



2025 REQUEST FOR GOALKEEPER EQUIPMENT EXEMPTION

Valid for the 2025 playing season only

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

Please email form to equipment@lacrosse.ca by May 31, 2025.

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)**

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

Shoulder Pads

Leg Guards

Pants

**Size of equipment
requested**

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

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

Parent or Guardian /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 (UPDATED MAY 2024) 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	Greater than 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
Category 2	Greater than 4'6"	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 KNEE CAP	PANTS MAX. THIGH WIDTH
Category 3	Greater than 5'4"	Tapered from 9" to 7"	11"	11"
Category 2	Greater than 4'6"	Tapered from 8" to 5"	9"	9"
Category 1	Up to 4'6"	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.

UPDATED MAY 2024



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.

