to 42 inches (106.68 centimeters) (short stick) OR 52 inches (132.08 centimeters) to 72 inches (182.88 centimeters) (long stick). A Team may have no more than four long sticks, excluding the stick of the Designated Goalkeeper, on the field of play, excluding the penalty box and excluding the bench area, at any one time when the ball is live.

15.2 The head of the stick shall measure between 6 inches (15.24 centimeters) and 10 inches (25.40 centimeters) inside measurement at its widest point.

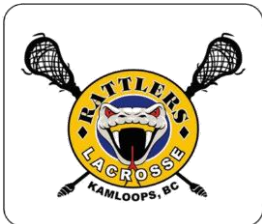
15.3 The stick of the Designated Goalkeeper shall be an exception to Rules 15.1 and 15.2, above. The Designated Goalkeeper may use a stick that measures from 6 inches (15.24 centimeters) up to 15 inches (38.10 centimeters) inside measurement at its widest point and shall have an overall length from 40 inches (101.60 centimeters) up to 72 inches (182.88 centimeters).

15.4 The head of the stick shall be made of wood, laminated wood, plastic, or any other material approved by World Lacrosse and the shaft of the stick shall be made of wood, aluminum or any other material approved by World Lacrosse. The butt-end of the stick shaft must either be solid with no sharp edges or, if hollow, it must have its open end adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited. The head of the stick shall be approximately perpendicular to the shaft.

15.5 The head of the stick shall be constructed as follows:

- i. Both walls shall be of wood, laminated wood, plastic or other material approved by World Lacrosse; or
- ii. One wall shall be made of wood, laminated wood, plastic or other material approved by World Lacrosse, and the other wall shall be made by weaving gut lacing from the tip of the head to the shaft in such a manner that it prevents the tip from catching on an opponent’s stick. Rules of Men’s Field Lacrosse – May 2021 Ver 1.0 Page 15

15.6 The wooden or plastic walls of the stick shall not be above 2 inches (5.08 centimeters) in height: where a wall is made of gut, it may be any height.



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15.7 There may be a guard stop at the throat of the stick. The stop must be perpendicular to the shaft of the stick and wide enough to let the ball rest loosely on the stop. The stop shall be constructed so that no part of the ball can be under the stop. The guard stop or, if no guard stop is fitted, the throat of the stick shall be a minimum of 10 inches (25.4 centimeters) from the outside edge of the head of the stick.

15.8 The head and side(s) of the stick shall have holes bored in them to facilitate the weaving of the stringing.

15.9 The net of the stick shall be constructed of gut, rawhide, clock cord, linen or synthetic material and shall be roughly triangular in shape.

Rule 16 Prohibitions Relating To The Stick

16.1 No Player shall use a stick in which the pocket has been permitted to sag to such a depth that the top surface of a lacrosse ball placed therein is below the bottom edge of the sidewalls when the stick is held horizontal to the ground with the net to the bottom of the stick. This prohibition shall not apply to the stick of the Designated Goalkeeper.

16.2 No Player shall use a stick that is constructed or strung so as to be designed to withhold the ball from play.

16.3 No Player shall use a stick of trick construction or stringing which tends to retard the normal and free dislodgement of the ball by an opponent.

16.4 No stick may be tampered with in any way so as to give a Player an advantage over their opponent.

16.5 All strings shall be limited to a hanging length of 2 inches (5.08 centimeters).

16.6 Deleted June 2012, Amsterdam, World Lacrosse General Assembly.

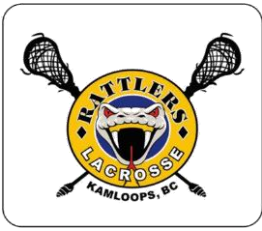
16.7 Adjustable length shafts are illegal.

16.8 No Player shall use a stick that is constructed or strung or tampered with to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is.

Rule 17 Personal Equipment

17.1 All Players are required to wear protective gloves, suitable boots or shoes, and a protective helmet equipped with a facemask and a chinstrap, which must be properly fastened on both sides. All Players, including the Designated Goalkeeper, must properly wear an intra-oral tooth and mouth protector (mouth guard). A mouth guard shall be defined as:

- i. A commercial product designed to be molded to the Player's teeth and jaw and to cover all teeth of the upper jaw; or Rules of Men's Field Lacrosse – May 2021 Ver 1.0 Page 16
- ii. A custom molded product produced by a dental professional that covers all teeth of the upper jaw; or custom molded intra-oral product produced by a dental professional designed to protect the Player from injury.



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It is recommended that the mouth guard be highly visible in color: i.e., neither white nor clear.

The fingers may not be cut out of a Player's gloves, and the entire finger must be encased within, and must be part of the glove. A Player may not play with their fingers outside the glove. A Player may cut the palms out of their gloves.

In addition, the Designated Goalkeeper must wear the goalkeeper mandatory protective equipment: a throat guard, a chest protector and a box/cup. These shall be standard items of field lacrosse equipment.

The Designated Goalkeeper may wear shin guards (soccer/football style), compression shorts or football pants (American football) that conform to the body. The compression shorts or football pants may be worn with or without pads designed for the pants.

