



RULE 25: MANUFACTURER'S SPECIFICATIONS SEPTEMBER 2010 – SEPTEMBER 2011

A. All Field Crosses

The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a crosse without an excessively forceful check. A crosse may be deemed illegal even though it meets all technical specifications, if, in the opinion of the FIL Women's Rules Committee, its design is an obvious attempt to circumvent the intent of the rules. A crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.

- A.1. The head of the field crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
- A.2. The handle of the crosse shall be constructed of wood, metal alloy, or other composite material and it must be nominally straight. An exception is that a handle may deviate up to, but not more than, 10 degrees from straight at the end of the shaft that is within 6.5 cm from the ball stop when the handle is attached to the head.
Guidance: A **bent** handle may only be used with the heads that are specifically designed to accommodate them; **Bent** handles are head and manufacture specific. Heads designed for use with a **bent** handle will not be legal when mounted/attached to a straight handle. Heads designed for use with a straight handle will not be legal when attached to a bent handle.
- A.2.a. Recessed metal screws with round heads shall be used to attach the head of a plastic/molded head crosse to the handle. The butt ends of all handles shall have an end cap, be taped, or if wood, be sanded smooth. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.
- A.3. The overall length of the crosse shall be 90cm/.9m minimum to 110cm/1.1m maximum. End caps are included when measuring the overall length of a Crosse.
Guidance: Junior players who are under the age of 15 may use a crosse shorter than 90cm/.9m to allow the crosse to fit comfortably along the full length of the player's arm.
- A.4. To determine crosse compliance with the linear measurement specifications in Rule 25, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm.
Guidance: If the maximum specified length for a particular measurement is 5.1cm, then a measurement of 5.19cm passes and 5.20cm does not. If the minimum specified length for a particular measurement is 5.1cm, then a measurement of 5.01cm passes and 5.00cm does not.



RULE 25: THE CROSSE

- A.5. The unstrung head and the handle of a field crosse must lie within a 5.1cm horizontal plane. (Diagram #11)
Guidance: *To determine the 5.1cm horizontal plane of the head, place the crosse on a table with the open pocket facing up so that the long axis of the handle is horizontal/parallel to the floor. Depending on the shape of the head, it may be necessary to support the handle so it is horizontal. With the handle horizontal and the lowest part of the head in contact with the table, no part of the head, as defined from the Ball Stop to the outside edge of the scoop, shall be more than 5.1 cm above the table.*
- A.5.a. At the Bridge or the Ball Stop, the top edge of the Bridge or Ball Stop must be at least 1.3cm above the center line of the handle.
- A.5.b. The top edge of the sidewall must not be more than 0.6cm below the center line of the handle.
- A.5.c. The top edge of the sidewall must not drop below the center line of the handle prior to 5.7cm, as measured from the center of the Bridge or Ball Stop.
- A.6. The overall length of the head, as measured from the center of the Bridge or Ball Stop (where the top, back edge of the stop pad meets the plastic) to the top outside edge of the scoop, shall be 25.4cm minimum to 30.5cm maximum. With the open pocket of the head facing up, all length measurements are taken along the center line of the handle.
- A.7. The overall outside width of the head of the crosse when measured at the widest point at the top of the head shall be 18cm minimum to 23cm maximum. With the open pocket of the head facing up, all width measurements are taken on a line that is perpendicular to the extension of the handle.
- A.8. Sidewall stringing holes: Pockets must be attached to and anchored along the bottom rail of the head through stringing holes. From the bottom of the sidewall to the bottom of the stringing hole shall be no more than 1.0 cm.
Guidance: *Decorative holes in the sidewalls that do not meet these specifications shall not be used as stringing holes.*
- A.9. The entire crosse (strung head and handle) shall not weigh more than 567 g.
- B. The Wooden Field Crosse (Diagram #12)
- B.1. The head of a Wooden Field Crosse is defined to consist of four parts: the Bridge, the Wooden Sidewall, the Guard and the Scoop.
- B.1.a. The Bridge is the woven ball stop of a wooden crosse. The height of the bridge shall be 5.1cm maximum to 3.2cm minimum.



