

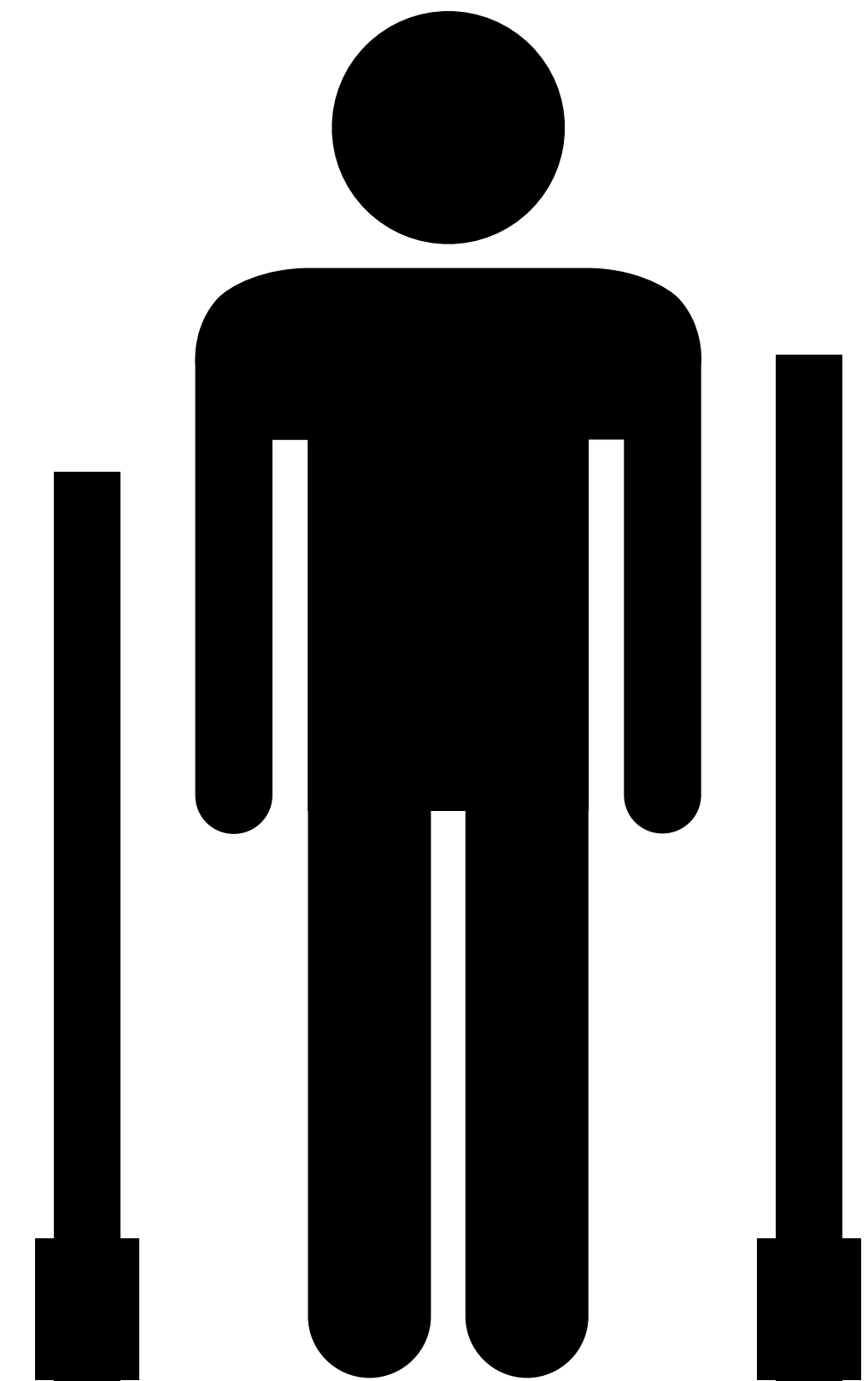
Equipment Guide

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 often use a 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)