With the exception of the goalkeeper stick, all equipment worn by a goalkeeper must be constructed solely for the purpose of protection of the Player's head and body, and must not include anything that would assist the goalkeeper in stopping the ball. The goalkeeper's uniform, jersey and Team shorts/pants shall be worn over the goalkeeper equipment and shall conform to the body such that the jersey and shorts/pants do not assist the goalkeeper in stopping the ball.

Play must be suspended immediately if a Player in a scrimmage area loses or does not have any of the required equipment, which includes a properly worn mouth guard. Otherwise, the Official shall delay the sounding of their whistle in the same manner as set forth in Rule 82, which deals with the slow whistle technique, except that the signal flag is not thrown under these circumstances.

17.2 Each Player is required to wear a jersey with a contrasting block or Gothic number centered on the front and the back. The number on the front of the jersey shall be at least 8 inches (20.32 centimeters) high, and the number on the back shall be at least 10 inches (25.40 centimeters) high.

The numbers on the front and back of a Player's jersey shall be the same, and no duplicate numbers shall be permitted on the same Team. The number on the jersey shall be one or two digits, ranging from 00 - 99.

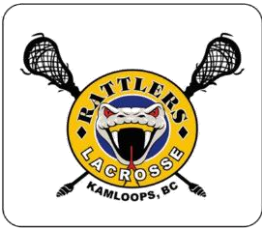
All Players on the same Team must wear uniform shorts of the same dominant Team color. Those Players on the Team who wear sweatpants must wear the same color sweatpants.

17.3 The visiting Team shall notify the home Team of the color of the jerseys, which they are going to wear in the game, and the home Team must wear jerseys of a contrasting color.

AR 17.1 A Blue attacker in possession of the ball is running towards the Red goal, with no opponent near them. They lose a required item of equipment, shoots, and scores.

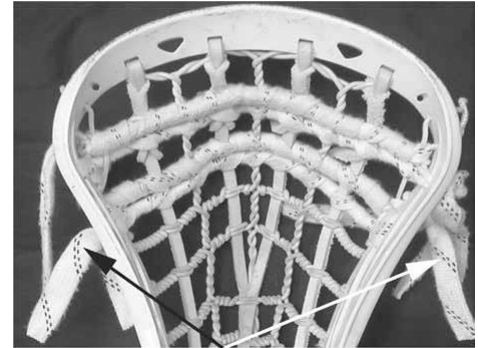
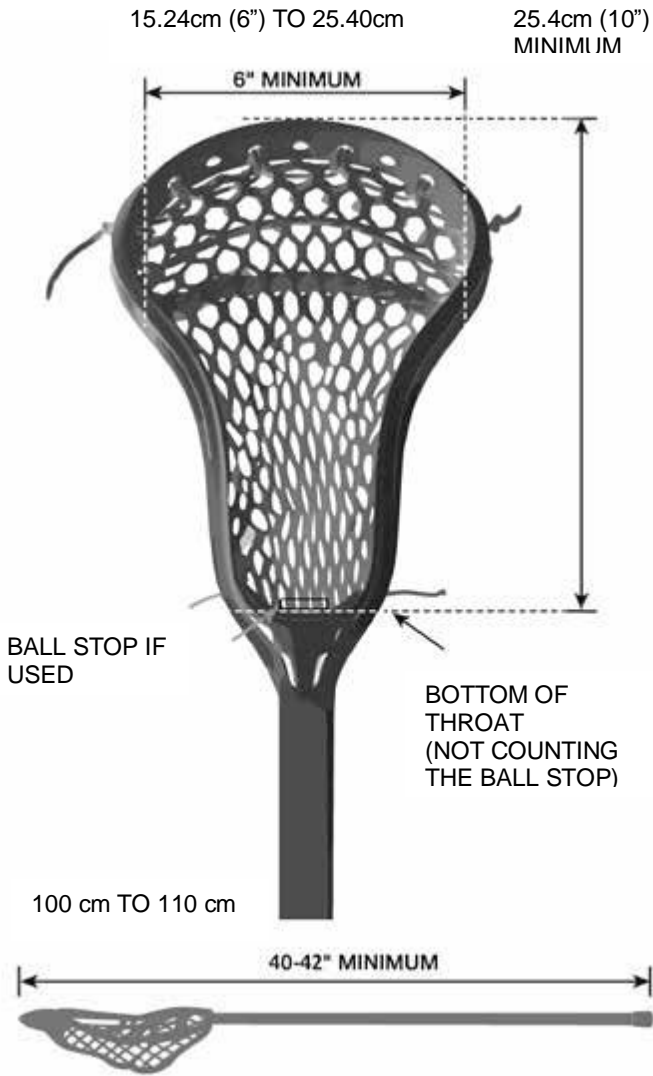
RULING: A legal goal in the above circumstances, but the Officials should stop the game immediately if there is any danger of injury to the attacking Player.

RULING: The same considerations apply if their chinstrap becomes undone.



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Appendix D - Men's Lacrosse Sticks



Strings Shall Be Limited To A Maximum Hanging Length of 5cm



- A. As the Stick is rotated forward from 90 degrees, the ball should roll out of the head forward to the ground
- B. If one can see daylight between the top of the ball and the bottom edge of the sidewall. This is an illegal deep pocket