

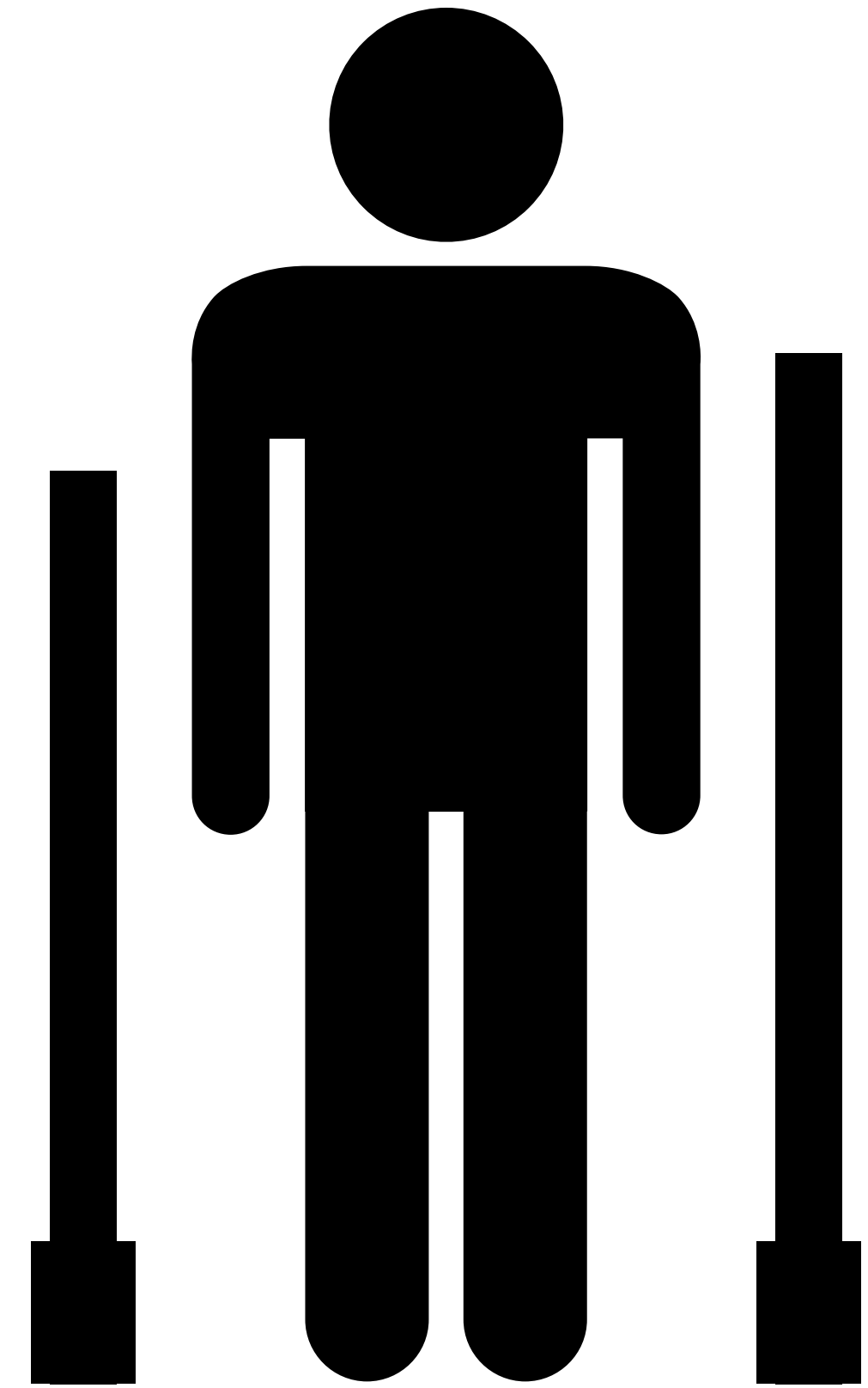
Equipment Guide

Choosing a Stick

- Most factors are not relevant for new players
- Correct stick length is most important
- The most expensive stick is not necessarily best for you