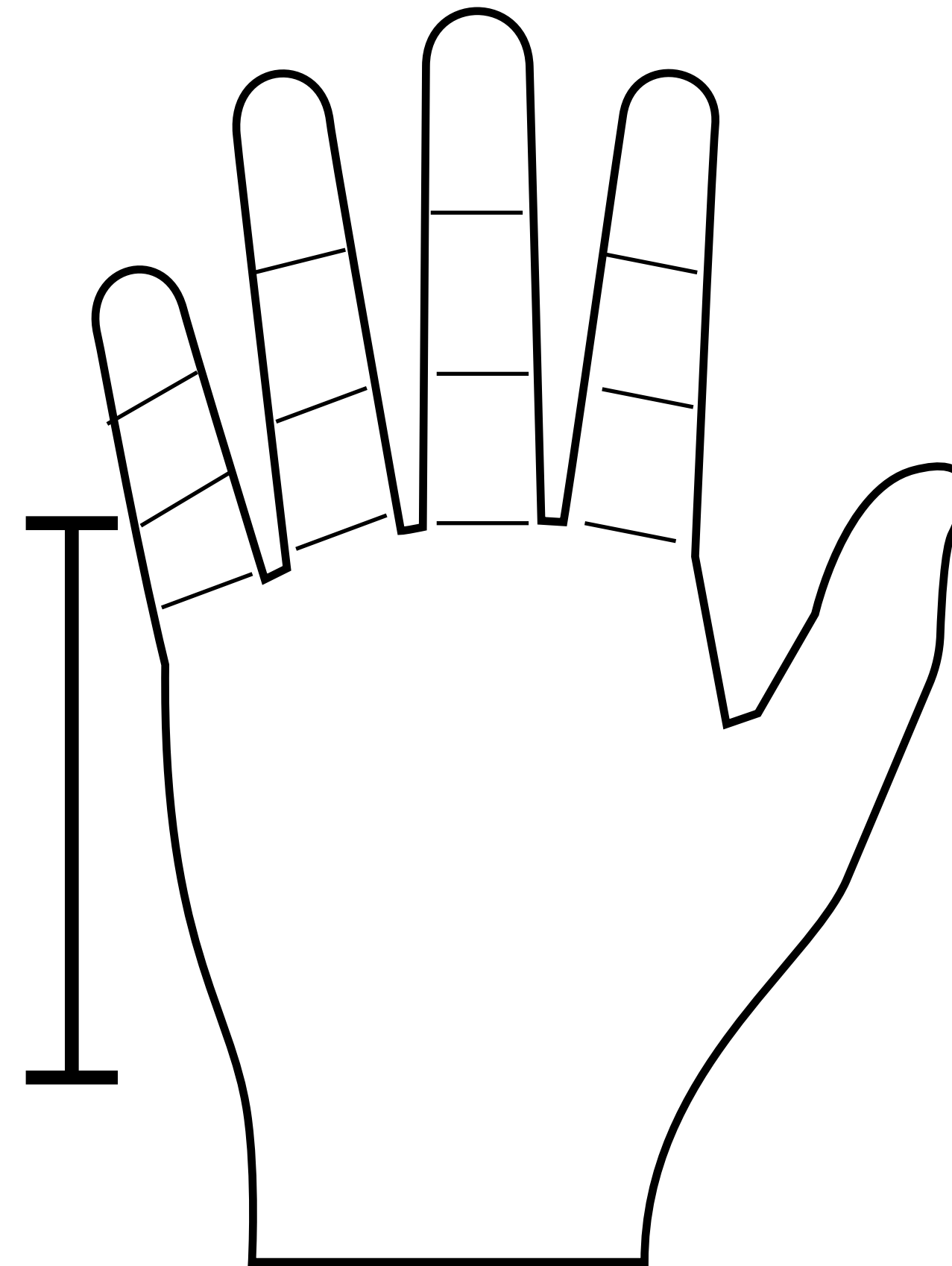


Shorter stick- above elbow

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
Teak	Tough	Whippy	Medium	Low	Normal
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

Stick Construction

One Piece

- Made from a single piece of wood
- Cheapest sticks are this type
- Most durable sticks are this type
- If it breaks, it becomes unusable



Two Piece

- Made from attaching a crafted wooden paddle to a hockey or lacrosse stick shaft
- Significantly lighter and more responsive
- Better power transfer
- If half breaks, it can be replaced
- Narrow grip can be more comfortable but reduces blocking area



