



April 24, 2025

NorCal Women's Lacrosse Officials Memo for Immediate Release

We would like to inform CIF High School players, coaches, officials and Athletic Directors that the GAIT Apex 2 lacrosse stick has been found to include several stringing holes that do not comply with current equipment regulations. **However, the GAIT Apex stick remains eligible for use for the remainder of the season, provided that the non-compliant stringing holes—identified in the image published on the USA Lacrosse website—are not utilized.**

We encourage all stakeholders to review the official guidance released by USA Lacrosse and the National Federation of State High School Associations (NFHS) for further clarification and compliance details.

1. USA Lacrosse press release:

<https://www.usalacrosse.com/news-media-blog/consumer-advisory-gait-apex-2-womens-lacrosse-head>

2. NFHS Memo - GAIT APEX stick (see below)

If you're uncertain about whether a head is strung legally, please reach out to assignor2@ncwlo.org guidance.

Memorandum To: State Association Girls Lacrosse Administrators
From: Lindsey Atkinson, Director of Sports
Subject: Field Crosse Compliance
Date: April 17, 2025

The NFHS is aware of a consumer advisory memo issued this week by USA Lacrosse regarding the multiple versions of the Gait Apex 2 women's lacrosse head.

Our current understanding is that the crosse, although not deemed rules compliant by USA Lacrosse, does not create a materially greater safety risk than other products. Thus, we are not recommending an immediate withdrawal of the crosse from play under our rules. To do so may cause significant economic hardship for some students. Rather, we recommend that students be advised of the exchange program referenced on the Gait website and alternative ways to string the crosse to avoid the non-compliant stringing holes.

1. Inform coaches of the Gait Lacrosse equipment exchange program available to any consumer who has purchased the non-compliant crosse.
2. Allow the use of the stick for the remainder of the 2025 season and advise coaches and officials that the stringing holes circled are not compliant and cannot be used.
3. Remind coaches that NFHS Girls Lacrosse Rules require all crosses to meet the Manufacturer's Specifications at the time it was manufactured and be listed on the USA Lacrosse website.

We will continue to monitor developments and will be in touch as circumstances warrant. Thank you for your time and attention. LA

NorCal Women's Lacrosse Officials, www.ncwlo.org