

# Box Lacrosse Equipment Guidelines

## 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 manufacturer's 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)