



Long Valley Junior Lacrosse Club



Boy's Equipment Requirements Grades 2-8

Revised November 2008

Men's Lacrosse Stick	REQUIRED: Do not purchase a Girls stick. The key difference is a boys pocket is deeper. Ask for help if you are not sure.
Mouth guard	REQUIRED: Colored is required- cannot be white or clear. Make sure the device covers the molars. You must also boil and fit the mouth guard as per manufacturer's instructions.
Helmet	REQUIRED: Purchase a lacrosse helmet. Do NOT use hockey helmets
Gloves	REQUIRED: Purchase lacrosse gloves. Do NOT use hockey gloves as the thumb on a hockey glove is too stiff to handle a lax stick.
Shoulder Pads	REQUIRED: Make sure the pads cover the chest/solarplex area. As your son grows, it is very important to ensure he is wearing shoulder pads that fit him properly.
Arm Pads	REQUIRED
Cleats	REQUIRED: Long Valley players practice and play on Grass. Cleats are a must have item. Some Away games will be played on turf fields and players may prefer sneakers or turf shoes at these events.
Protective Cup	REQUIRED: Required at all practices and games.
Game Uniform	REQUIRED: Beginning the 2008 season all players in grades 4-8 are required to purchase the game jersey/short combination.
Rib protection (optional)	OPTIONAL: Rib guards are considered optional in boy's lacrosse. Some shoulder pads include rib protection.

1st Grade Boys Lacrosse: There are no equipment requirements; all the gear needed is supplied by the club.

More information on equipment and rules on www.uslacrosse.org

Lacrosse equipment is widely available both online and at retail stores. Below are several suggested retailers:

LocallyUniversal Lacrosse Company (Raritan) (908) 526-0584
Sports Authority, Modell's, and Dicks Sporting Goods
Lax.com www.lax.com 973-335-2446