

Arm Pads (optional)

Lightweight, high density foam that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow



Back & Kidney Pads

(optional for goaltender)

A one piece lightweight plastic pad which offers protection for the back and kidney area



Chest Protector

A mandatory pad made of high density foam, offering flexibility, protection and full range of motion



Gloves

Field/box lacrosse gloves offer excellent protection and flexibility. Hockey gloves can be used, but they don't offer the same grip or flexibility. Palms may be cut out, but fingers must be encased. Goaltenders are NOT allowed to wear hockey goaltender gloves

Goaltender Pants

Track pants may be worn, but for a particular team they must be of the same colour, and it is recommended that they be of different colour from those worn by the opponents



Lacrosse Goal Stick

The inside measurement of the goaltender's stick cannot exceed 15 inches (38.1 cm). The goaltender's stick may be any desired length



Mouth Guard

Mandatory

Shoulder Pads (optional)

A one piece pad of flexible, durable material when fit properly offers protection for upper body and shoulders



Helmet & Facemask

All helmets MUST be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap and cannot be altered from the manufactured form. The facemask cannot allow the head of the stick or ball to make contact with the face



Molded Cleated Footwear

Athletic Support & Cup

(Jock or Jill)



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