

12.9 OTHER

- 12.9.1 Players may not wear any jewelry, such as, but not limited to earrings, necklaces, bracelets, watches or rings. Medical information bracelets are allowed but should be taped securely to the player.
- 12.9.2 In Men's Field lacrosse all players are required to wear Shoulder pads and a protective cup

LC Operations Manual

12.9.2 In Men's Field lacrosse all players are required to wear Shoulder pads and a protective cup.

12.10 EQUIPMENT CHART

LC GOALTENDER EQUIPMENT SPECIFICATIONS

LC 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
3	Over 5'4"	4"	8"	3"

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

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

LC GOALTENDER EQUIPMENT STANDARD	HEIGHT	SHIN GUARDS AND PANTS		
		SHIN GUARD MAX. WIDTH BELOW KNEE	SHIN GUARD MAX. OF KNEE CAP	PANTS MAX. THIGH WIDTH
3	Over 5'4"	Tapered from 9" to 7"	11"	11"
2	4'6" – 5'4"	Tapered from 8" to 5"	9"	9"
1	Up to 4'6"	Tapered from 7" to 4"	7"	7"

Junior to Major effective April 1st 2010
 Minor Lacrosse grand fathered until 2012