RULE 25: THE CROSSE

- B.1.b. As measured from the center of the bridge to the midpoint of the head, the actual height of the wooden sidewall shall be 4.5cm maximum to 3.2cm minimum. From the midpoint of the head, the height of the sidewall may taper toward the scoop.
- B.1.c. The Guard is the soft woven wall of the head. The height of the guard shall be 7cm maximum to 3.2cm minimum.
- B.2. The head shall be triangular in shape. The inside width between the sidewalls of the head must continually increase as measured from the center of the Bridge to the widest point at the top of the head.
 - B.2.a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of the bridge, shall be 6.7cm to 7.6cm and the outside width of the head shall be 7.6cm to 10.1cm.
 - B.2.b. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the bridge, shall be 7cm minimum.
 - B.2.c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the Bridge, shall be 8cm minimum.
 - B.2.d. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the Bridge, shall be 9cm minimum.
 - B.2.e. The inside width between the walls at the widest point at the top of the head shall be 15cm to 16cm.
- C. Plastic/Molded Head Field Crosse (Diagram #14)
 - C.1. The head of the Plastic/Molded Head Field Crosse is defined to consist of four regions: the Throat, the Ball Stop, the Sidewall, and the Scoop. (Diagram #12)
 - C.1.a. The Ball Stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 5 degrees from perpendicular to the long axis of the handle. To determine crosse compliance with the angular measurement specifications in FIL Rule 25, all measurements and calculations will be made to the nearest 0.01°. The allowed deviation from the standard is 0.44°.

Guidance: *If the maximum specified angle is 5°, then a particular measurement of 5.44° passes, and 5.45° does not.*
 - C.1.a.1. The height of the Ball Stop shall be 5.1 cm maximum to 3.2cm minimum.



RULE 25: THE CROSSE

- C.1.a.2. Stop pads shall not be more than 0.5cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to the bottom of the ball stop. The stop pad may have slightly raised or inset lettering as long as the perceived goal is artistic design/ advertising. A series of parallel ridges or grooves is not acceptable. The design and surface of the stop pad must not in any way, interfere with the movement of the ball in the pocket or affect ball retention.
- C.1.b. The stop area ends, and the sidewall begins at 3.4cm as measured from the center of the Ball Stop. The sidewall ends and the scoop area begins at the widest point at the top of the head. (Rule 25.C.2.e)
- C.1.b.1. From the beginning of the sidewall at 3.4cm to the midpoint of the head, as measured from the center of the Ball Stop to the top of the Scoop, the actual height of the sidewalls shall be 4.5 cm maximum to 2.8cm minimum. From the midpoint of the head, the height of the sidewalls may taper toward the scoop.
- C.1.b.2. There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.
Guidance: *While no outcroppings or protrusions of any kind are allowed on the sidewalls of a crosse, outcroppings are allowed on the scoop and the ball stop areas as long as,*
a. **All* other FIL Crosse dimensional and shape requirements are met.*
b. *The outcroppings have only aesthetic function and do not affect the free movement of the ball in the pocket.*
- C.2. The head of the crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the Ball Stop to the widest point at the top of the head. (Diagrams #13)
- C.2.a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of Ball Stop, shall be 6.7cm minimum to 8.0cm maximum. The radius of the ball is 3.2cm.
- C.2.b. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the Ball Stop, shall be 7cm minimum.
- C.2.c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the Ball Stop, shall be 8cm minimum.
- C.2.d. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the Ball Stop, shall be 9cm minimum.
- C.2.e. The inside width between the walls at the widest point at the top of the head shall be 16 cm minimum.



RULE 25: THE CROSSE

Guidance: The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.

