

## Goalkeeper Exemption Guidelines - Gord McIntosh, Minor Directorate Chair

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 ([debheard@bclacrosse.com](mailto:debheard@bclacrosse.com)).
- The guidelines for goalkeeper equipment were updated in 2024. Read the document before you consider making a request.
- Don't send the goalkeeper equipment exemption form directly to Lacrosse Canada. It must be approved by the BCLA before we send the request in to Lacrosse Canada on your behalf.
- **When completed, send the request with pictures to Deb Heard ([debheard@bclacrosse.com](mailto:debheard@bclacrosse.com)) NOT Lacrosse Canada.** 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 it is 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-the appropriate-pictures. 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

## **Equipment Specifications**

The Goalkeeper Exemption form has been changed using height-based criteria. Equipment manufacturers make equipment based on height and weight specifications. Adjustable straps on equipment ensure that the athlete has a safe and proper fit to their equipment.

Using these criteria, the expectation is that there will be fewer exemptions required as the athlete's equipment is based on their height rather than their age category.

The Equipment Chart (12.10) below from the Lacrosse Canada Operations Manual outlines the height specifications for each piece of equipment and category. If the standard equipment is too big for a goalkeeper, they may go down a size without requiring approval from the Lacrosse Canada Safety & Equipment Review Committee.

It is Lacrosse Canada's intent to keep the goalkeepers in the category where they belong, however due to growth spurts and athletes who fall outside the standard growth chart, exemptions may be made by submitting a *Request for Goalkeeper Equipment Exemption Form* (available below). An exemption may only be granted on the basis that it is necessary for player safety.

### **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 with the measurement clearly visible.



## 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](mailto: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



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