

EQUIPMENT SPECIFICATIONS – AUGUST 2009

(EXTRACTED FROM 2007-2010 FIL WOMEN'S LACROSSE RULES - 2008 Updates in Blue)

2007 FIL RULES CHANGES

The following is a list of the major rules changes and clarifications **applicable to ALL EQUIPMENT ONLY (EXCEPT CROSSES)** for 2007. See “Manufacturer’s Crosse Specifications” and “Approved Crosses” documents on the FIL website under Women’s Field Lacrosse for rules and information pertinent to FIL-approved crosses

Rule 6.B: Numbers on the front of the shirts must be at least 15cm tall. Numbers on the back of the shirts must be at least 20cm tall. All numbers must be plain block font and must be centered at chest level. (To be phased in by World Cup 2009)

Rule 24: For IFWLA Tournaments, numbers 1-40 only are permitted on team shirts.

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EQUIPMENT SPECIFICATIONS EXTRACTION ONLY – AUGUST 2009

2. GOALS, GOAL POSTS, ETC.

- A. A Goal shall be placed in each Goal Circle.
 - 1. A Goal shall consist of two vertical posts/pipes joined at the top by a rigid crossbar. The posts/pipes shall be 1.83m apart and the top horizontal crossbar shall be 1.83m from the ground; all measurements are inside measurements. The Goal posts/pipes and crossbar shall be 5cm square or 5cm in diameter and must be silver or be painted white or orange.
 - a. If a freestanding Goal is used, all ground, side and centre back supports must be padded their entire length with material that limits the rebound of the ball. It is not necessary to pad Goals with flat or angled ground supports that prevent the ball from re-bouncing off the supports back into the playing area. (Diagram #5) No supporting braces should be placed in the corners of the goal that would prohibit a goal from being scored.
 - b. Any structure supporting the net behind the goal should allow the Goalkeeper to move freely in the back part of the goal Circle.
 - 2. Mesh cotton or nylon goal netting must not be larger than 4cm. The Goal net must be securely attached to the posts/pipes, the crossbar and to a point on the ground 2.1m behind the centre of the Goal Line. The net should be strung so as to limit the rebound of the ball.
 - 3. The Goal Line shall lie between the post/pipes and crossbar and be continuous with and the same width as the posts/pipes.

4. THE BALL (Manufacturer’s Specifications, Rule 25.F)

- A. The ball shall be **smooth** rubber and may be any solid colour. For FIL tournaments, the colour of the ball must be solid yellow. (Tournament Rule 24)
 - 1. The circumference of the ball shall not be less than 20cm minimum or more than 20.3cm maximum.
 - 2. The ball shall weigh not less than 142g or more than 149g. It must have a bounce of not less than 1.1m and not more than 1.3m when dropped from 1.8m onto concrete at a temperature of approximately 18°C to 23° C.

6. PLAYER'S UNIFORM AND EQUIPMENT

- A. All team members shall be dressed uniformly, with the exception of the Goalkeeper. The Goalkeeper’s top/shirt must be the same colour as her team’s top/shirt. The bottom of her uniform must match or be in agreement with the predominant colour of her team’s uniform kilt or shorts.

6. PLAYER'S UNIFORM AND EQUIPMENT (continued)

- B. Each player's uniform shirt shall be numbered identically on the front and back. Each team member shall have a different number and the colour of the numbers must clearly contrast the colour of the shirts. If a team wears a patterned shirt, the numbers must be superimposed on a solid, clearly contrasting colour block background.
 - 1. Numbers must be a solid block font. Numbers on the centre front of the shirt must be at least 15cm tall, and numbers on the centre back of the shirt must be at least 20cm tall. (To be phased in by the 2009 World Cup)
 - 2. For FIL Tournaments, numbers 1-40 only are permitted on team shirts. (Tournament Rule 24)
- C. Visible undergarments worn under the kilt/shorts must be the same predominant color as the kilt/shorts or be a dark color. All visible undergarments worn under the uniform shirt must be the same predominant colour as the uniform shirt. All players wearing visible undergarments must be dressed in the same solid colour. This ruling does not apply to medical sleeves, e.g., padding under knee braces.
- D. Players may wear shoes with plastic, metal, leather or rubber cleats/studs. Spikes are not permitted. Regardless of their composition, the exposed surface of all studs/cleats must be smooth.
- E. All players, including the Goalkeeper, must properly wear a professionally manufactured intra-oral mouth guard. Mouth guards must not be altered to decrease protection. Close-fitting gloves, nose guards, and eye guards may be worn. Field players are not permitted to wear headgear or face masks. Additional protective devices warranted on genuine medical necessity shall be evaluated before the game and may be worn providing the Coaches/Captains and the Umpires agree that such equipment is not dangerous to other players. All protective devices must be close fitting and padded where necessary and must not be of excessive weight.
- F. The Goalkeeper must wear a helmet with facemask, a throat protector and a chest or body pad. She may also wear padded gloves, arm pads and leg pads. All padding must fit securely and must not increase the width of the Goalkeeper's body beyond the thickness of the padding. The maximum thickness of the padding is 3cm. Padded gloves must be tied securely at the cuff and must not have any webbing.
- G. Players must remove earrings, necklaces, bracelets, watches and any other visible body piercing. Medical jewellery with information visible, soft jewellery and rings must be taped securely to the player or be removed. Flat barrettes or hair slides are legal. The Umpire may rule any body or hair decoration as dangerous to the player herself or to others, remove it from the field of play, and if applicable, penalize the player for a Minor Foul.
- H. No equipment, including protective devices may be used unless it complies with the rules and is deemed safe by the Umpires and Coaches/Captains. See Rules 19.A.11 and Rule 19.A.12 for penalties when a player's uniform and/or equipment is illegal.

NOTE: Specifications for all equipment are reviewed annually and modified periodically by the FIL Rules and Umpiring Committee. The FIL will endeavour, when possible, to provide advance notification of changes to equipment specifications to the manufacturers of lacrosse equipment known to the FIL. However, the FIL reserves the right to change any equipment specifications at any time, if in its sole discretion the FIL deems the changes to be in the best interest of the sport of women's lacrosse.