



How To Fit Lacrosse Products

Lacrosse is one of today's fastest growing sports. Below are fitting tips for the key lacrosse products.

How to Buy Lacrosse Sticks

Determining the Proper Stick

The first step in purchasing a lacrosse stick is determining the position you will play. The length of your stick depends almost entirely on your position.

- **Attackers** should buy a stick that is close to the minimum length of 30 inches to allow for more control and maneuverability.
- **Midfielders** should buy a slightly longer medium-length stick to allow them to play both offense and defense.
- **Defenders** should use the longest stick they are comfortable with, usually around 60 inches, for greater reach.
- **Goaltender** sticks are generally 42 inches long.
- **Younger players** should make sure they choose a stick that fits them comfortably, regardless of position. It is more important to be able to handle the stick and ball comfortably.
- **Women's** sticks range only from 36 to 44 inches. The exact length depends on the position--longer (43-44 inches) for defenders, shorter (36 inches) for attackers.
- Most players will want to have at least 2 sticks in case one breaks during play.

Pocket Types

Lacrosse sticks come with either a traditional woven pocket for more experienced players or a mesh pocket for novices. They also can be bought strung or unstrung.

- Traditional pockets
 - These consist of nylon laces woven around 4 adjustable strips of leather.
 - The leather strips can be adjusted to fit any type of shot. They do need to be replaced after repeated use.
 - A stiffer pocket is more accurate but gives less control while running and moving.
- Mesh pockets
 - They are made of nylon webbing woven into the side of the pocket and require little or no adjustment.
 - Mesh pockets are looser and give less accuracy on passes and shots, but make it easier to control the ball when running.
 - These require less maintenance than traditional pockets.
 - The mesh netting does not control or absorb the ball as well as leather netting.
 - Goalkeepers tend to prefer mesh netting because it reduces rebounds.
- Pocket depth
 - Pocket depth is mostly a matter of preference and playing style.
 - Generally, a deeper pocket provides more feel and ball control, while a shallower pocket gives you a quicker release but sacrifices ball control.
 - Ball-control players who do a lot of short passing should use a fairly deep pocket.
 - Fast-break players who tend to pass the ball over longer areas should use a shallower pocket.
 - Overhand shooters should have an average depth pocket (a ball width or less).
 - Sidearm and underhand shooters should have depths of a ball or more.
- Shooting strings
 - Shooting strings, positioned horizontally near the top of the stick's head, affect the ball's balance and direction.
 - Overhand passers usually put in 3 or 4 shooting strings to make a smooth path for the ball to run out of the pocket. Heavy skate laces are best used for this.
 - The shooting strings determine whether your shot will have "whip", which occurs when the ball is released smoothly and gradually.. Experienced players prefer a whippy release.

How to Buy Lacrosse Helmet

You wear a helmet to protect your head from injury, but you won't get the maximum protection unless it is properly sized with a snug, aligned fit. The information below is designed to guide you in achieving a safe, secure helmet fit. Helmets are required equipment for all lacrosse players.

Determining Your Helmet Size

- Helmets come in a variety of sizes and are usually measured in inches.
- To ensure a player's safety, it is important that his/her helmet fit properly.
- The helmet should sit squarely on the head with the front of the helmet low on the brow to protect the forehead.
- The padding should exert firm, uniform pressure all around the head so that the skin on the forehead moves as the helmet is rotated from left to right and from front to back.
- There is no slack when the chin-strap is fastened.

Determine Your Helmet Size - Adult				
Size	S	M	L	One Size Fits All
Inches	20-21.75	22-22.75	23.25-24	20.75-24
Centimeters	51-55	56-58	59-62	54-61

Determine Your Helmet Size - Youth				
Size	Toddler	S/M	M/L	One Size Fits All
Inches	18.5-20.5	20.5-22.5	22.5-23.75	19.5-22.5
Centimeters	47-52	52-57	57-60	50-57

How to Buy Lacrosse Protective Equipment

There are a number of pads that need to be worn during a lacrosse game. You wear these pads to protect your body from injury, but you won't get the maximum protection unless they are properly sized with a snug, aligned fit. The information below is designed to guide you in achieving a safe, secure fit. Protective equipment is required equipment for all lacrosse players.

Shoulder Pads

- Shoulder pads protect the shoulders as well as the upper part of the chest.
- Most pads are sized according to body type.
- To measure, wrap a tape measure around your chest just below your armpits.
- Different manufacturers use different sizing charts, but the chart below provides a general guide.

Rib pads

- These protect the vulnerable rib area.
- Some versions wrap around to protect the lower back and kidney area as well.

Determining Your Shoulder Pad And Rib Size		
Size	Inches	cm
Senior Small	28-30	71-76
Senior Medium	32-34	81.5-86.5
Senior Large	36-38	91.5-96.5
Senior X-Large	40-42	101.5-107
Junior Small	22-24	56-61
Junior Medium	24-28	61-71
Junior Large	28-30	71-76

Gloves

- Lacrosse gloves have heavy padding on the tops of the fingers and around the wrist to protect against being hit by a stick.
- Most manufacturers use different sizing levels for their gloves - usually small, medium and large - but in general they range from youth sizes of about nine inches up to full adult sizes of 16 inches.
- Use a tape measure to measure the distance from where your elbow pads will end to the tip of your fingers. This number equals your glove size.
- It is okay for gloves to be a little large, as long as the padding covers all areas of the hand and wrist.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the glove size you should buy based on the above measurement.

Determining Your Glove Size		
Size	Inches	cm
Small	9	23
Small	10	25.5
Medium	11	28
Medium	12	30.5
Medium	13	33
Large	14	35.5
Large	15	38
X-Large	16	40.5
X-Large	17	43

Elbow pads

- Elbow pads are required equipment in most leagues.
- They cover the elbow as well as the upper arm and forearm.
- Most elbow pads are adjustable and are secured with hook-and-loop straps, so sizing is general in terms of body size.
- There are also a varying numbers of straps available on different pads to help with adjustments.
- You may want to add a forearm slash pad for further protection in a sensitive, highly vulnerable area.
- Measure the distance between the edge of your shoulder pads and the cuff of your lacrosse glove.
- The top of the elbow pad should leave no exposed skin between the shoulder pad and the glove.
- Different manufacturers use different sizing methods, but the chart below is a good indicator of the elbow pad size you should buy based on the above measurement.

Determining Your Elbow Pad Size	
Size	Inches
Youth Small	7.5
Youth Medium	8.5
Youth Large	9.5
Junior Small	10.5
Junior Medium	11.5
Junior Large	12.5
Senior Small	13.5
Senior Medium	14.5
Senior Large	15.5 and above