Field Lacrosse Equipment Guidelines

For the fall field season, the ***Ontario Lacrosse Association*** looks at the gear you need, to bring your game...

PLAYER

Helmet: All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form.

Facemask: Cannot allow the head of the stick or ball to make contact with the face.

Mouth Guard: Mandatory.

Shoulder Pads: One piece pad made of flexible, high density impact foam pad with poly-plastic shoulder caps. When properly fitted offers protection for upper body and shoulders.

Lacrosse Gloves: High density impact foam and leather offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility.

Arm & Elbow Guards: Light weight hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

Lacrosse Stick: Plastic head with aluminum, carbon graphite or titanium enhanced alloy shafts of various shapes and textures. The stick cannot be strung to with-hold the ball from play. Only one stop allowed.

Lacrosse Stick Width:
Standard stick width specifications are 4″ to 10″ inside measurement at the widest point.

Lacrosse Stick Length:

- **Pee Wee and under (12 years and under)** — 34″ to 46″ **or** 52″ to 72″
- **Bantam and up (13 years +)** — 40″ to 46″ **or** 52″ to 72″
- **Federation of International Lacrosse (FIL)** — 40″ to 42″ **or** 52″ to 72″

Rib & Back Pads: A one piece light weight plastic and high density impact foam pad which offers protection for the rib and back area.

Lacrosse Cleats: Only grass or field turf cleat allowed.

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WARRIOR

GOALKEEPER

Lacrosse Stick: Standard goalkeeper stick width specifications are up to 15″ inside measurement at the widest point and an overall length of between 40″ and 72″.

Helmet: All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form. Goalkeeper throat guard is mandatory.

Facemask: Cannot allow the head of the stick or ball to make contact with the face.

Mouth Guard: Mandatory.

Chest Protector: A mandatory protector for the upper body made of impact-absorbing memory-foam construction, offering flexibility and unrestricted movement. Adjustable shoulder and waist straps allow custom fitting.

Arm & Elbow Guards: Optional.

Goalkeeper Gloves: High density impact foam and leather offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility.

Goalkeeper Pants: Shorts or track pants may be worn. Optional: Goalkeeper pants with anatomic mobility design and high impact foams.

Goalkeeper Shin Guards: Optional.

Lacrosse Cleats: Only grass or field turf cleat allowed.

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