



2023 REQUEST FOR GOALKEEPER EQUIPMENT EXEMPTION

Valid for the 2023 playing season only

This form will not be accepted without photographs of the goalie in equipment.

Please submit form to wendyd@lacrosse.ca by May 31, 2023

Late submissions will not be accepted

Player Name: _____

Address: _____

Player Date of Birth: _____ Age: _____

Height: _____ Weight: _____

Exemptions applying for (please check all that apply)

**Size of equipment permitted
based on height**

**Size of equipment
requested**

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Shoulder Pads

Leg Guards

Pants

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Reason for request: Please explain in detail why the larger size is required.

Parent/Player Contact Email: _____

Local Association Contact Email: _____

Local Association President Name
(Please Print)

Local Association President Signature

Member Association Signature

Approved by LC

Not Approved by LC

Date of Approval

S&E Committee Chair Signature



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
Category 3	5'5" and above	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
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**

LC GOALTENDER EQUIPMENT STANDARD	HEIGHT	SHIN GUARDS AND PANTS		
		SHIN GUARD MAX. WIDTH BELOW KNEE	SHIN GUARD MAX. OF KNEECAP	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.

