



WOMEN'S SECTOR

Rule 25 – Manufacturers Specifications

2013 Changes highlighted in
Gray/Bold

A. All Field Crosses

The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a crosse without an excessively forceful check. A crosse may be deemed illegal, even though it meets all technical specifications, if, in the opinion of the FIL Women's Rules Committee, its design is an obvious attempt to circumvent the intent of the rules. A crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.

1. The head of the field crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
2. The handle of the crosse shall be constructed of wood, metal alloy, or other composite material, and it must be nominally straight. An exception is that a handle may deviate up to, but not more than, 10 degrees from straight at the end of the shaft that is within 6.5 cm from the ball stop when the handle is attached to the head. Recessed metal screws with round heads shall be used to attach the head of a plastic/molded head crosse to the handle. The butt ends of all handles must have an end cap, be taped, or if wood, be sanded smooth. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.

Guidance: A **bent** handle may only be used with the heads that are specifically designed to accommodate them; **Bent** handles are head and manufacture's specific. Heads designed for use with a **bent** handle are not be legal when mounted/attached to a straight handle. Heads designed for use with a straight handle are not be legal when attached to a bent handle.

3. The overall length of the crosse shall be 0.9 m /90 cm minimum to 1.1 m /110 cm maximum. End caps are included when measuring the overall length of a crosse.

Guidance: Junior players who are under the age of 15 may use a crosse shorter than 90 cm/0.9 m to allow the crosse to fit comfortably along the full length of the player's arm.
4. To determine compliance with the line measurement specifications in Rule 25, all measurements shall be made to the nearest 0.01 cm. The allowed deviation from the standard is 0.09 cm.

Guidance: If the maximum specified length for a particular measurement is 5.5 cm, then a measurement of 5.59 cm passes and 5.60 cm does not. If the minimum specified length for a particular measurement is 5.5 cm, then a measurement of 5.41cm passes and 5.40cm does not.
5. The unstrung head and the handle of a field crosse shall lie within a **5.5 cm** horizontal plane. (Diagram 11)
 - a. At the bridge or the ball stop, the top edge of the bridge or ball stop must be at least 1.3 cm above the center line of the handle.
 - b. The top edge of the sidewall must not be more than 0.6 cm below the center line of the handle.
 - c. The top edge of the sidewall must not drop below the center line of the handle prior to 5.7 cm as measured from the center of the bridge or ball stop.

Guidance: To determine the **5.5 cm** horizontal plane of the head, place the crosse on a table with the open pocket facing up so that the long axis of the handle is horizontal/parallel to the floor. Depending on the shape of the head, it may be necessary to support the handle so it is horizontal. With the handle horizontal and the lowest part of the head in contact with the table, no part of the head, as defined from the ball stop to the outside edge of the Scoop, shall be more than **5.5 cm** above the table.
6. The overall length of the head, as measured from the center of the Bridge or Ball stop (where the top, back edge of the stop pad meets the plastic) to the top outside edge of the scoop, shall be 25.4 cm minimum to 30.5 cm maximum. With the open pocket facing up, all length measurements are taken along the center line of the handle.
7. The overall outside width of the head of the crosse when measured at the widest point at the top of the head must be 18 cm minimum to 23 cm maximum. With the open pocket of the head facing up, all width measurements are taken on a line that is perpendicular to the extension of the handle.

8. **Sidewall stringing holes: Pockets must be attached to the head of the crosse through pocket stringing holes and must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must be attached through the stringing holes and run parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the *bottom of the side wall to the top* of the stringing hole must not be more than 1.0 cm. Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes.** (See Photos in Appendix A)
9. The entire crosse (strung head and handle) shall not weigh more than 567 g.

