

Goalkeeper Exemption Guidelines 2026 - 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).
- The guidelines for goalkeeper equipment were updated in 2023. 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. Remove this section**
- **When completed, send the request with pictures to Deb Heard (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



**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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2026 Request for Goalie Exemptions

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

Please email form to admin@lacrosse.ca AND ndtpcoordinator@lacrosse.ca with the email subject - GK Exemption 2026 by May 31, 2026. 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 (based on height)		Size of equipment requested
<input type="checkbox"/>	Shoulder Pads	<input type="checkbox"/>
<input type="checkbox"/>	Leg Guards	<input type="checkbox"/>
<input type="checkbox"/>	Pants	<input type="checkbox"/>

Reason for Request:

Parent or Guardian/Player Contact Email: _____

Local Association Contact Email: _____

Local Association President Name (Please Print)

Location Association President Signature

Member Association Signature

Approved by LC

Not Approved by LC

Date of Approval: _____

LC Staff Approval: _____