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



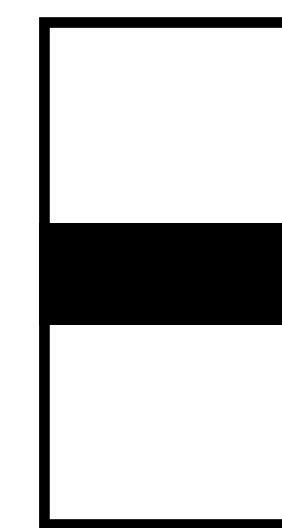
Toe Half



Toe Strip



Full Closed Toe



Center Strip



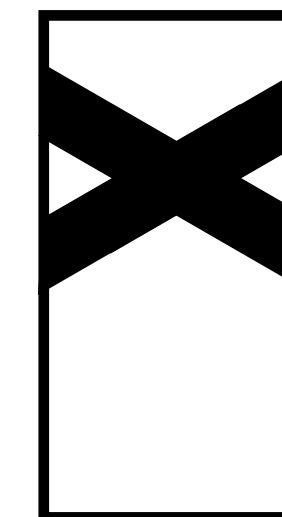
Heel Half



Toe Cap



Tiger Stripes



Cross

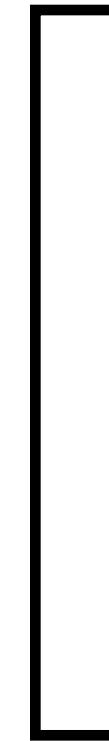


Center Half

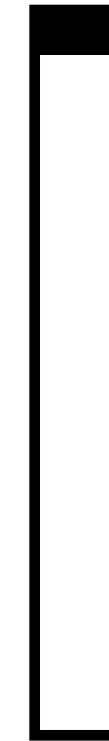
Handle Tape

- Can improve grip
- Completely up to player preference

Common Styles: Choose what works for you



No tape



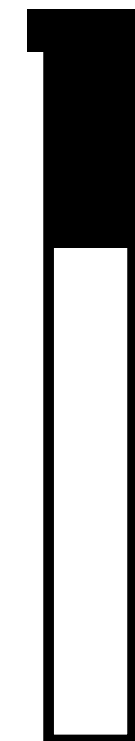
One strip



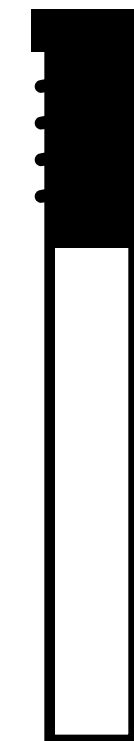
Knob



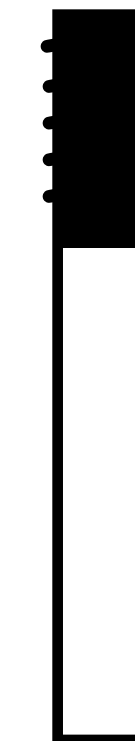
Long grip



Hockey grip



Threaded
Hockey grip



Threaded
Long grip



Candy
Cane Grip

Tips for Getting Sticks Affordably

- Suitable one-piece sticks can be found from restaurant supply stores, marketed as stirring paddles
- Second hand and thrift stores may have boat paddles that can be shaped into one-piece oarball paddles, or used lacrosse and hockey sticks that can be turned into two-piece paddles
- Local hockey rinks may have broken hockey sticks which can be cut and turned into two-piece paddles
- Hardware stores, construction sites, and carpenters frequently have scrap wood which is not of use to them

Constructing a Stick

- Constructing a stick yourself can be a fun way to develop valuable life skills while also getting new oarball gear
- Constructing a stick yourself should only be done if you have proper equipment and a safe environment
- Make sure an experienced person has showed you how to use all tools
- Only work on stable surfaces in clear, ventilated areas
- Always wear eye protection and ear protection when working with power tools