Stick Length

- Recommended stick length is between $\frac{2}{3}$ and $\frac{3}{4}$ of player's height
- Player should be able to comfortably use the stick vertically with two hands
- Most adult players use a 48" stick
- Very tall players tend to do better with a 54" stick
- Shorter players may use 40" or 36" stick
- Maximum legal length of a stick is 60"
- Fully grown players may prefer to buy a stick which is too long and cut it to an exact preferred length (such as a 76" tall player deciding to use a 50" stick)

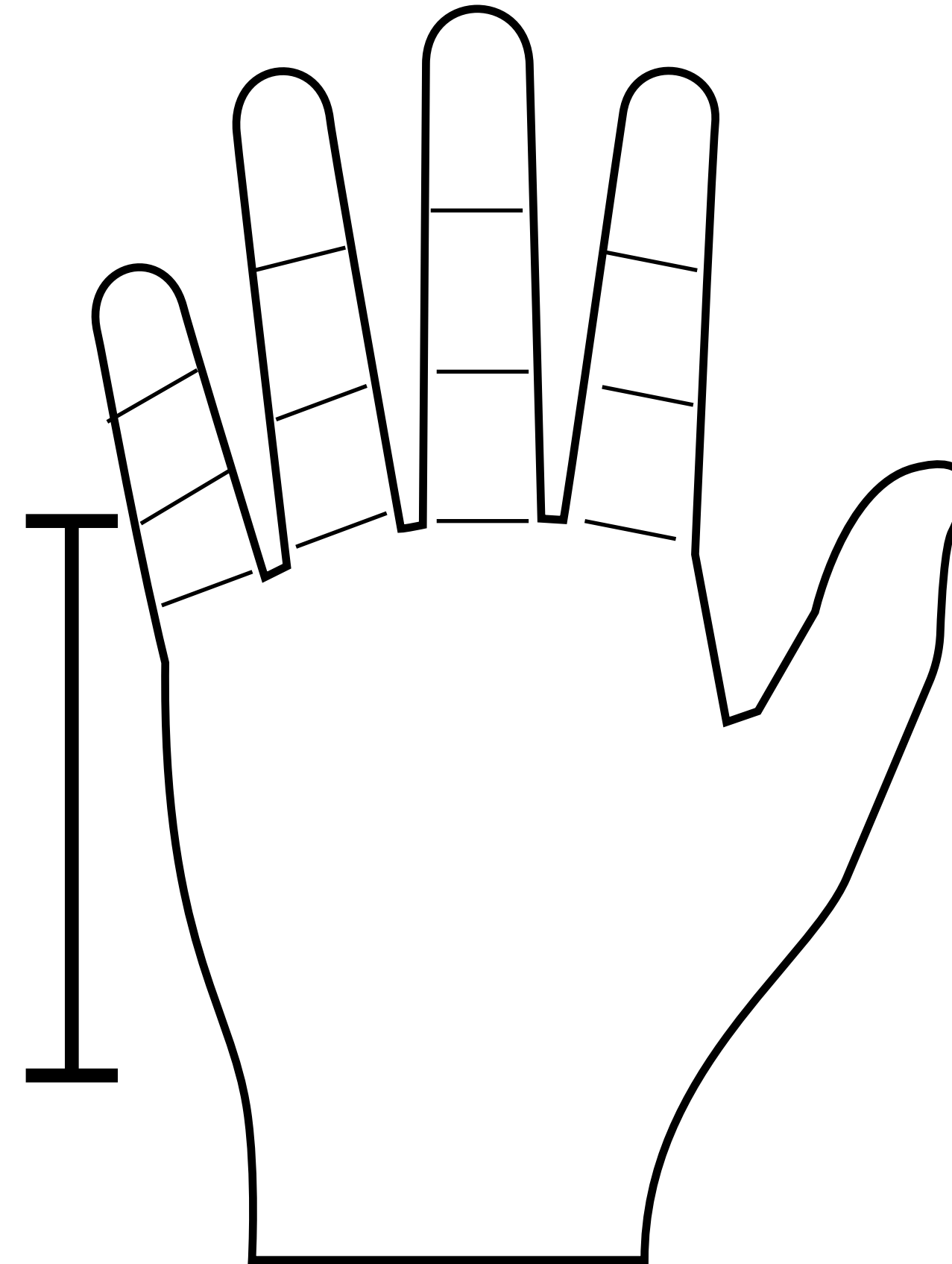


Shorter stick- above elbow

Longer stick- just below shoulder

Handle Width

- Comfort is primary goal
- Wider handle (up to 5") makes blocking and carrying the ball easier
- Narrower handle (down to 2") makes gripping and controlling the stick easier
- Should never be wider than the heel of a player's hand to their first finger knuckle



Paddle Shape

- Square: Recommended for beginners
