



To: Women's Lacrosse Community

From: US Lacrosse and NCAA Rules Interpreters

Re: Shooting Strings – Additional Clarification

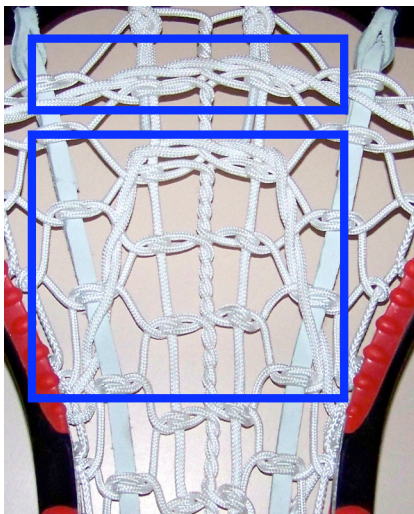
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Thank you to all officials who have been vigilant about checking sticks and to all coaches who have worked to ensure their team's sticks are in compliance with the new shooting string requirements.

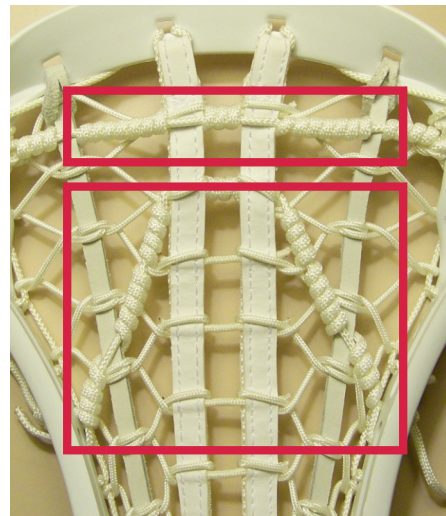
We remind everyone that the listing of legal sticks/pockets is available on the US Lacrosse web site ([www.uslacrosse.org](http://www.uslacrosse.org)). These lists are updated each time a new item has passed the appropriate testing. Note: the clarifications about the Brine Mantra are also listed there.

Both the US Lacrosse and NCAA rules interpreters have been fielding many questions about the new shooting string requirements. We provide the following additional clarifying information. This will apply to all levels of play:

1. When counting the number of coils or twists between thongs please do so from the front of the stick, i.e. with the open pocket of the stick facing you. Note that the rule states not more than twice “between the thongs”. The total number of coils or twists of the shooting string between the thongs should be counted. It does not matter if the cross lacing comes between the coils or twists.

