

## 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 LC document prior to sending it to the BCLA office.
- Don't send LC form directly to the CLA. It has to be approved by us (BCLA) before we send the request in to LC on your behalf.
- When completed, send the request with pictures to Deb. She forwards these to me for approval. Once I approve, I send them to Deb to forward to LC. Once LC 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.
- LC has gone to height measurements to assign sizes for goalie equipment. This is new since we last had to do any reviews. Size their equipment accordingly.
- If your goalkeeper does not fit the equipment that is appropriate for their height, here are the steps to take.
- Here is what I need for pictures please.
- You can apply for one or all of leg guards, pants and uppers
- I need pictures with the goalie wearing the equipment that you claim is too small, including proof of the size (1 or 2 showing on the equipment. This may require a separate picture)
- For leg pads, this is usually the height of the pad or the length of the toe cap.
- For pants, this is usually the length of the leg or the waist size
- For uppers, this is usually the length of the arm or the length of the belly pad
- I want 1 picture with all the equipment on that doesn't fit. The goalie should be facing the camera and should be a full body image. I need to see the gaps in fit.
- Pictures of the goalie with the different pieces of individual equipment that don't fit. I need to see where it is too small.
- **I don't want pictures of the equipment that fits. I am fine in assuming that if one size doesn't fit, then the next size up does.**

I hope this helps all of you when making a goalkeeper exemption request.

Gordon McIntosh

Minor Directorate Chair



## 2023 REQUEST FOR GOALKEEPER EQUIPMENT EXEMPTION

*Valid for the 2023 playing season only*

This form will not be accepted without photographs of the goalie in equipment.

**Please submit form to [wendyd@lacrosse.ca](mailto:wendyd@lacrosse.ca) by May 31, 2023**

**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

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Leg Guards

Pants

**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.



## 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.

