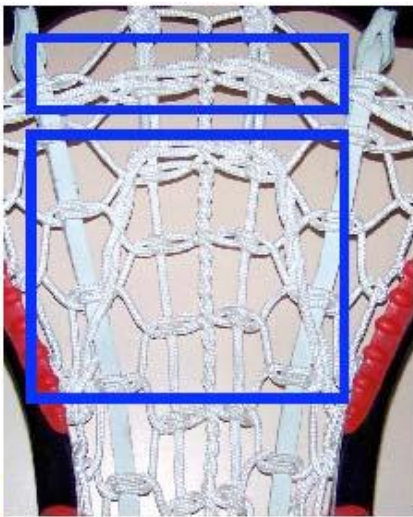


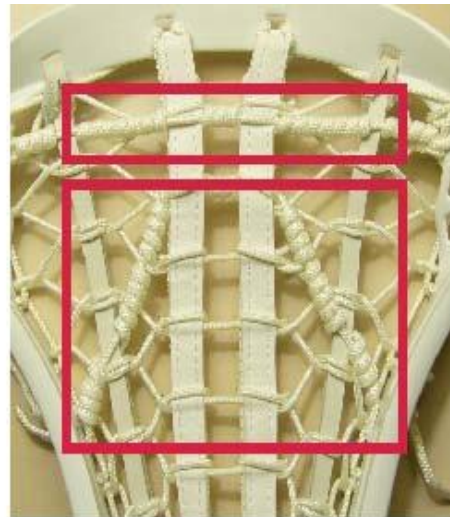
## Lacrosse Shooting String Requirements

The following information clarifies the US Lacrosse shooting string requirements for girls' and women's lacrosse sticks as of 2011. These requirements 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.
2. When counting the coils or twists, do so only between the thongs, not from the sidewall to the thong.

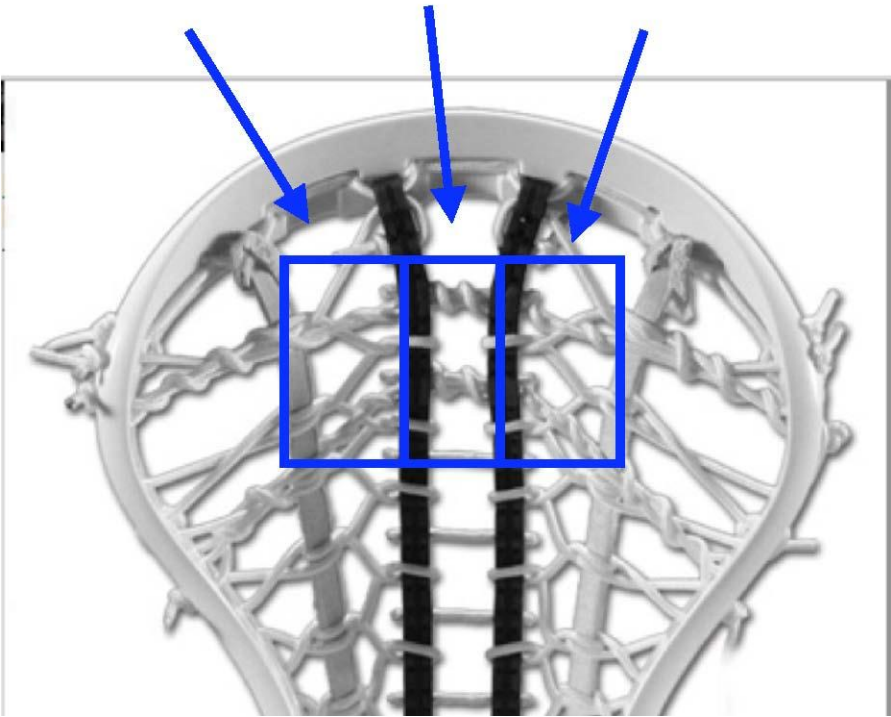


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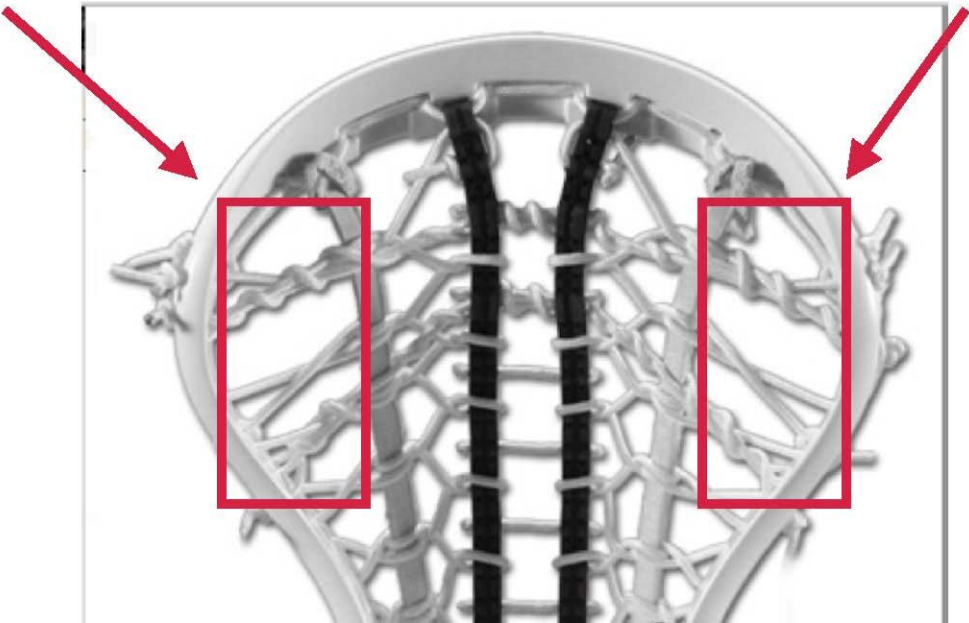


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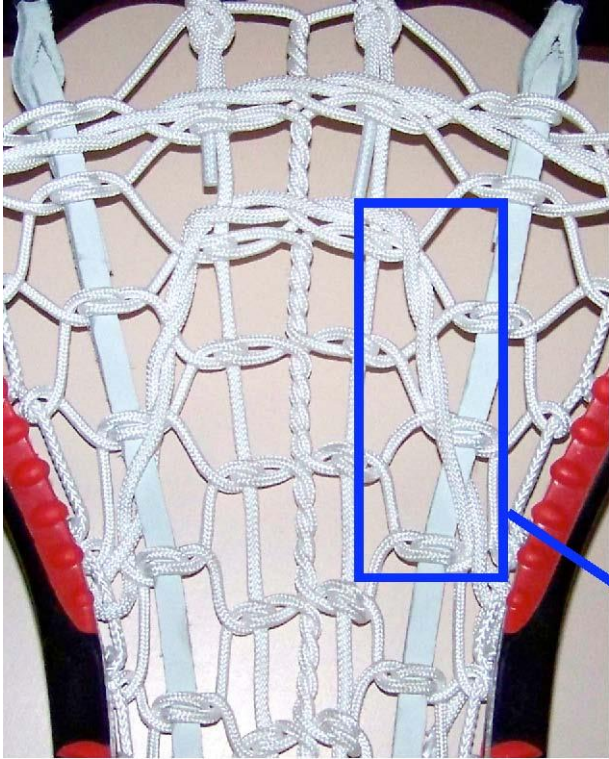
Count strings here:



Do not count strings 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



Illegal