 - + More Blocking Area
 - - Hard to play at non-square angles
- Rounded
 - + Easier to play at non-square angles
 - - Less Blocking Area
- Half-Rounded
 - + Good compromise between square and rounded
 - - User can get turned around



Stick Material

**Should only be
a concern for
experienced
players**

	Durability	Flexibility	Weight	Vibration	Cost
Ash	Normal	Stiff	Medium	Low	Cheap
Birch	Tough	Stiff	Heavy	Low	Cheap
Maple	Normal	Whippy	Medium	High	Normal
Willow	Normal	Whippy	Light	High	High
White Oak	Normal	Stiff	Heavy	Low	Normal
Hickory	Tough	Stiff	Heavy	Moderate	Cheap
Aspen	Normal	Whippy	Light	High	Cheap
Elm	Weak	Whippy	Light	High	High
Bamboo	Normal	Whippy	Light	Low	Cheap
Ironwood	Tough	Stiff	Heavy	Low	High

A durable wood will resist chips and splitting

*A flexible wood will add power to shots
A stiffer stick may be more responsive*

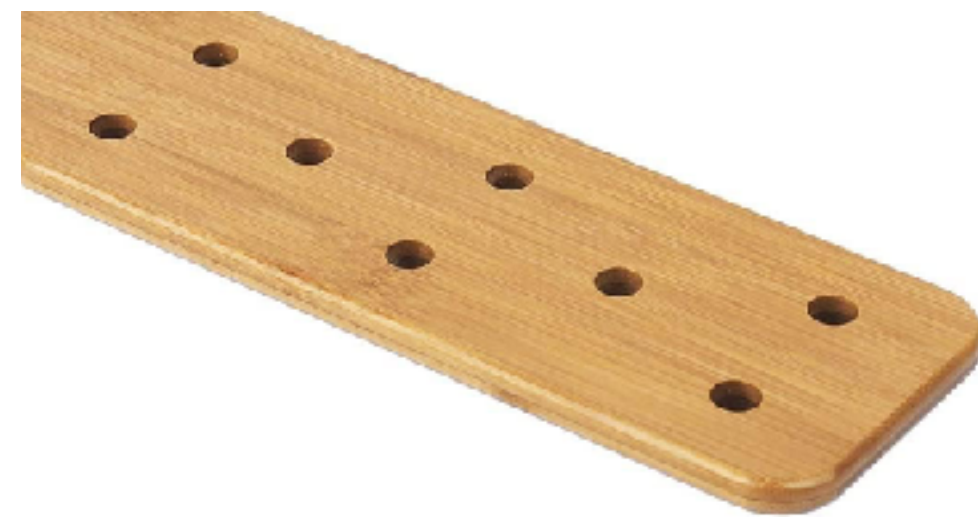
A heavier wood can slow down ball handling

