



Long Valley Junior Lacrosse Club



Girls Equipment Requirements

Revised November 2008

Women's Lacrosse Stick	Be sure it's not a men's lacrosse stick
Mouth Guard	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 manufacturers instructions.
Eye Protection/Goggles	Look on label/box to ensure Eyewear meets ATSM standard via a PECC lab.
Cleats	Soccer style
Game Uniform	GRADES 5-8 ONLY! Beginning with the 2009 season all girls in grades 5-8 will be required to purchase the new jersey/skirt combination uniform.

More information on equipment and rules can be found at www.uslacrosse.org

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

Locally Universal Lacrosse Company (Raritan) (908) 526-0584
Sports Authority, Dick's and Modell's

Online Longstreth www.longstreth.com 800-322-7022
Sports Her Way www.sportsherway.com 888-843-7929
Lax.com www.lax.com 973-335-2446