BK LACROSSE

Required Equipment

**• VARSITY: BK Helmet**

* **JV:** Players may wear any properly fitting BLACK lacrosse helmet that meets NOCSAE safety requirements

• Shoulder pads with chest protector – make sure it has a hard-plastic piece over the middle of the chest area to disperse the blow from a hard shot

• Gloves – black preferred

• Stick - short pole (40-42 inches) for midfield and attackmen and long pole (52-72 inches) for defensemen and LSMs.

• Cleats

• Arm guards

• Protective Cup

• Tethered Mouth guard – must be style that attaches to helmet with strap

\*Rib Guards (suggested for Attackman)