



## Required Equipment

Corvallis Girls Lacrosse has a limited amount of equipment to check out for the season, which is a great option for new players who want to try out the sport. We have a few sticks and goggles, however, most players prefer to purchase their own equipment. Play It Again Sports in Corvallis and Dick's Sporting Goods (Salem, Eugene) are good options for purchasing equipment, as well as a number of online retailers.

The US Lacrosse website has some good information on equipment at:  
<https://www.uslacrosse.org/safety/equipment/player-equipment#women>

**Goggles - must be women's specific**  
**Effective 2-10-2020:**  
**Goggles MUST be SEI certified.**  
[List of SEI Approved Goggles](#)



**Stick - must be women's**

Overall length of 35.5 - 43.25 inches. The head of the crosse must be seven to nine inches wide. Goalie stick heads are much larger.



### **Mouthguard - qty. 2 (or more)**

All players must wear mouthguards that fully cover the teeth. The mouthpiece shall be of a readily visible color other than clear or white and must not have graphics of white teeth. There shall be no protruding tabs for field players.



### **Cleats**

Plastic or rubber molded cleats - **no metal cleats**- soccer cleats are a good option



**Goalie Equipment** (helmet, stick, gloves, padding) is provided by Corvallis Girls Lacrosse and must be returned at the end of the season.

**Uniforms** (home and away) are provided by Corvallis Girls Lacrosse and must be returned at the end of the season.

Questions?? Email us at [corvallisgirlslax@gmail.com](mailto:corvallisgirlslax@gmail.com)