B. The Wooden Field Crosse

1. The head of a wooden field crosse is defined to consist of four parts: the Bridge, the Wooden Sidewall, the Guard, and the Scoop. (Diagram 12)
 - a. The bridge is the woven ball stop of a wooden crosse. The height of the bridge shall be 5.1 cm maximum to 3.2 cm minimum.
 - b. As measured from the center of the bridge to the midpoint of the head, the actual height of the wooden sidewall shall be 4.5 cm maximum to 3.2 cm. From the midpoint of the head, the height of the sidewall may taper toward the scoop.
 - c. The guard is the soft woven wall of the head. The height of the guard shall be 7 cm maximum to 3.2 cm minimum.
2. The head shall be triangular in shape. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge to the widest point at the top of the head.
 - a. The inside width between the sidewalls of the head, as measured 3.2 cm from the center of the Bridge, shall be 6.7 cm to 7.6 cm and the outside width of the head shall be 7.6 cm to 10.1 cm.
 - b. The inside width between the sidewalls of the head, as measured 5.1 cm from the center of the Bridge, shall be 7.0 cm minimum.
 - c. The inside width between the sidewalls of the head, as measured 7.6 cm from the center of the Bridge, shall be 8.0 cm minimum.
 - d. The inside width between the sidewalls of the head, as measured 10.2 cm from the center of the Bridge, shall be 9.0 cm minimum.
 - e. The inside width between the walls at the widest point at the top of the head shall be 15 cm to 16 cm.

C. Plastic/Molded Head Crosse (Diagram 14)

1. The head of the plastic/molded head field crosse is defined to consist of four regions: the Throat, the Ball Stop, the Sidewall, and the Scoop. (Diagram 12)
 - a. The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than **7 degrees** from perpendicular to the long axis of the handle. The height of the ball stop shall be **5.5 cm** maximum to 3.2 cm minimum. To determine crosse compliance with angular measurement specifications in FIL Rule 25, all measurements and calculations will be made to the nearest 0.01°. The allowed deviation from the standard is 0.44°. **Guidance:** *If the maximum specified angle is 7 degrees, then a particular measurement of 7.44 degrees passes and 7.45 degrees does not.*
 - b. Stop pads shall not be more than 0.5cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to the bottom of the ball stop. The stop pad may have slightly raised or inset lettering as long as the perceived goal is artistic design/advertising.

The surface of the stop pad may not in any other way, interfere with the free movement of the

ball within the pocket or affect ball retention.

- c. The stop area ends, and the sidewalls begin as measured 3.4 cm from the center of the ball stop. The sidewalls end, and the scoop area begins at the widest point at the top of the head.
 - 1) From the beginning of the sidewall at 3.4 cm to the midpoint of the head, as measured from the center of the ball stop to the top of the scoop, the actual height of the sidewalls shall **4.7 cm** maximum to 2.8 cm minimum. From the midpoint of the head, the height of the sidewalls may taper toward the scoop.
 - 2) There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.

Guidance: *While no outcroppings or protrusions of any kind are allowed on the sidewalls of a crosse, outcroppings are allowed on the scoop and the ball stop areas as long as *all* other FIL crosse dimension and shape requirements are met, and the outcroppings have only aesthetic function and do not affect the free movement of the ball in the pocket.*

2. The head of the crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the ball stop to the widest point at the top of the head. (Diagram 13)

- a. The inside width between the sidewalls of the head, as measured 3.2 cm from the center of Ball Stop, shall be **6.7 cm** minimum. The radius of the ball is 3.2 cm.
- b. The inside width between the sidewalls of the head, as measured 5.1 cm from the center of the Ball Stop shall be **7.0 cm** minimum.
- c. The inside width between the sidewalls of the head, as measured 7.6 cm from the center of the Ball Stop, shall be **7.7 cm** minimum.
- d. The inside width between the sidewalls of the head, as measured 10.2 cm from the center of the Ball Stop shall be **8.7 cm** minimum.
- e. The inside width between the walls at the widest point at the top of the head, shall be 16 cm minimum.

Guidance: *The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.*

3. At all points along the sidewall, the following formula shall be used to determine the maximum slant/angle the sidewalls may deviate from vertical. (Diagram 15)
 - a. With the open pocket of the head facing up, measure the vertical height of the sidewall at any point. Then find the difference in the width between the top and bottom edges of the sidewall at that point.
 - b. At all points, the difference between the top and bottom widths divided by the vertical height of the sidewall, must be less than or equal to 0.50.

D. The Pockets of all Wooden or Plastic/Molded Field Crosses:

1. The pocket of all field crosses shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/ stitches of cross lacing. Mesh pockets are not allowed.

Guidance: *When plastic "zip-ties" are used to attach pocket nylon to thongs, all sharp edges must be sanded/filed smooth.*

- a. Longitudinal leather or synthetic thongs shall be 0.3 cm to 1.0 cm wide. Thongs must not touch, and 'nominally' must be evenly spaced along the length and across the width of the head. Loose ends of thongs may not be woven back up through the pocket of the crosse and during play must be secured to the handle of the crosse. **Each thong must be made of one material (leather, synthetic leather or nylon cord) and run the full length of the head. Thongs must nominally be the same width along their full length. A second material may be used in close proximity to the scoop and the ball stop to allow attachment of each thong to the head. Thongs must be attached to the**

head through holes in the scoop and the ball stop. The thongs at the ball stop must extend 5.1 cm beyond the ball stop. Thongs must be evenly spaced (not bunched) along the length and across the width of the head. The loose ends of the thongs may not be woven back up through the pocket of the crosse.