Constructing a 2-Piece Stick

Step 1: Prepare the shaft

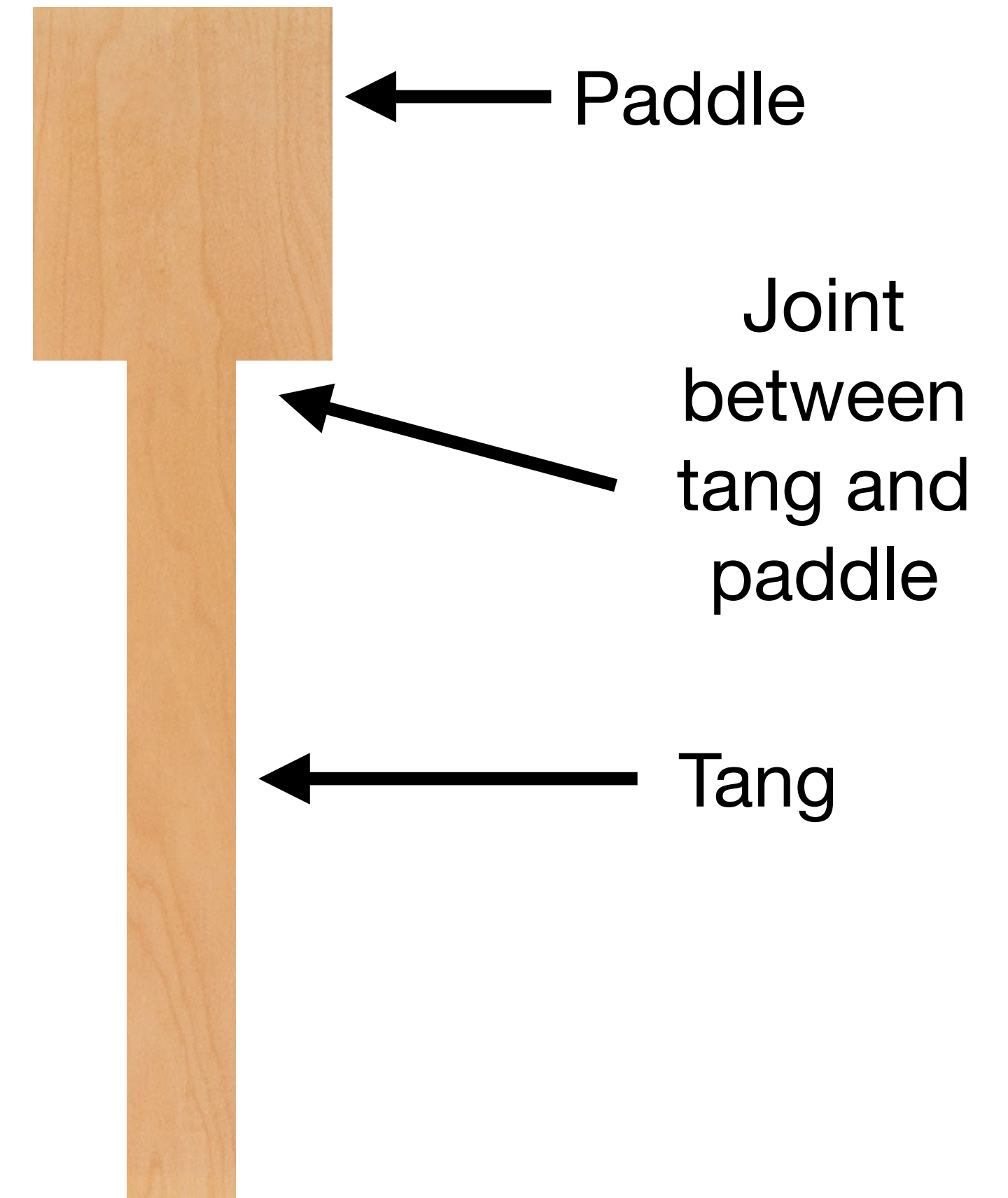
- When using a lacrosse stick or hockey stick, cut the stick to size
- The shaft should be the desired length minus the length of the paddle
- Hockey sticks are relatively easy to cut with standard woodworking equipment, but be aware of splinters from carbon fiber
- Lacrosse sticks need to be cut with hard saws rated to cut metal