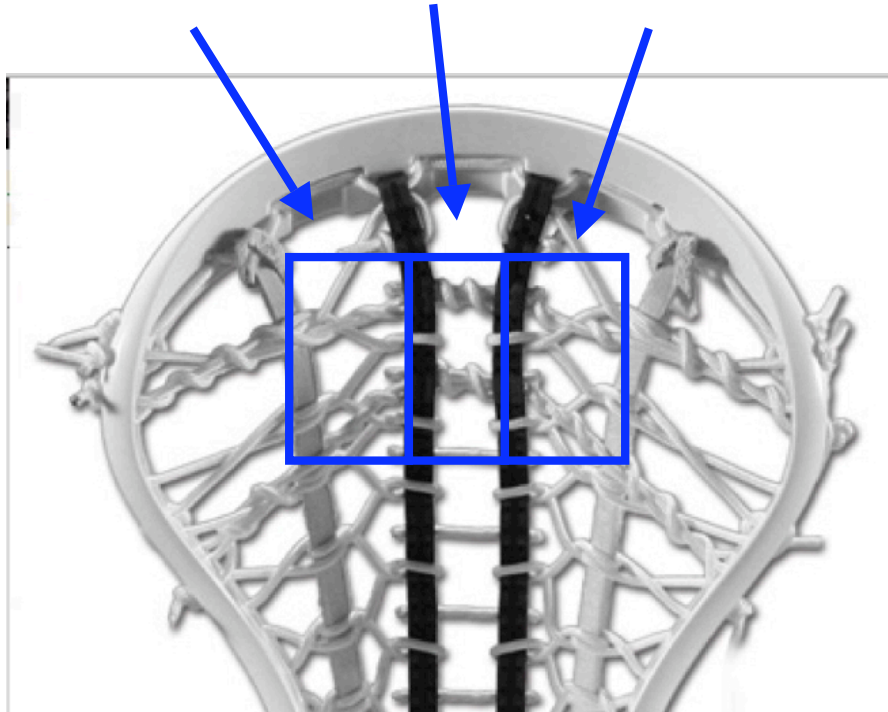


Legal

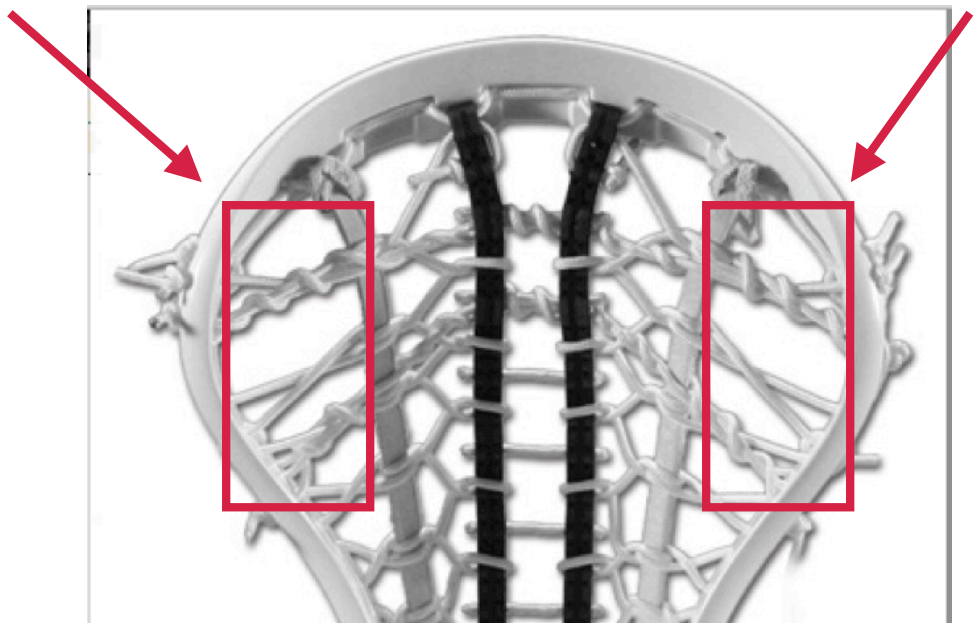


Illegal

2. When counting the coils or twists, do so only between the thongs, not from the sidewall to the thong.

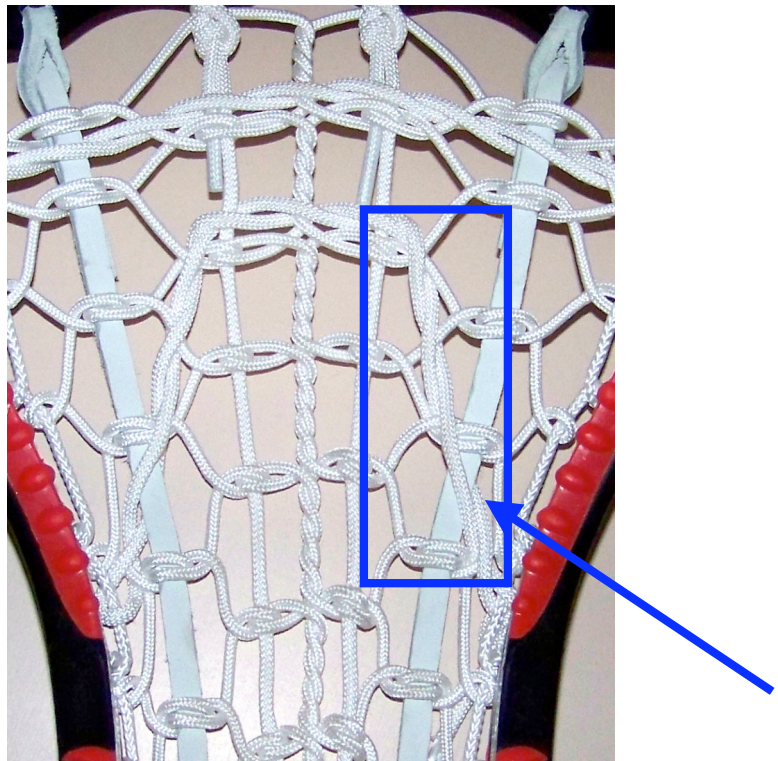


Count Here



Do not count here

3. Shooting strings using an inverted U or V configuration should also be inspected to make sure that they do not coil or twist more than twice as the stringing moves down the head between the thongs.



Legal

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Illegal

Please direct any questions to Ericka Leslie at [eadheiser@aol.com](mailto:eadheiser@aol.com), Pat Dillon at [PDillon656@aol.com](mailto:PDillon656@aol.com) or Lissa Fickert at [uslrules@gmail.com](mailto:uslrules@gmail.com).