

Box Equipment

Equipment

PROTECTION FROM ACCIDENTS

Running Shoes

Select shoes for grip, ankle support and protection and match with the player's age and weight and level of play. Examples would be a high cut for support and protection; a lacrosse, cross-trainer, or tennis shoe for wear and a softer soled basketball shoe for grip on smooth surfaces.

The shoes used for playing lacrosse should not be used as street shoes and box lacrosse shoes should not be used for playing field lacrosse or vice versa. Check older shoes to make sure they fit (two finger rule) and that they still have ample support and traction.

Knee Pads

Knee pads with a sponge type layer are necessary to protect the knee from falls and scrapes. The pads must be tight enough so that they stay up but not too tight or stiff to interfere with movement. Roller blade or skate board pads fall into this latter category and should not be used.

Groin Protection

Athletic Support and Cup and Jill Straps for all ages.

Elbow Pads

Often used because of the improved protection with arm pads when the arm pad does not give adequate protection and in non contact games to provide protection for the elbow joint.

Helmets and Masks

Helmets and masks must be CSA approved. (CSA will acknowledge other bodies such as NOCSAE, the National Organization Committee for Safety in Athletic Equipment, for field lacrosse helmets). Approved hockey and field lacrosse helmets and masks are acceptable. Face mask must not be altered by removing any of the bars. Helmets should always be checked to make sure of a good fit and that there are no loose screws, cracks and worn padding. Straps must be fastened at all times to securely hold the helmet and mask in place.

Mouth Guards

Mouth Guards are mandatory to reduce the effects of concussion and to protect the teeth. There are sanitary and safety advantages to the variety that attach to the helmet

PROTECTION FROM CONTACT

Rib/Kidney and Back Pads

Back and kidney pads are often sold as a combination jacket type protector. This pad is not required for the non-contact games and is a safety device for partial contact games of younger players. For older players it is a necessary piece of equipment because of the vulnerability of the back, kidneys and ribs.

Gloves

Lacrosse gloves are light and flexible and are specifically designed for the freedom required for stick handling. The cuffs must be tight enough to cover the wrist, but loose enough to allow for unrestricted movement. Used gloves can be used as long as they still conform to the hand when gripping the stick.

Hockey gloves can be used but it should be noted that due to the stiffness of the wrist and thumb they interfere with the handling of the stick. Some players cut out the palms and fingers to improve the feel for the stick.

Warning: Leave enough of the palm in to hold the glove together and to keep it on the hand. Leave the finger tips in so that the glove will bend with the hand as the fingers curl around the handle of the stick. Gloves that do not cover and protect the hands will be removed from play.

Arm and Shoulder Pads

Checking in lacrosse takes place on the arms and shoulders. The pads must have a cushioning affect to absorb the forces of contact and must be hard enough to withstand direct hits from the stick. Shoulder and arm pads are sold as one unit with the parts laced together so they can be adjusted to the size of the players.

Alternatives

Hockey shoulder pads can be used but must have the elbow and forearm sections added. Sometimes small children only require a hockey shoulder pad, elbow pads and gloves because their arms are so short all three pads overlap each other.

Coaching Tip

Pads and helmets that are too small or too large will interfere with movement or result in injuries. At the beginning of the season adjust all pads to match the size of the player and to ensure all vulnerable areas are covered. Then, throughout the season keep them repaired and adjusted for size as the player grows. Pads, like a new pair of jeans, will move and stretch thus exposing parts of the body – deal with these problems immediately. Also, hang pads up to dry after each use and wipe them down with soap and water before storing. Some pads such as the arm pads may require additional parts laced or taped on as the player enters into more intense levels of play.

GOALTENDER EQUIPMENT

Everything that has been said about the player equipment, the fitting and the protection applies to goaltender equipment from the cup to the stick. However, there are some areas that are unique to goaltending equipment that coaches need to be aware of.

Fit

Because the goaltender equipment is often supplied by the team, more attention must be given to adapting it to the size of the player. Where a player is too much smaller or bigger than the average of the age group, coaches should

apply to the Association to exchange parts or the set for a closer fit. Make sure the throat protector, top of the shin pads and toe flaps stay in place during play.

Protection

Make sure that the force absorbing materials in the arm and leg pads haven't broken down. Do not add additional pieces of padding to the outside of the regulation equipment because of rules and maneuverability. If extra protection is necessary, change the equipment or reinforce the problem areas with hi-density compressed foam applied to the inside of the pad or glove. Note: Players are permitted to wear extra padding in practice when and where necessary.

Dressing the Goalie

1. Cup
2. Knee Pads
3. Shoes
4. Pants
5. Leg guards
6. Chest and arm protector
7. Jersey
8. Helmet and mask
9. Gloves

Coaching Tip

When goalies express a problem with their pads, coaches must make sure that :

1. The goalie is not turning away,
2. The equipment is giving adequate protection.

Players that are in their early stages of learning often expose unpadded areas to the flight of the ball. To prevent injury, either add pieces to the equipment or to the body.

Examples: inner arm and inner thigh. For the inner thigh, roll foam into a cylinder and insert into the thigh pockets.

Box Lacrosse Equipment Guidelines

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Lacrosse Stick

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



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.



Face Mask

The mask must be CSA approved for ice hockey or a NOCSAE approved Calcoat mask. Model #4113Sr or #414 Jr. All masks MUST be approved for helmet model that it is mounted on.

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.

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.

Athletic Support & Cup (Jock or Jill)



Ryan Denholm
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Box Goaltender Equipment Guidelines

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 #411 Sr or #414 Jr.) All masks MUST be approved for helmet model that it is mounted on.

Upper Body Goalie Protector

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

Throat Guard

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

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.

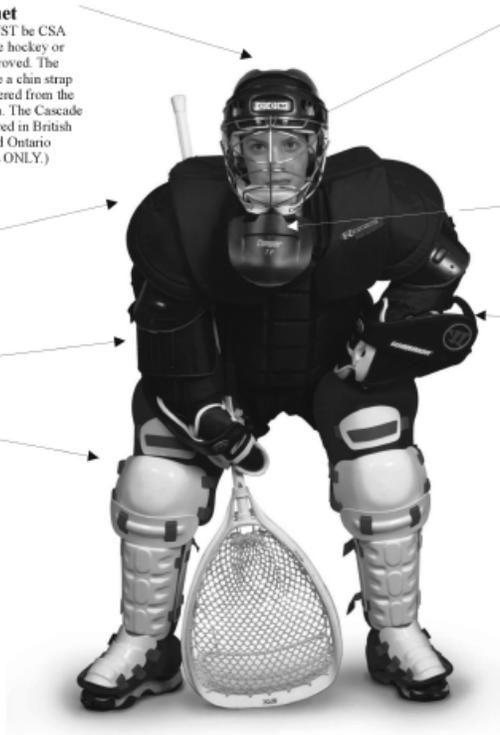
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Mouth Guard
Mandatory in British Columbia and Ontario



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