Constructing a 2-Piece Stick

Step 2: Shape the Board

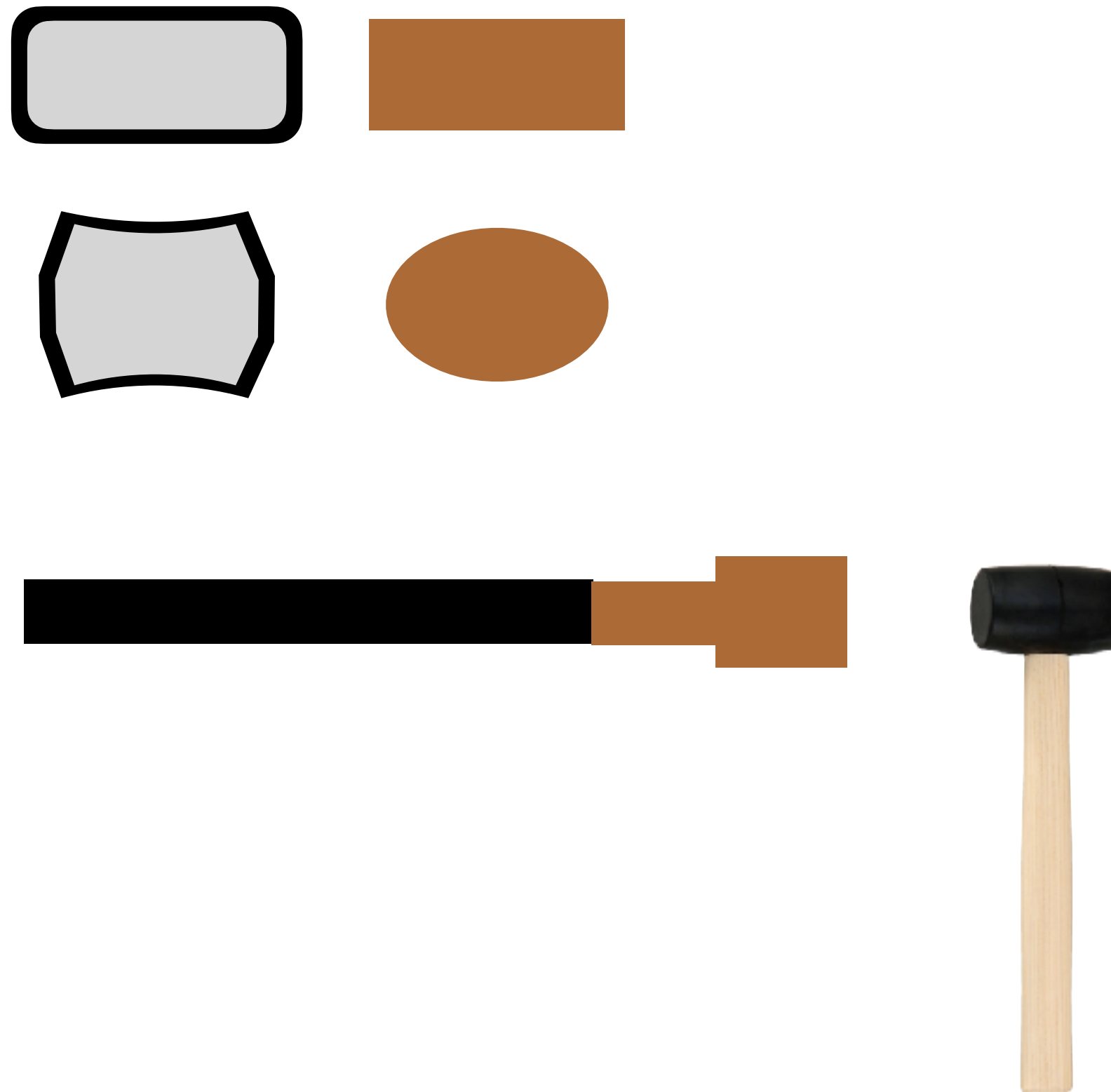
- Take a board which is approximately two to three feet in length
- Cut the board to form a “tang”
- A longer tang leads to a sturdier fit, but it can be more difficult to fit
- The joint between the tang and the paddle is the most fragile part of the stick- make sure this point is free of imperfections



Constructing a 2-Piece Stick

Step 3: Fit the Tang

- Plane the tang such that its profile is roughly that of the stick: rectangular for hockey shafts, oval or octagonal for lacrosse shafts
- Meet the tang with the shaft, then mallet it in. This should take considerable force to have a good fit!
- If the fit is too tight, sand or plane the wood more
- If the fit is too loose, use tape or hot glue to secure the fit



