Lacrosse Stick Size Chart

Last checked: November 3, 2026

Chart page (the live, interactive version):
https://findsportsusa.com/tools/lacrosse-stick-size-chart/

A starting point, check fit and your league rules. These are makers' and leagues' published guidance, not measurements of your child.

Lacrosse stick length by age

USA Lacrosse names divisions 6U, 8U, 10U, 12U and 14U. We match an age to the division with that number, but your league decides which division a player is in, so ask it first. Lengths are overall crosse length in inches.

USA Lacrosse boys' youth rules (2026)

Size	Range	Details
Boys 6U and 8U	Divisions 6U and 8U	Field player 37 to 42 in. Goalkeeper 37 to 54 in. Long pole: none.
Boys 10U	Division 10U	Field player 37 to 42 in. Goalkeeper 37 to 54 in. Long pole 47 to 54 in (3 on the field at 7v7, 4 at 10v10).
Boys 12U	Division 12U	Field player 40 to 42 in. Goalkeeper 40 to 72 in. Long pole 52 to 72 in (3 at 7v7, 4 at 10v10).
Boys 14U	Division 14U	Field player 40 to 72 in. Goalkeeper 40 to 72 in. Long pole 52 to 72 in (4 on the field).

Source: USA Lacrosse: Boys' Youth Rule Book 2026 (rule comparison chart, p. 5, and 6v6/7v7 formats). Checked November 3, 2026.

USA Lacrosse girls' youth rules (2026)

Size	Range	Details
Girls 6U and 8U	Divisions 6U and 8U	Small stick allowed, no pocket limits. No field-player length is printed in the rule book.
Girls 10U	Division 10U	Small stick allowed, modified pocket (no more than half the ball visible below the sidewall). No field-player length is printed.
Girls 12U	Division 12U	Follows the NFHS stick rules; the USA Lacrosse book prints no youth length for field players.
Girls 14U	Division 14U	Follows the NFHS stick rules; the USA Lacrosse book prints no youth length for field players.

Source: USA Lacrosse: Girls' Youth Rule Book 2026 (youth comparison chart and Appendix B). Checked November 3, 2026.

What the rule books do and do not say. The boys' book prints a length range for every division. The girls' book prints no field-player length: it allows a small stick at 6U to 10U and points 12U and 14U to the NFHS rules, which we did not read. It does print a goalkeeper's crosse length: 35 1/2 to 52 inches. This is the rule, not a fit test: neither USA Lacrosse book gives a height-to-stick chart.

Sources

USA Lacrosse: Boys' Youth Rule Book 2026 (rule comparison chart, p. 5, and 6v6/7v7 formats)
https://newusalacrosseprod.prod.acquia-sites.com/sites/default/files/documents/games/2026-boys-youth-rules.pdf
Used for: Field-player, goalkeeper and long-pole crosse length by division (6U and 8U, 10U, 12U, 14U) and how many long poles may be on the field. Checked November 3, 2026.

USA Lacrosse: Girls' Youth Rule Book 2026 (youth comparison chart and Appendix B)
https://newusalacrosseprod.prod.acquia-sites.com/sites/default/files/documents/games/2026-Girls-Youth-Rule-Book.pdf
Used for: Girls' stick rules by division (small stick allowed, modified pocket) and the goalkeeper's crosse length. Checked November 3, 2026.

USA Lacrosse: Equipment Guide for the 2026 boys, girls and box seasons
https://newusalacrosseprod.prod.acquia-sites.com/sites/default/files/documents/games/USAL-equipment-guide-2025.pdf
Used for: Boys' short crosse 40 to 42 in and long crosse 52 to 72 in; 10U and younger allowances. Checked November 3, 2026.

Rules and charts change, so check the source pages and your league before you buy.