



OFFICIALS RESOURCE SERIES

Lacrosse Gear Guide

A practical checklist for arriving prepared, looking professional, and handling the assignment with confidence.

**THE
STANDARD**

Confirm every item against your state association, governing body, conference, and assigner requirements.

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Lacrosse Assignment Checklist

Build your bag around reliability: the correct uniform, duplicate critical tools, comfort items, and protection for the conditions.

UNIFORM & PRESENTATION

- Approved striped shirt and black shorts or pants
- Black cap, belt, socks, and field/turf shoes
- Cold- and wet-weather layers permitted by the governing body
- Protective black eyewear if desired and approved

ESSENTIAL TOOLS

- Whistle and backup, penalty flag, bean bag, game card, pencil
- Timing device and coin
- Tape measure or stick-check equipment if required by rules/assignment
- Position and crew-specific items confirmed in pregame

SMART BAG EXTRAS

- Sunscreen, hydration, towel, rain shell, hand warmers
- Spare flag, bean bag, cap, socks, and whistle
- Small waterproof game-card sleeve

Pack, Inspect, Perform

WHEN	WHAT TO DO
48-24 HOURS	Confirm venue, level, crew, uniform, arrival time, parking, payment process, and special instructions.
NIGHT BEFORE	Lay out the complete uniform. Charge devices. Test whistles/timers. Check weather and travel time.
ON ARRIVAL	Change or finish dressing privately. Inspect equipment. Meet the crew. Complete the required pregame.
AFTER GAME	Record game details, clean and dry gear, replace used supplies, and note anything needed before the next assignment.

AVOID THESE MISTAKES

- Running in smooth-soled shoes on wet turf
- Unsecured game card
- Assuming boys', girls', and box equipment needs are identical

Starter Budget Strategy

PRIORITY	BUY FIRST	UPGRADE LATER
1	Required uniform and footwear	Second full uniform set
2	Required tools and protection	Premium bag/organizer
3	Backup whistle/timer and basics	Weather-specific duplicates

Important: This guide provides general preparation recommendations, not a universal uniform rule. Requirements vary by sport, season, level, state, conference, and governing body.