- C.3. At all points along the sidewall, the following formula shall be used to determine the maximum slant / angle that the sidewalls of the head may deviate from vertical. (Diagram #15)
 - C.3.a. With the open pocket of the head facing up, measure the vertical height of the sidewall at any point. Then find the difference in the width between the top and the bottom edges of the sidewalls at that point.
 - C.3.b. At all points, the difference between the top and bottom widths divided by the vertical height of the sidewall, must be 0.50 or less.
- D. The pockets of all Wooden or Plastic/Molded Field Crosses:
 - D.1. The pocket of all field crosses shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing. Mesh pockets are not allowed.
 - D.1.a. Longitudinal thongs shall be 0.3 cm to 1.0cm wide. Thongs must not touch and 'nominally' be evenly spaced along the length and across the width of the head. The loose ends of the thongs may not be woven back up through the pocket of the crosse and during play must be secured to the handle of the crosse. (Diagram #12)

Guidance: When plastic 'zip ties' are used to attach the pocket nylon to thongs, all sharp edges must be sanded or filed smooth.
 - D.1.b. Cross-lacing in a traditionally strung pocket is defined as 8-12 knots/stitches, where two pocket nylon laces intertwine at a common place on a thong and evenly spaced (not bunched) diamonds. (A 'diamond' is the shape formed between longitudinal knots on a thong and horizontal knots.
 - D.1.c. Cross-lacing in a pre-manufactured detachable pocket is defined as 8-12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs. Extra lengths of sidewall nylon ties must be cut to 4 cm maximum.
 - D.1.d. The nominal diameter of the shooting/throw string and sidewall nylon cord shall be 0.3cm maximum. The nominal diameter of pocket nylon must be less than 0.3cm.
 - D.1.d.1. Field Crosses shall have no more than two separate shooting/throw strings. Shooting/throw strings shall not be rolled or coiled more than twice between each thong. Flat hockey or boot laces may not be used as shooting/ throw strings.



RULE 25: THE CROSSE

- D.1.d.2 Both shooting/throw strings must be attached in the upper third of the head, or the top shooting/throw string must be attached in the upper third of the head, and the bottom shooting/throw string may be an “inverted “U” in shape and must be attached in the upper one-half of the head, as measured from the top, outside edge of the scoop. (Diagram #16)
- D.1.e. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting/throw strings, cross lacings or thongs. This rule prohibits the use of beads, tubing, or similar items on any part of the pocket.
Guidance: *No additional material of any size or shape may be used in the place of traditional knots/stitches.*
- D.2. The combined height of the sidewall and the depth of the pocket containing the ball must be less than 6.4cm, the diameter of the ball. The top of the ball, when dropped into the pocket of a horizontally held Crosse, must be visible / seen and remain above the top of the entire wooden or plastic sidewall after reasonable force with one hand has been applied to and released from a ball.
- D.3. The ball must move freely within all parts of the head/pocket both laterally and along its full length. The ball must not become wedged between the walls, under the Guard or the Bridge of a wooden Crosse or in the Ball Stop or under the walls of a plastic/molded head Crosse. The ball must easily fall out of the pocket of the Crosse when the Crosse is turned upside down.
Guidance: *The following are examples that, either alone or in combination, might cause a lack of free ball movement in the head/pocket.*
- *Shooting/throw strings that are not interwoven with the cross lacings and thongs and are allowed to sit on top of these other stringing areas*
 - *Thongs that are raised above the plane of the pocket*
 - *Thongs made from a sticky/tacky substance or this type of substance added to the thongs*
- D.4 At any time during play, an umpire may take time out to inspect a field Crosse, or any player on the field may request an umpire to inspect the pocket of an opponent’s Crosse. If the ball becomes lodged in a field player’s Crosse during play, the Crosse no longer meets specifications. The umpire shall take time out to remove the illegal Crosse to the scorer’s /timer’s table. To resume play, the opponent nearest to the ball shall be awarded a Free Position for a Minor Foul.
- E. Goalkeeper’s Crosse
- E.1. The Crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.



