

FHS Lacrosse



Uniform Policy

Practice

- Do not wear any game uniform jersey or short to practice
 - Pennies required
 - Under armor: any color
 - Shoes: any color
 - Equipment required by rule: any color
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Games

All

- Under Armor: **White** (white req. only if sleeves show, otherwise any color okay)
- Shoes (Black or White base color)
 - * Seniors with Royal Blue shoes are grandfathered in
- Bandanas, if worn (royal blue or black only)
- Mouth guards, recommend 3 (one on helmet, 2 back-ups)
(Royal blue or black preferred, NO CLEAR MOUTHGUARDS)
- Equipment required by rule:
 - Gloves: Royal Blue (preferred) or Black base
 - Arm Guards/Pads: Royal Blue (preferred) or Black base

Home

- White Jersey / White Shorts
- Socks (**White** crew length, no low ankle socks or knee socks)
 - Exception: goalie may wear knee socks (royal, black, or white)

Away

- Royal Blue Jersey / Royal Blue Shorts
- Socks (**Black** crew length, no low ankle socks or knee socks)
 - Exception: goalie may wear knee socks (royal, black, or white)

Adherence to uniform policy for games is mandatory; you will not play if you do not have the correct uniform components.