

US Lacrosse Statement

2010 NCAA Men's Lacrosse Stick Specification Changes

(December 18, 2008) — Effective January 1, 2010, the NCAA rules for men's lacrosse will include a modified stick head dimension specification, which will require a minimum width dimension of 3" for the throat of the lacrosse stick head.

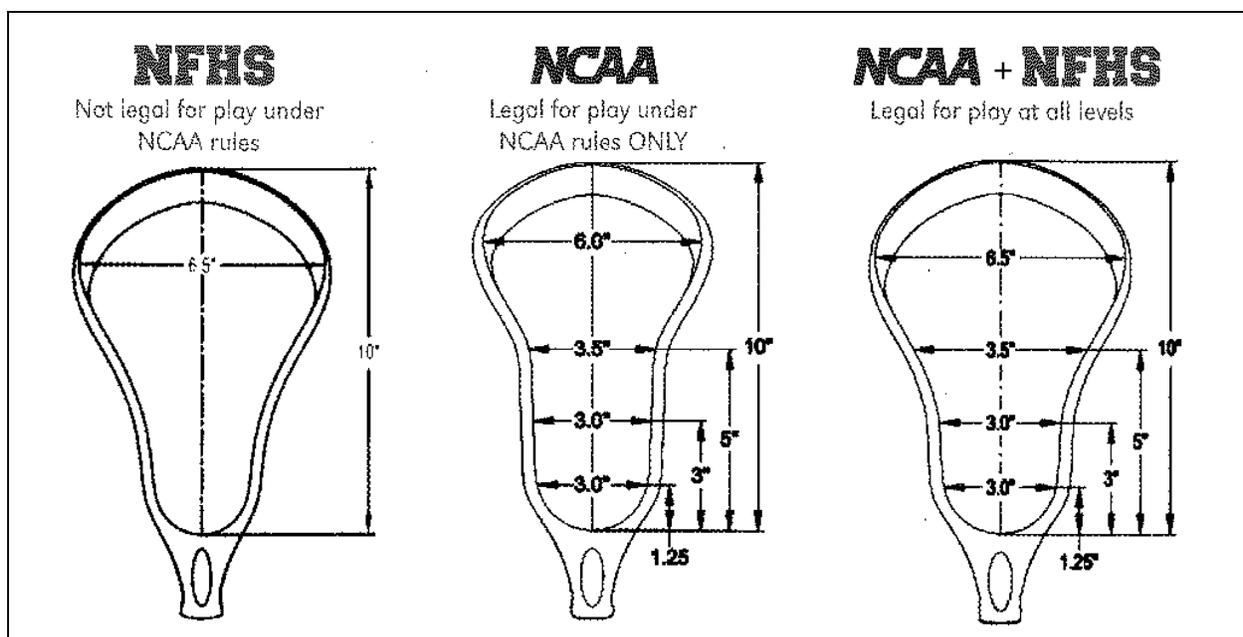
In recent years, manufacturers have evolved men's lacrosse stick head designs within the rules to become narrower. This design evolution has made it more difficult to dislodge the ball and changed the nature of the college game. According to statements released by the NCAA, this specification change will return the stick head to a more traditional shape, which will result in greater balance between offense and defense, as well as the preservation of the traditions of the game.

The National Federation of State High School Associations (NFHS), the organization that writes rules for high school sports (including boys' lacrosse), has not adopted any revisions in stick specifications for boys' lacrosse. The NFHS Boys Lacrosse Rules Committee, which includes representation by US Lacrosse, meets annually in July to consider rule revisions, and the issue of stick specifications will be discussed again at that time. As with most rule changes that would have a budgetary impact on schools, should a revision in stick specifications be adopted by the NFHS at some point in the future, it would likely include a delayed implementation to minimize the economic impact on school budgets. It should also be noted that some school and/or youth leagues throughout the country which choose to follow NCAA rules have committed to make the change according to the NCAA timetable.

The US Lacrosse Rules for Boys' Youth Lacrosse are included as exceptions to the NFHS boys' lacrosse rules in the appendix of the NFHS Boys Lacrosse rule book. US Lacrosse has not adopted revisions to stick dimension specifications for boys youth play, and the consideration of any changes to stick dimension specifications, as well as the timing of such changes, would be made in collaboration with the NFHS.

Currently, the only level of play that has adopted any revised stick specifications for the 2010 season is the NCAA collegiate level and other leagues that use NCAA rules.

*For more information please visit www.uslacrosse.org



NFHS Rules:

-Scoop: 6.5 inches wide

-Throat: 2.5 inches wide

NCAA Rules:

-Scoop: 6.0 inches wide

-Throat: 3.0 inches wide

NCAA & NFHS Rules:

-Scoop: 6.5 inches wide

-Throat- 3.0 inches wide

Q& A:

Q: What are the new NCAA Lacrosse Stick Specifications?

A: In 2010, a new rule for measuring the dimensions of a lacrosse head during a men's game officiated under NCAA Rules will go into effect. These rules will effect NCAA Varsity teams, MCLA teams, and select High School Teams.

Q: What about teams that follow NFHS rules?

A: Any league or program-including youth, where NCAA rules are not into effect, the new stick dimensions are not required.

Q: What does this mean for US Lacrosse youth programs?

A: "US Lacrosse has not adopted revisions to stick dimension specifications for boys youth play, and the consideration of any changes to stick dimension specifications, as well as the timing of such changes, would be in collaboration with the NFHS." (USL December 18th, 2008)