



Technical Bulletin 20-01

Goalkeeper Equipment Exemption

12 February 2020

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The Goalkeeper Exemption form has been changed using height-based criteria. Equipment manufacturers make equipment based on height and weight specifications. Adjustable straps on equipment ensure that the athlete has a safe and proper fit to their equipment.

Using these criteria, the expectation is that there will be fewer exemptions required as the athlete's equipment is based on their height rather than their age category.

The Equipment Chart (12.10) from the CLA Operations Manual is on the next page which outlines the heights for each piece of equipment and category. How to measure your goaltender's height is on the following page.

Chuck Miller, Chairman
Safety and Equipment Committee
Canadian Lacrosse Association

12.10 EQUIPMENT CHART

CLA GOALTENDER EQUIPMENT SPECIFICATIONS

CLA GOALTENDER EQUIPMENT STANDARD	HEIGHT	CHEST AND ARM PROTECTORS		
		MAX. WIDTH OF PADDING OUTSIDE OF ARM ON EACH SIDE	MAX. WIDTH OF ARM PADDING	MAX. THICKNESS ABOVE SHOULDER PLANE
Category 3	5'5" and above	4"	8"	3"

CLA GOALTENDER EQUIPMENT STANDARD	HEIGHT	CHEST AND ARM PROTECTORS		
		MAX. WIDTH ACROSS SHOULDERS	MAX. WIDTH OF ARM	MAX. THICKNESS ABOVE SHOULDER PLANE
Category 2	4'7" – 5'4"	25"	7"	1.5"
Category 1	Up to 4'6"	20"	6"	1"

**** Note: Shoulder caps must be anchored**

CLA GOALTENDER EQUIPMENT STANDARD	HEIGHT	SHIN GUARDS AND PANTS		
		SHIN GUARD MAX. WIDTH BELOW KNEE	SHIN GUARD MAX. OF KNEE CAP	PANTS MAX. THIGH WIDTH
Category 3	5'5" and above	Tapered from 9" to 7"	11"	11"
Category 2	4'7" – 5'4"	Tapered from 8" to 5"	9"	9"
Category 1	Tyke-Novice	Tapered from 7" to 4"	7"	7"

An MA may apply for an exception to this Rule by submitting a Request for Goalkeeper Equipment Exemption Form.

How to Measure Goaltender Height

1. Have tape measure fixed to wall, showing full view from floor to above the athletes' head.
2. Goaltender must be in shorts, T-shirt and bare feet.
3. Goaltender stands up straight with heels against wall, head level.
4. A ruler is used to measure straight from the top of the athletes' head.
5. Pictures need to be full view from head to toe of the athlete.