Guidance: Definition of 'nominally is a very small quantity or degree; synonyms: negligibly, slightly, and meagerly. Therefore, thongs may taper a bit near the ball stop and scoop so they easily fit through the holes.

- b. Cross-lacing in a traditionally strung pocket is defined as 8-12 knots/stitches, where two pocket nylons intertwine at a common place on a thong and evenly spaced (not bunched) diamonds. (A 'diamond' is the shape formed between longitudinal knots on thongs and horizontal knots).
 - c. Cross-lacing in a pre-manufactured detachable pocket is defined as 8-12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs. Extra lengths of sidewall nylon ties must be cut to 4 cm maximum.
 - d. The nominal diameter of the shooting/throw string and sidewall nylon cord shall be 0.3 cm maximum. The nominal diameter of pocket nylon must be less than 0.3 cm.
 - 1) Field crosses shall have no more than two separate shooting/throw strings. Shooting/throw strings shall not be rolled or coiled more than twice between each thong. Flat hockey or boot laces may not be used as shooting/throw strings.
 - 2) Both shooting/throw strings must be attached **to the sidewall** in the upper third of the head, or the top shooting/throw string must be attached **to the sidewall** in the upper third of the head, and the bottom shooting/throw string may be an "inverted "U" in shape and must be attached **to the sidewall** in the **upper two-thirds of the head**, as measured from the top, outside edge of the scoop.
 - e. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting/throw strings, cross lacings or thongs. This rule prohibits the use of beads, tubing, or similar items on any part of the pocket.

Guidance: No additional material of any size or shape may be used in the place of traditional knots.
2. The combined height of the sidewall and the depth of the pocket containing the ball must be less than 6.4 cm, the diameter of the ball. The top of the ball, when dropped into the pocket of a horizontally held crosse, must be visible / seen above the top of the entire wooden or plastic sidewall after reasonable force with one hand has been applied to and released from a ball.
 3. The ball must move freely within all parts of the head/pocket both laterally and along its full length. The ball must not become wedged between the walls, under the guard or the bridge of a wooden crosse or in the ball stop or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket of the crosse when the crosse is turned upside down.

Guidance: The following are examples that, either alone or in combination, might cause a lack of free ball movement in the head/pocket:

 - Shooting/throw strings that are not interwoven with the cross lacings and thongs and are allowed to sit on top of these other stringing areas,
 - Thongs that are raised above the plane of the pocket,
 - Thongs made from a sticky/tacky substance or this type of substance added to the thongs
 4. At any time during play, an umpire may take time out to inspect the pocket of a field crosse, or any player on the field may request an umpire to inspect the pocket of an opponent's crosse. If the ball becomes lodged in a field player's crosse during play, the crosse no longer meets specifications. The umpire shall take time out to remove the illegal crosse to the scorer's/timer's table. To resume play, the opponent nearest to the ball will be awarded a free position for a minor foul .

