

Lacrosse At-A-Glance

Field Dimensions: 110 yds. x 60 yds.

Goal Size: 6ft. Wide x 6ft. High x 7ft Deep

Adult Stick Size Range: 40in. – 70in.

Ball Material: Rubber

Ball Diameter/Weight: 2.5in. / 5oz. - 5.25 oz.

Positions: Attackmen , Midfielders, Defensemen, Goalie

Equipment: Helmet, face mask, gloves, shoulder pads, cleats

