The following information clarifies requirements and provides guidance for Appendix E of the 2018/19 NCAA Women’s Lacrosse Rules Book.

These are not rulebook edits but clarification for the specific sections of the Appendix and compliance to the specifications.

1. Technical criteria assume a defined gap is present between pocket nylon mesh. A solid surface of nylon would be non-compliant. See photo 1

2. The allowance of coils for the shooting strings remains the same for a traditional pocket, no more than two coils or twists between thongs. In a mesh pocket, the allowance is one coil per diamond of mesh.

3. The shooting string requirements remain unchanged. If a stick has only one shooting string, the attachment must be within 3.5 inches from the top of the head. See photo 2

4. The ball shall move freely when the stick and head are tilted 90 degrees. The ball should fall out of the stick at 90 degrees both front and back.

Photo 1
Illegal: fused mesh with no spacing in between.

Illegal: one shooting string not within 3.5 of top.