

Player Equipment

Lacrosse Stick
Stick length:
PeeWee and down: 34" - 46"
Bantam and up: 42" - 46"

Face Mask
The mask must be CSA approved for ice hockey or a NOCSAE approved Calcoat mask Model #411Sr or #414 Jr. All masks **MUST** be approved for helmet model that it is mounted on.

Helmet
All helmets **MUST** be CSA approved for ice hockey. The helmet must have a chin strap and cannot be altered from the manufactured form.

Shoulder Pads
One piece pad made of flexible, durable material when fit properly offers protection for upper body and shoulders.

Back & Kidney Pads
A one piece light weight plastic pad which offers protection for the back and kidney area.

Gloves
Field Box lacrosse gloves offer excellent protection and flexibility. Short cuff hockey gloves can be used, but they don't offer the same grip or flexibility.

Mouth Guard
Mandatory

Arm Pads - 2 types
Light weight, hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

Athletic Support & Cup (Jock or Jill)

Goaltender Equipment

Helmet
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 Cascade Helmet is approved in British Columbia and Ontario (Goaltenders ONLY.)

Face Mask
The mask must be CSA approved for ice hockey or a NOCSAE approved (Calcoat mask Model #411Sr or #414 Jr.) All masks **MUST** be approved for helmet model that it is mounted on.

Throat Guard
Made of hard plastic, attaches to goalie face shield, protects throat and neck.

Upper Body Goalie Protector
Floating shoulders for full range of motion, protection for shoulders, biceps, and forearms. Hard fibre arm guards for maximum protection.

Goalie Pants
Snug fitting with waist, and thigh protection

Goalie Leg Pads/Irons
Made of hard plastic, allows for full range of motion, straps to legs and covers the ankle and the top of the feet.

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.

Athletic Support & Cup (Jock or Jill)

Mouth Guard
Mandatory in British Columbia and Ontario