

# GIRLS' GOALIE EQUIPMENT



## Required Equipment

### 1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard
- » performance specification and SEI certified



### 2. THROAT GUARD

- » Separate from helmet & required for goalies
- » Attach with snaps/screws/other fasteners
- » Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

### 3. CHEST PROTECTOR ★★

- » Covers front torso, neckline to below navel
- » Body straps must be secured to the front of pad – adjust for a snug, comfortable fit
- » SEI WEBSITE

### 4. GOALIE GLOVES

- » Hand must be fully inserted in glove
- » Includes goalie specific additional thumb protection

### 5. LEG PADS

- » Must protect shins and thighs
- » May not use field hockey goalie pads

### 6. PELVIC and ABDOMINAL PROTECTION

- » Generally incorporated as a part of thigh padding

### 7. CROSSE

- » Must adhere to Rule 2 Section 3, Appendix B
- » Legal Stick List- [uslacrosse.com/legal-womens-sticks](http://uslacrosse.com/legal-womens-sticks)

### 8. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



## Optional Equipment

### 9. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps



*\*\*Starting with the 2021 season, goalies MUST wear goalkeeper chest protectors which meet the NOCSAE ND200 lacrosse standards at the time of manufacture.*