RULE 25: THE CROSSE

- E.2. The handle of the crosse shall be straight and may be constructed of wood, metal alloy, or other composite material. Recessed metal screws with rounded heads shall be used to attach the head of a plastic/molded head goalkeeper's crosse to the handle. The butt ends of all handles shall have an end cap, be taped or be sanded smooth, if wood. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.
- E.3. The overall length of the crosse shall be 90cm/.9m minimum to 135cm/1.35m maximum. End caps are included when measuring the overall length of the crosse.
- E.3.a. To determine Crosse compliance with linear measurement specifications, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm. (Rule 25.A.3.a)
- E.4. The unstrung head and the handle of a goalkeeper's crosse shall lie within a 7.6cm horizontal plane.
- E.4.a. No part of the head shall pass beyond a plane 2.5cm above the center line of the handle and /or 5.1cm below the center line of the handle.
- E.4.b. The top edge of the sidewall shall not be more than 0.6cm below the center line of the handle.
- E.5. The head shall have a maximum length of 42cm. The length of the head is measured from the center of the Bridge or Ball Stop (where the top back edge of the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the center line of the handle.
- E.6. The height of the Bridge or Ball Stop of a Goalkeeper's crosse shall be 5.4cm maximum to 3.2cm minimum. The bridge or plastic wall of the Ball Stop must not deviate by more than 10 degrees from perpendicular to the long axis of the handle.
- E.7. The sidewall begins as measured 3.4cm from the top center of the bridge or the ball stop, The actual height of the wooden sidewall of a wooden crosse and the plastic sidewalls of a plastic/molded head crosse shall be 5.1cm maximum to 2.54cm minimum. The height of the woven wall of a Wooden Goalkeeper's crosse shall be 7cm maximum. The sidewalls end at the widest point at the top of the head.
- E.8. The entire head of the crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the center line of the handle. (Rule 25.C.2 Guidance)



RULE 25: THE CROSSE

- E.8.a. When measured 5.1cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 13cm to 17 cm. The maximum outside width of the head shall be 20 cm.
- E.8.b. When measured 10.2cm from the center top edge of the Ball Stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 18.5 cm to 22.5 cm. The maximum outside width of the head shall be 26cm.
- E.8.c. When measured 15.3cm from the center top edge of the Ball Stop, the inside width between the sidewalls of a plastic/molded head Crosse shall be 23cm to 26cm. The maximum outside width of the head shall be 30cm.
- E.8.d. At the widest point of the head, the inside width between the sidewalls of a plastic/molded head Crosse shall be 28.5cm to 30.5cm. The maximum outside width of the head shall be 33cm.
- E.9. The pocket of the crosse may be strung traditionally with 6 or 7 longitudinal leather or synthetic thongs and 8 to 12 stitches of cross-lacing or MAY BE MESH.
- E.9.a. The Goalkeeper's Crosse may have more than two shooting/throw strings. Flat hockey/boot laces or nylon cord may be used as shooting / throw strings. There are no restrictions regarding the design or placement of shooting/throw strings in the pocket of the crosse.
- E.10. The depth of the pocket containing the ball may be unlimited except that the ball must move freely within all parts of the head, both laterally and along its full length. When the crosse with the ball in it is held at eye level with the long axis of the stick vertical to the ground, more than half of the ball must be visible / seen above the Ball Stop.
- E.11. The entire crosse (strung head and handle) shall not weigh more than 773g.
Guidance: *The intent of the rules governing the head design of a Goalkeeper's Crosse is to disallow crosses where excessive widths of plastic are added to the sidewalls both increase the surface area of the head.*

NOTE: *All FIL approved crosses are evaluated in a certified laboratory for compliance to written measurement and pocket design standards. The test facility will accept pre-production models (also known as SLA's or rapid proto-types) for evaluation; however, only preliminary approval will be granted if the pre-production model meets all specifications. Final approval will be contingent on a final product model being submitted to the Laboratory for testing and meeting all specifications. Once the test facility has determined that a crosse meets all*



RULE 25: THE CROSSE

the specifications in Rule 25, a report will be sent to the FIL, and the stick will be listed on the FIL web site as approved immediately for international play. Exception: For all FIL Women's World Events, players may use only those crosses that have been evaluated and approved by the testing facility three months (90 days) prior to the scheduled first day of play.

Specifications for all equipment are reviewed annually and modified periodically by the FIL Women's Rules Committee. The FIL will endeavor, 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. The FIL shall have no liability for any consequence deriving from the choice of equipment used by players, any defects it may have, or for alterations made to the crosse after the stick is manufactured.

NOTE: Changes made to this rule since 2007 are highlighted in Gray.