Constructing a 2-Piece Stick

Step 4: Finish the Paddle

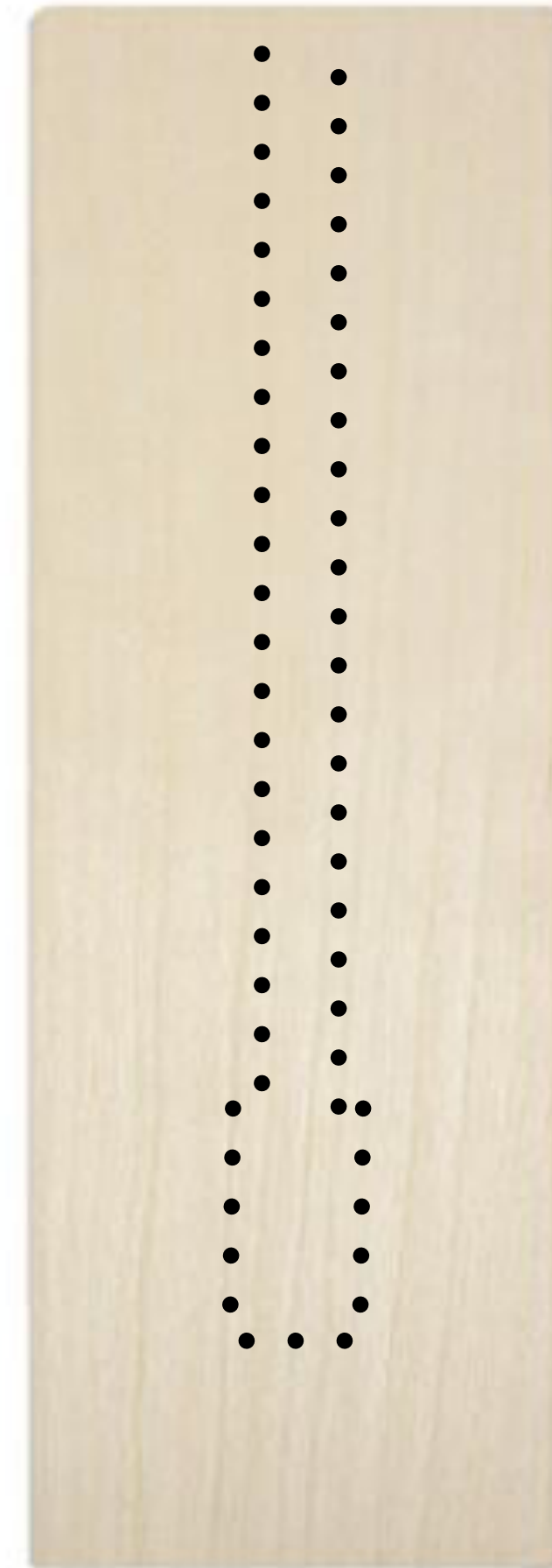
- Shape the paddle to your liking
- Sand the paddle so that it has no sharp edges or rough sides
- Add any finishing touches to the paddle, such as speed holes or grip tape



Constructing a 1-Piece Stick

Step 1: Cut out Shape

- Trace out and cut out the shape of the stick you desire from your material
- Cut rough shape first before attempting smooth curves



Constructing a 1-Piece Stick

Step 2: Shape and Sand

- Plane, sand, and finish the surface of the stick
- Because your hands touch the handle constantly, make sure to sand the handle incredibly smoothly: start with a coarse sandpaper, then work your way to a fine sandpaper



Constructing a 1-Piece Stick

Step 3: Finish Stick

- Add any finishing touches to the paddle
- If you want to have a wrist strap, drill a hole and string one now



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 backs, 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



Body 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 on the body
 - 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



Mylec



Bauer



Third Assist



Franklin



Harrow



Adidas



Palmguard



Dr. Welland



AQ

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

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

- Football lineman gloves provide padding for crease-first players, but sacrifice some stickhandling finesse

- Thumb guards and finger sleeves 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

- Leather gardening gloves can improve grip without impacting mobility

- Anti-vibration work gloves can make holding the stick more comfortable and add some protection

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



Adidas



Harrow



Wells Lamont



Red Kap



Ergodyne



Impacto



Spinto



Gold's

Illegal Gear

DO NOT USE

- Oversized gloves like baseball mitts, hockey gloves or blockers, or boxing gloves
- Hard body pads or helmets
- Spiked or metal bladed cleats such as those used in track, baseball, or golf



Extras to Keep in your Bag



A water bottle is vital to stay hydrated and healthy



A hacky sack is a good way to warm up your kicking skills before a game



Spare shoelaces are vital in case the ones on your cleats break



A small towel will help keep hands dry for good grip, wipe away sweat for comfort, and help dry off in the rain



A lacrosse ball can help massage aching muscles



Gauze can cover wounds, protecting from infections, blood stains, or worsened injuries with minor cuts



Bandages can help cover small injuries to the face or hands



Bandage tape can help protect cuts and stabilize lightly injured joints



Cloth hockey tape can help secure shin pads, repair damaged tape on your stick, and lets you secure gauze or bandage tape



A Swiss army knife can help with repairing equipment or cutting into tape and gauze

Getting a ball

A size 2 volleyball is the official standard. You may also find them called “mini volleyball” in stores. Designs and colors are allowed and common



If one is not available, a size 1 soccer ball is also allowed and may be more readily available