



Long Island Lacrosse League

2022 Season – Gear Requirements

Updated: 12/20/2021

DIRECTORS & COACHES TAKE NOTE: Officials will ask; "*Coach*, is every player properly equipped." Once the coach has certified that the players are properly equipped, the coach is responsible for his players with regards to required equipment! There are only 2 possible answers, YES or NO! Other than YES, the team will not be allowed to take the field.

Boys:

Field Players:

- Protective Helmet designed for lacrosse and meets NOCSAE standards
- Mouthguard
- Protective Gloves
- Arm Pads
- Athletic Cup / Jockstrap
- Shoulder pads which must be NOCSAE approved to protect against Commotio Cordis (Optional for goalkeeper if Chest protector has them built in)
- Cleats with plastic bottoms. Cannot have metal cleats.
- Lacrosse stick (appropriate to position assigned)

Goalies:

- Protective Helmet designed for lacrosse and meets NOCSAE standards
- Mouthguard
- Throat Protection
- Protective Gloves (with thumb protection recommended)
- Arm Pads
- Athletic Cup / Jockstrap
- Goalie Chest Protector which must be NOCSAE approved against Commotio Cordis
- Shin Guards (K-6)
- Other protective pants (Optional)

Girls:

Field Players:

- Goggles
- Mouthguard
- Lacrosse stick

Goalies:

- Protective Helmet designed for lacrosse and meets NOCSAE standards
- Throat Protection
- Goalie Chest Protector which must be NOCSAE approved against Commotio Cordis
- Thigh pads
- Knee pads
- Shin guards
- Goalie stick