



# Field Lacrosse

For the fall field season, the **Ontario Lacrosse Association**

## PLAYER

**Helmet:** All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form.

**Facemask:** Cannot allow the head of the stick or ball to make contact with the face.

**Mouth Guard:** Mandatory.

**Shoulder Pads:** One piece pad made of flexible, high density impact foam pad with poly-plastic shoulder caps. When properly fitted offers protection for upper body and shoulders.

**Lacrosse Gloves:** High density impact foam and leather offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility.

**Arm & Elbow Guards:** Light weight hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

**Lacrosse Stick:** Plastic head with aluminum, carbon graphite or titanium enhanced alloy shafts of various shapes and textures. The stick cannot be strung to with-hold the ball from play. Only one stop allowed.

**Lacrosse Stick Width:** Standard stick width specifications are 4" to 10" inside measurement at the widest point.

**Lacrosse Stick Length:**

- Pee Wee and under (12 years and under) — 34" to 46" or 52" to 72"
- Bantam and up (13 years +) — 40" to 46" or 52" to 72"
- Federation of International Lacrosse (FIL) — 40" to 42" or 52" to 72"

**Rib & Back Pads:** A one piece light weight plastic and high density impact foam pad which offers protection for the rib and back area.

**Lacrosse Cleats:** Only grass or field turf cleat allowed.

**Athletic Support & Cup**



# Equipment Guidelines

looks at the gear you need, to bring your game...

## GOALKEEPER

**Lacrosse Stick:** Standard goalkeeper stick width specifications are up to 15" inside measurement at the widest point and an overall length of between 40" and 72".

**Helmet:** All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form. Goalkeeper throat guard is mandatory.

**Facemask:** Cannot allow the head of the stick or ball to make contact with the face.

**Mouth Guard:** Mandatory.

**Chest Protector:** A mandatory protector for the upper body made of impact-absorbing memory-foam construction, offering flexibility and unrestricted movement. Adjustable shoulder and waist straps allow custom fitting.

**Arm & Elbow Guards:** Optional.

**Goalkeeper Gloves:** High density impact foam and leather offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility.

**Goalkeeper Pants:** Shorts or track pants may be worn. Optional: Goalkeeper pants with anatomic mobility design and high impact foams.

**Goalkeeper Shin Guards:** Optional.

**Lacrosse Cleats:** Only grass or field turf cleat allowed.

**Athletic Support & Cup**

