

Goalkeeper Exemption Guidelines

To help with the exemption process, here is what I am asking for and need from you.

- Your Association President must be notified of the exemption request and sign the Lacrosse Canada document prior to sending it to the BCLA office.
- Don't send Lacrosse Canada form directly to Lacrosse Canada. It must be approved by us (BCLA) before we send the request in to Lacrosse Canada on your behalf.
- When completed, send the request with pictures to Deb (debheard@bclacrosse.com). She forwards these to me for approval. Once I approve, I send them to Deb to forward to Lacrosse Canada. Once Lacrosse Canada approves, they send us an approval form that we send back to the person making the request. This can take 2-3 weeks, so best to do before the season starts.
- Lacrosse Canada has established height measurements to determine sizes for goalie equipment. When sizing their equipment use the attached sizing/equipment chart (see below). If after accurately measuring your goalkeeper, you find you need an exemption based on the information in the equipment chart, send in a picture as outlined in the "how to measure goaltender height" (see below).

I hope this helps all of you when making a goalkeeper exemption request. Since moving to height-based equipment specifications, there has rarely been a need for an exemption.

Gordon McIntosh
Minor Directorate Chair



2024 REQUEST FOR GOALKEEPER EQUIPMENT EXEMPTION

Valid for the 2024 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, 2024

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.



LACROSSE CANADA
CROSSE CANADA

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.