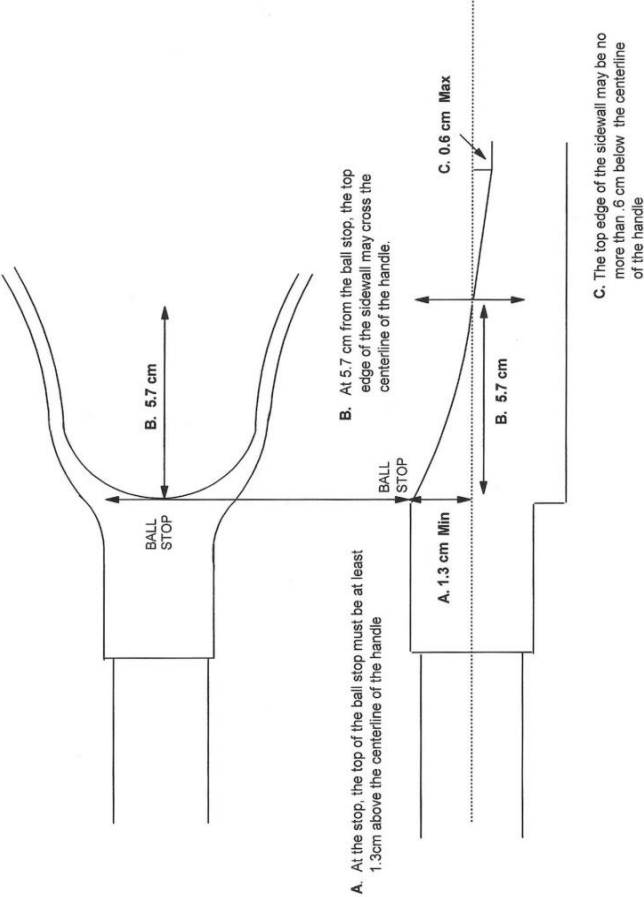


Diagram 11
Offset Specification within 5.5 cm Horizontal Plane
Rule 25.A.5

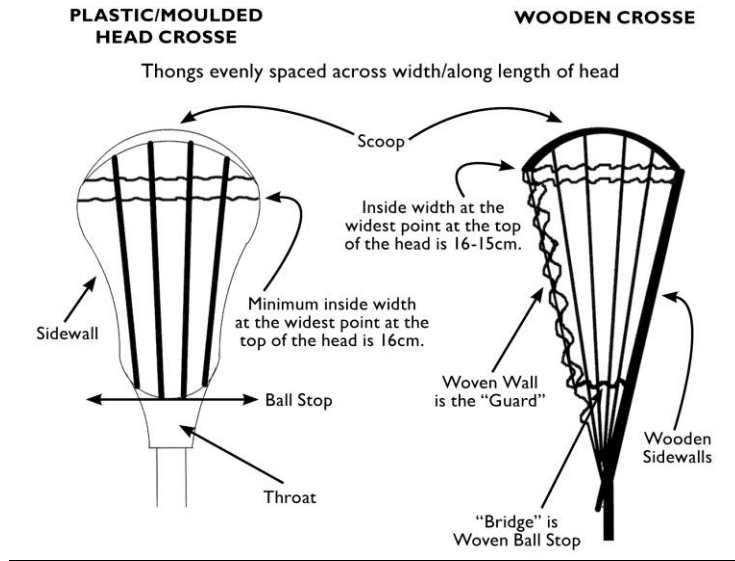


Diagram 12
Parts of Field Crosses

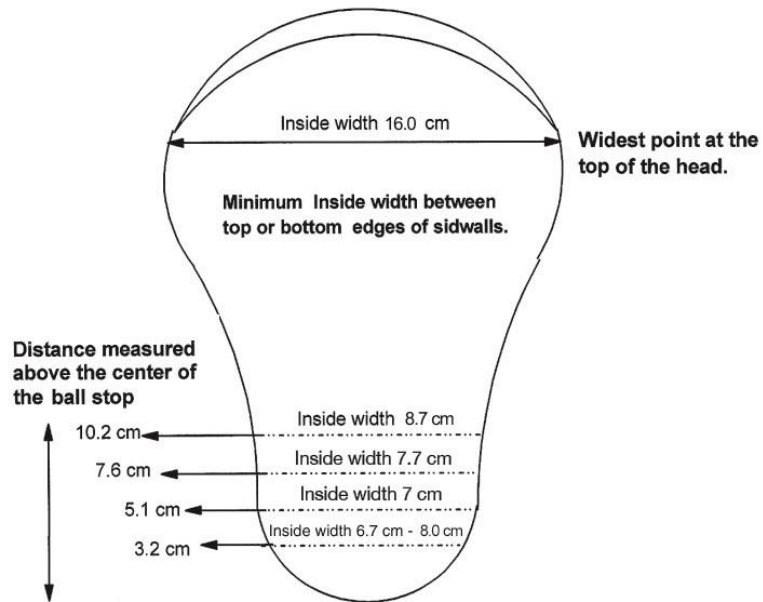


Diagram 13
Triangular in Concept

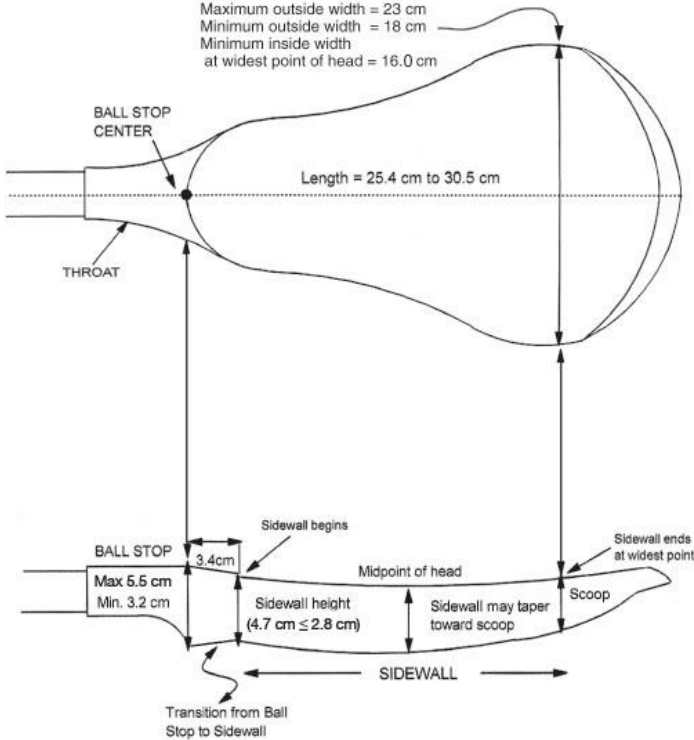


Diagram 14
Plastic/Molded Head Specification



$$\frac{\text{Bottom Width} - \text{Top Width}}{\text{Vertical Sidewall Height}} < 0.50$$

Diagram 15
Cross Section of Unstrung Head

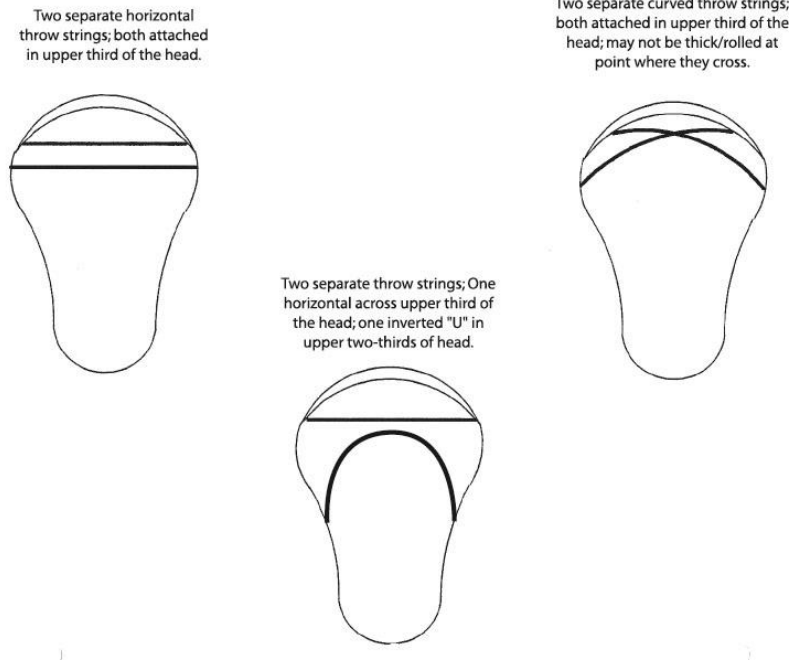


Diagram 16
Shooting/Throw Strings

E. The Goalkeeper's Crosse

1. The crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
2. The handle of the crosse shall be straight and may be constructed of wood, metal alloy, or other composite material. Recessed metal screws must be used to attach the head to the handle. The butt end of the handle shall have an end cap, be taped or sanded smooth, if wood. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.
3. The overall length of the crosse shall be .9 m /90 cm minimum to 1.35 m/135 cm maximum.
 - a. To determine compliance with linear measurement specifications, all measurements shall be made to the nearest 0.01 cm. The allowed deviation from the standard is 0.09 cm (Rule 25.A.3.a.)
4. The unstrung head and the handle of a goalkeeper's crosse shall lie within a 7.6 cm horizontal plane. (See Rule 25.A.4 **Guidance** to determine the horizontal plane.)
 - a. No part of the head shall pass beyond a plane 2.5 cm above the center line of the handle and/or 5.1 cm below the center line of the handle.
 - b. The top edge of the sidewall shall not be more than 0.6 cm below the center line of the handle.
5. The head shall have a maximum length of 42 cm. The length of the head is measured from the center of the bridge or ball stop (where the back top edge of the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the center line of the handle.
6. The height of the bridge or ball stop of a goalkeeper's crosse shall be 5.4 cm maximum to 3.2 cm minimum. The plastic wall of the ball stop must not deviate by more than 10 degrees from perpendicular to the long axis of the handle.

