

Eye Guard – **Mandatory.**
Must be ASTM certified.
Either 'cage' or 'goggle' styles are permitted.



Mouth Guard – **Mandatory.**
Should be a color that is easily seen by Referees



Ladies Stick – Any brand or color are fine.
Head dimensions and pocket depth must follow US Lacrosse guidelines for Woman's Lacrosse.



Gloves – Gloves are optional and are solely for warmth and grip.



Woman's Lacrosse Equipment Requirements