

Honour Our Game

ALBERTA LACROSSE EQUIPMENT GUIDE



www.albertalacrosse.com



BOX LACROSSE - PLAYER EQUIPMENT

GLOVES

- Hand must be fully inserted in glove
- Includes additional thumb protection
 - Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

HELMET

- Statement/seal indicating it meets CSA/NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines and requirements on their website or included with helmet

PROTECTIVE CUP

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
 - Garments to improve comfort include: supporters, all-in-one briefs and combinations of both

MOUTHGUARD

- Variety of materials, sizes, colours, and fitting options
 - Must be visible colour other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth and not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

SHOULDER PADS

- Covers top of shoulder, collarbone, and sternum
 - Shoulder caps must rest on top of shoulders
 - Collar should lie flat on collarbone
- Straps tightened - bicep pad sits high on arm so to not interfere with arm pads
 - Sternum plate must cover sternum
- Should fit comfortably; adjust by loosening/tightening straps
- Too tight - may restrict movement; too loose - can move during play and expose player to injury

ARM PADS

- Tight as to not slide down arm; loose as to not cause discomfort
 - Elbow should be properly and completely covered
- If pad includes straps secure comfortably for limited movement during play

RIB PADS

- Must cover ribs and kidneys; adjust by loosening/tightening straps
 - Should fit comfortably, not restricting breathing
- Tight enough so they do not move excessively during play



LACROSSE HELMET

MOUTH GUARD

THROAT GUARD

CHEST PROTECTOR

GOALTENDER GLOVES

GOALTENDER PANTS

PROTECTIVE CUP

GOALTENDER LEG GUARDS

LACROSSE STICK

BOX LACROSSE - GOALIE EQUIPMENT

GOALIE GLOVES

- Hand must be fully inserted in glove
- Includes additional thumb protection
 - Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

HELMET

- Statement/seal indicating it meets CSA/NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines and requirements on their website or included with helmet

PROTECTIVE CUP

- Fitted for comfort & protection• Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include: supporters, all-in-one briefs and combinations of both

MOUTH GUARD

*See box lacrosse player mouth guard

THROAT GUARD

- Separate from helmet and required
- Attach with snaps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines and requirements on their website or included with helmet/guard

CHEST PROTECTOR

- Covers front torso, neckline to below navel
- Body straps secured to front of pad – adjust for snug, comfortable fit
 - Too tight – restricts player's movement
 - Too loose – pads can move and expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Preferably includes additional arm and shoulder protection
 - Must wear underneath jersey

GOALTENDER PANTS

- Covers the thigh and waist
- Snug fitting on the waist

GOALTENDER LEG GUARDS

- Hard plastic covers the lower part of thigh, knee, shin, and foot
- Straps to legs and needs to cover the ankle and top of the foot.

LACROSSE HELMET

MOUTH GUARD

SHOULDER PADS

ARM PADS

PROTECTIVE CUP

LACROSSE GLOVES

LACROSSE STICK

MEN'S FIELD LACROSSE - PLAYER EQUIPMENT

GLOVES

- Hand must be fully inserted in glove
- Includes additional thumb protection
 - Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

HELMET

- Statement/seal indicating it meets CSA/NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines and requirements on their website or included with helmet

PROTECTIVE CUP

- Fitted for comfort and protection
- Large enough to provide coverage but not cause discomfort while running
 - Garments to improve comfort include: supporters, all-in-one briefs and combinations of both

MOUTH GUARD

- Variety of materials, sizes, colours, and fitting options
 - Must be visible colour other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

SHOULDER PADS

- Covers top of shoulder, collarbone, and sternum
 - Shoulder caps must rest on top of shoulders
 - Collar should lie flat on collarbone
- Straps tightened - bicep pad sits high on arm so to not interfere with arm pads
 - Sternum plate must cover sternum
- Should fit comfortably; adjust by loosening/tightening straps
- Too tight - may restrict movement; too loose - can move during play and expose player to injury

ARM PADS

- Tight as to not slide down arm; loose as to not cause discomfort
 - Elbow should be properly and completely covered
- If pad includes straps secure comfortably for limited movement during play

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MEN'S FIELD LACROSSE - GOALIE EQUIPMENT

GOALIE GLOVES

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

HELMET

- Must be field lacrosse-specific
- Statement/seal indicating it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet

PROTECTIVE CUP

- Fitted for comfort & protection• Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include: supporters, all-in-one briefs and combinations of both

MOUTH GUARD

*See men's field lacrosse player mouth guard

THROAT GUARD

- Separate from helmet and required
- Attach with snaps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines and requirements on their website or included with helmet/guard

CHEST PROTECTOR

- Covers front torso, neckline to below navel
- Body straps secured to front of pad – adjust for snug, comfortable fit
 - Too tight – restricts player's movement
 - Too loose – pads can move and expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Preferably includes additional arm and shoulder protection
 - Must wear underneath jersey



GOGGLES

MOUTH GUARD

LACROSSE STICK

WOMEN'S FIELD LACROSSE - PLAYER EQUIPMENT

GOGGLES

- Must be lacrosse-specific
- Meets the ASTM International standard performance specification; includes a statement/seal indicating compliance
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with the goggles

MOUTH GUARD

- Variety of materials, sizes, colours, and fitting options
 - Must be visible colour other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth and not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

GLOVES (Optional)

- If worn, they must be close-fitting and should be comfortable for player while holding a stick
 - Goalie gloves not permitted for field players

OTHER PERSONAL EQUIPMENT (Optional)

- Approved soft headgear
- Protective devices necessitated by medical grounds
- No equipment – including protective devices necessitated by medical grounds – may be used unless compliant with rules and manufacturers' specs and deemed not dangerous to other players by the official

LACROSSE STICK

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WOMEN'S FIELD LACROSSE - GOALIE EQUIPMENT

GOALIE GLOVES

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

HELMET

- Must be field lacrosse-specific
- Statement/seal indicating it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines and requirements on their website or included with helmet

PROTECTIVE CUP

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include: supporters, all-in-one briefs and combinations of both

MOUTH GUARD

*See women's field lacrosse player mouth guard

THROAT GUARD

- Separate from helmet & required
- Attach with snaps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines and requirements on their website or included with helmet/guard

CHEST PROTECTOR

- Covers front torso, neckline to below navel
- Body straps secured to front of pad – adjust for snug, comfortable fit
 - Too tight – restricts player's movement
 - Too loose – pads can move and expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Preferably includes additional arm and shoulder protection
 - Must wear underneath jersey