7. The sidewall begins as measured 3.4 cm from the center of the Bridge or the Ball Stop. The actual height of the wooden sidewall of a wooden crosse and the plastic sidewalls of a molded head crosse shall be 5.1 cm maximum to 2.54 cm minimum. The height of the woven wall of a wooden goalkeeper's crosse shall be 7cm maximum. The sidewall ends at the widest point at the top of the head.
8. The entire head of the crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge or the ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the center line of the handle. (Rule 25.C.2, **Guidance**)
 - a. When measured 5.1 cm from the center top edge of the Ball Stop, the inside width between the sidewalls of a plastic/ molded head crosse shall be 13 cm to 17 cm. The maximum outside width of the head shall be 20 cm.
 - b. When measured 10.2 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/ molded head crosse shall be 18.5 cm to 22.5 cm. The maximum outside width of the head shall be 26 cm.
 - c. When measured 15.3 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/ molded head crosse shall be 23 cm to 26 cm. The maximum outside width of the head shall be 30cm.
 - d. At the widest point of the head, the inside width between the walls of the head of the crosse shall be 28.5 cm to 30.5 cm.
9. The pocket of the crosse may be strung traditionally with 6 or 7 longitudinal leather or synthetic thongs and 8 to 12 stitches of cross-lacing or MAY BE MESH.
 - a. The goalkeeper's crosse may have more than two shooting/ throw strings and flat hockey/boot laces may be used as shooting/throw strings. There are no restrictions regarding the design or placement of shooting/throw in the pocket of the crosse.
10. The depth of the pocket containing the ball may be unlimited except that the ball must move freely within all parts of the head both laterally and along its full length. When the crosse with the ball in it is held at eye level with the long axis of the stick vertical to the ground, more than half of the ball must be seen above the ball stop
11. The crosse (strung head and handle) shall not weigh more than 773g.
Guidance: *The intent of the rules governing the head design of a goalkeeper's crosse is to disallow crosses where excessive widths of plastic are added to the sidewalls to increase the surface area of the head.*

F. The Goal and Goal Netting (Rule 2 & Diagrams 4 & 5)

G. The Ball (Rule 4)

Stick Certification Procedures: Any lacrosse stick to be used, sold or marketed for women's lacrosse must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the specifications outlined in Rule 25, a report noting this compliance will be sent to the Rules Committee Chair. The stick will then be listed on the FIL web site as legal for use in the women's game. For more information about the testing procedures please contact the appropriate Rules Committee Chair. The testing lab will accept pre-production models (also known as SLA's or rapid prototypes) for testing, however only preliminary approval will be granted if the model meets all specifications. Final approval and listing on the FIL web site will be contingent on the submission to the testing lab of a final production model that meets all specifications. **Exception:** For all FIL Women's World Events, players may use only those crosses and pockets that have been evaluated and approved by the Laboratory three months (90 days) prior to the scheduled first day of play.

Approved crosse heads and/or pockets may not be sold as FIL approved if the head, the pocket, or how the pocket is attached to the head, is altered in any way after certification. The RIH lab will send the FIL approval documents for heads and pockets. The documents will include photos of the side and the front of the head with an attached pocket or for an approved pocket alone, photos of it attached to one of its manufacturer's heads

NOTE: *Specifications for all equipment are reviewed annually and modified periodically by the FIL rules committee. The FIL will endeavor, when possible, to provide advance notification of changes to equipment specifications to the manufacturers of crosse equipment known to the FIL. However, the FIL reserves the right to change any equipment specifications at any time, if, in its sole discretion, the FIL deems the changes to be in the best interest of the sport of women's lacrosse.*

The FIL does not test or approve equipment to determine compliance with specifications. The FIL shall have no liability for any consequence deriving from the choice of equipment used by players. The FIL shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory and approved.

APPENDIX A

ILLEGAL POCKET ATTACHMENT

Pocket attached the top of the bottom rail of the sidewall



LEGAL POCKET ATTACHMENT:

Pocket anchored along the **bottom of the bottom rail** of the sidewall of the head.



LEGAL POCKET ATTACHMENT

Nylon cording runs through the string holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches.