*More vibration can improve "feel" of the ball
Less vibration can be more comfortable*

A cheaper wood makes for a cheaper stick

Paddle Modifications

Holes



Increases the swing speed of the paddle and makes it lighter

Fiberglass Wrap



Makes the stick more durable but heavier

Thinning



Makes the ball easier to lift and more responsive

Spoon Divot



Makes the ball easier to carry

Wrist Strap

- Some players may prefer to have a wrist strap on their stick
- Can make it safer to swing the stick
- Makes it difficult for opponents to knock stick out of hands
- Makes it more difficult to use different defensive stances
- Makes it impossible to switch hands
- Up to player's position and play style.
Generally not recommended for fullbacks to use a wrist strap



Paddle Tape

- Can give players better control of the ball because of “catch points” where tape starts or ends
- Can improve durability of the stick by preventing chips
- More tape adds more weight and thickness, slowing down stick swing and making it harder to scoop

Common Styles: Choose what works for you



No Tape



Full Open Toe



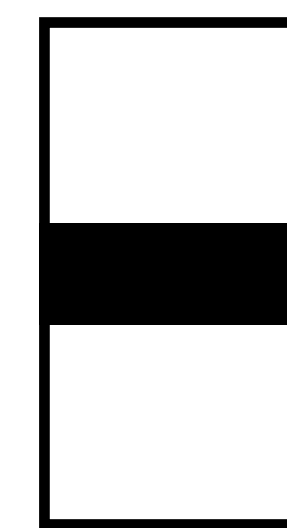
Toe Half



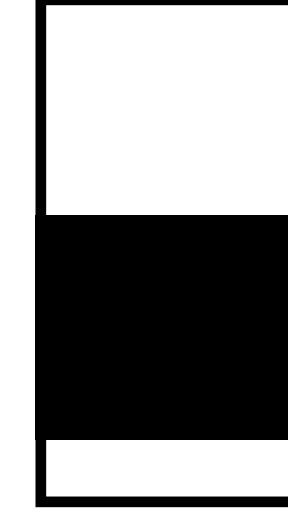
Toe Strip



Full Closed Toe



Center Strip



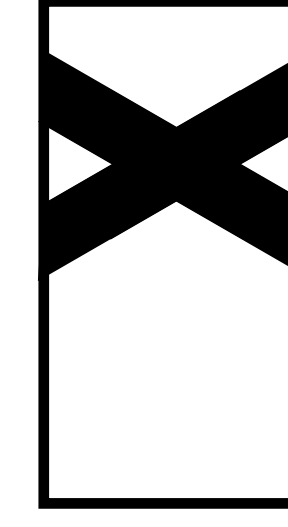
Heel Half



Toe Cap



Tiger Stripes



Cross

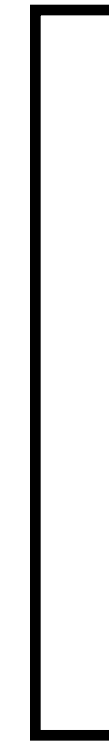


Center Half

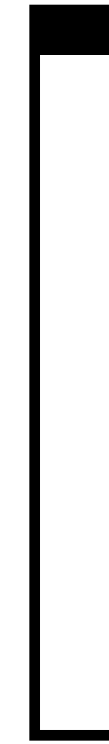
Handle Tape

- Can improve grip
- Completely up to player preference

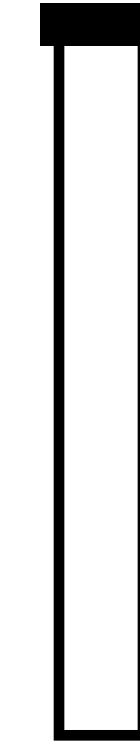
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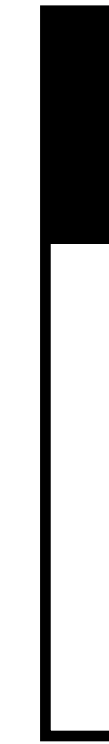
No tape



