

Coach Nicole's Equipment List

The following equipment is **required** for athletes to participate in the sport:

- Kidney pads (*lacrosse-specific*)
- Shoulder pads (*hockey or lacrosse*)
- Elbow pads (*lacrosse-specific*)
- Gloves (*lacrosse-specific*)
- Helmet (*hockey or lacrosse*)
- Mouth guard (*properly fitted and molded*)
- Running shoes (*basketball shoes or high-top runners preferred*)
- Lacrosse stick and balls
- Shorts (*basketball or running shorts*)

Optional Equipment:

- Bicep pads (*attach to shoulder pads for additional protection*)
- Lacrosse cage (*for helmet*)

For Comfort:

- Dry-fit T-shirts (*recommended to wear under equipment*)

Please see the following pages for equipment diagrams for both **runners** and **goalies**.

GOALTENDER

CLA Goalie Sizing Chart

CLA Patch Age Division

- | | |
|---|---------------|
| 1 | Tyke & Novice |
| 2 | Pee Wee |
| 3 | Bantam & up |



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. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.

Goaltender Throat Guard: Mandatory. High-grade plastic construction, attaches to goalie face shield, protects throat and neck.

Mouth Guard: Mandatory.

Arm & Chest Protector: A mandatory one piece upper body protector constructed from high density/low density closed cell foam and high-density polyethylene plastic provides superior protection. Fully moulded plastics with offset ridging used in key areas for maximum safety. Articulating belly and arms designed to keep protective padding in place and maximize flexibility. Full back and kidney padding offer the goalie greater protection.

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

Goaltender Pants: Exclusively for lacrosse goalies. Extensive frontal protection combined with inner thigh inserts provide safety in crucial key areas. Moulded components maximize safety using lightweight, breathable materials. Anatomically designed for protection and mobility.

Goaltender Leg Guards: Moulded from high-density polyethylene (HDPE 5100) providing superior protection. Inner cradle stabilizes leg pad, side extensions offer complete calf coverage. Full ankle drop with moulded inserts provide maximum foot protection, multi strapping anchors pad in place.

Lacrosse Stick: Standard goalkeeper stick width specifications are up to 15" inside measurement at the widest point and no restriction on overall length.

Lacrosse Shoes: Suitable indoor shoes.

Athletic Support & Cup

BODDAM
LACROSSE - TOTALLY CANADIAN

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. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.

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.

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

Lacrosse Gloves: High density impact foam and leather or nylon offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility. Gloves cannot be altered from the original manufacturer's design (ie palms cannot be cut out).

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 4.5" to 8" inside measurement at the widest point.

Lacrosse Stick Length:

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

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 Shoes: Suitable indoor shoes. Durable synthetic leather upper that won't wear out. Responsive flat rubber outsole that is built for play on flat surfaces such as astro turf, concrete & other hard surfaces. This outsole was created specifically for the Box Game.

Athletic Support & Cup.


WARRIOR