

Tri-boro Titans

Making Sure Your Lacrosse Stick is Sized Right for You



A girl's lacrosse stick consists 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:

Girls' and women's lacrosse sticks must be between 35.5 and 43.5 inches long. Younger players (ages 6-10) may play with shorter sticks (about arm's length), but it is recommended that they use regulation-length sticks as soon as possible. A goalie stick should measure between 35.5 and 48 inches long.

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, girls should check their stick's pocket for proper depth. The stick pocket is considered legal if the top of the ball is even with or above the walls of the stick head. (Based on stick checks by umpires before games, we highly recommend that for the stick check, the ball be slightly above the wall, not even with it.) If it is not, you need to pull the strings and then secure them to tighten the pocket. These loose strings extending below the head of the stick tend to flap when players are running and can be bothersome. Players often braid their loose strings or use colored athletic tape to ensure that the pocket stays tight.

