

# Triboro Titans

## Making Sure Your Lacrosse Stick is Sized Right for You



Boys lacrosse sticks consist of a head, neck, shaft, pocket, sidewall, throwing strings, and sidewall strings. The plastic head of the stick is screwed onto the shaft, or handle, at the neck. The ball stopper is the foam pad at the bottom of the stick head used to cushion the ball as it rests in the pocket. Stick shafts can be made of aluminum, titanium, wood, or a composite material.

### **Sizing the shaft length:**

The boys crosse must be an overall length of 40 - 42 inches for attackmen and midfielders, or 52 - 72 inches for defensemen. The head of the crosse must be 6.5 - 10 inches wide, except a goalie's crosse which may be 10 - 12 inches wide.

Based on the age and body size of a player, you may need to saw off a few inches of the shaft to shorten the length of a stick after purchasing it. When sizing your lacrosse stick, keep in mind that defenders might prefer slightly longer sticks for reach and attackers slightly shorter ones so that they can protect their stick better. Whatever the chosen length, you just need to feel comfortable throwing and catching with the stick.

The standard way to determine a comfortable shaft length is to extend your arm in front of you, gripping the stick a few inches below the stick head at the shaft. Hold the stick horizontal to the ground. Where the bottom of the stick meets the shoulder is generally the proper length for the player.

### **Making sure the pocket is legal:**

Before playing, boys should check their stick's pocket for proper depth. The stick pocket is considered illegal if the top surface of a lacrosse ball, when placed in the head of the crosse, is below the bottom edge of the side wall.