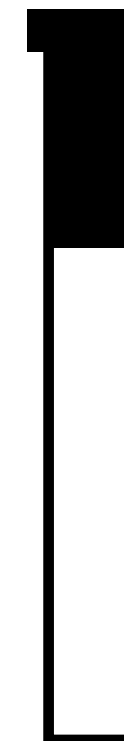
One strip



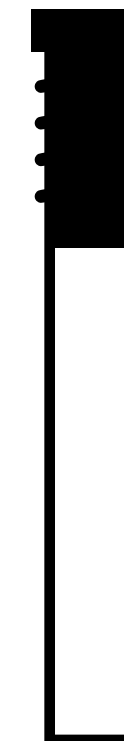
Knob



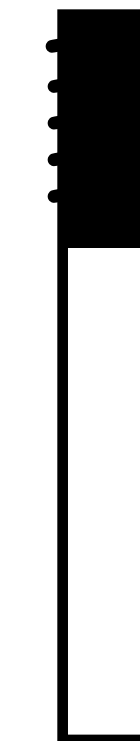
Long grip



Hockey grip



Threaded
Hockey grip



Threaded
Long grip



Candy
Cane Grip

Choosing Cleats

- Cleats should suit position and play style
- Fit is most important
 - Too big or too small will cause blisters or pain
 - Good fit helps with speed and agility

Boot Height

Low Top

- More range of motion
- Better for kicking the ball



Mid/High Top

- More ankle stability
- Better for power transfer



Cleat Grip

Blades

- Good for hard surfaces like turf
- Higher speed



Studs

- Good for mud
- Better power transfer



Material

Leather

- More comfort
- More Durable



Synthetic

- Lighter
- Often Cheaper



Extra Protective Equipment

- Not strictly necessary
- Can be helpful to protect recurring injuries
- Entirely up to player choice. Compromises must be made between cost, comfort, and protection

Head Protection

- Soft shelled helmets and loops are permitted
 - Refer to Virginia Tech University's ratings for 7v7 football or soccer headgear before purchasing- a poorly designed helmet can provide a false sense of security
 - Helmets provide more coverage, but loops can be less hot, reducing risk of heat injury
- Hard protective eyewear and facewear is permitted
 - Generally only recommended for halfbacks and fullbacks, but may be worn by any player
 - Lacrosse wire frame goggles, street hockey masks, and multi-sport goggles provide good protection for oarball



Groin Protection

- Players are permitted to wear a hard protective cup
- Different styles exist for different preferences
 - A jockstrap is light and breathable, but has straps that may be uncomfortable
 - Cup underwear is more popular, but requires more laundry
- Cups are for both men and women
 - “Jocks” or “cups” are cupped to protect protruding parts
 - “Jills” are flat and curved to sit flush against the body



Limb Protection

- Hard shin guards are permitted
 - Larger guards with ankle straps are more stable
 - Smaller guards which are held in place with a sock, sleeve, or tape may be more comfortable
- Soft padding is permitted everywhere other than the shins
 - A soft sleeve or pad on the elbow can cushion falls
 - A padded undershirt worn under the uniform can soften impacts from the ball and opponents
 - Padded underwear or shorts can soften impacts with the ground when blocking shots and impacts with opponents when hip checking



Hand Protection

Hand protection is permitted if it does not add bulk or pose a danger to other players



- Street hockey gloves provide good protection for the fingers and hands



- Baseball and softball batting gloves and women's lacrosse gloves can improve grip



- Thumb guards and finger straps can provide protection to specific areas without limiting the "feel" on the stick

- Field hockey gloves can provide good protection, but are often only available for the left hand



- Futsal goalkeeper gloves without fingers can be useful for defensive players like fullbacks, since the padded, grippy palm can block the ball while the exposed fingers can handle the stick



- Gym gloves can provide stability to the wrist and improve grip

