

SECTION 12: Safety and Equipment

1. Safety Policy

- 1.1 The fundamental concepts of the safety policy are to establish a standard of care intended to reduce the risk of injury from contact which is inherent in and incidental to the sport and to identify the responsibilities of the various participants.

2. General

- 2.1 Player safety and the use of proper equipment is the responsibility of many parties including:
- 2.1.1 Players and parents (of minor players) are responsible for providing and maintaining proper equipment.
 - 2.1.2 Coaches, trainers and team personnel are responsible for inspecting players' equipment and preventing the use of improper equipment.
 - 2.1.3 Game officials are responsible for enforcing the rules of the game.
- 2.2 All players are required to wear protective equipment as described and/or limited in the rules of play or *Operations Manual* approved by the CLA.
- 2.2.1 In Box Lacrosse the use and/or prohibition on the use of protective equipment shall be as published by the CLA in the Rules of Box Lacrosse *or the Operations Manual*.
 - 2.2.2 In Men's Field Lacrosse the use and/or prohibition on the use of protective equipment shall be as published by the ILF in the Official Rules of Men's Field Lacrosse *or the Operations Manual*.
 - 2.2.3 In Women's Field Lacrosse the use and/or prohibition on the use of protective equipment shall be as published by the IFWLA in the International Women's Lacrosse Rules *or the Operations Manual*.
- 2.4 Equipment shall be manufactured by a professional manufacturer, and shall not be altered in any way which will decrease the protection to the player, increase the risk of injury to an opponent or void the manufacturer's warranty.
- 2.5 Any equipment which violates this policy and/or the rules of play will be removed from the game and, where required, appropriate penalties will be given.

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2.6 Where equipment dangerous to an opponent has been used, the game officials shall report the occurrence, via the standard incident report, to the appropriate governing body.

3. Helmets

3.1 For Box Lacrosse and Men's Field Lacrosse, all players are required to wear an approved helmet which must meet either of the following guidelines:

3.11 A Lacrosse Helmet that has N.O.S.C.A.E. approval with an attached facial protector can only be worn as a complete unit.(no alterations accepted) eg: Another mask cannot be worn on this helmet. Please see CLA website for a list of approved lacrosse helmets.

3.12 A hockey helmet that has C.S.A. Approval meets the standards of the C.L.A. Operating Policy. An approved facemask as stated in Section 12, clause 4 -Facial Protection must be attached. Please see the CLA website for a list of approved helmets and masks.

3.2 Lacrosse is a sport with intrinsic hazards. Participation in Lacrosse implies the acceptance of some risk of injury. Use of a helmet certified under these Standards will not prevent all injuries. When used as intended for Lacrosse and in accordance with the manufacturer's fitting instructions, the use of the helmet certified under these Standards is intended to reduce the frequency and severity of head injuries.

3.3 The Standards establishes certain mandatory/minimum requirements for Lacrosse helmets in the following areas:

- (a) materials used in fabrication;
- (b) assembly, design and finish;
- (c) helmet size and area of head coverage;
- (d) impact resistance;
- (e) penetration resistance;
- (f) strength and durability;
- (g) labels, tags and markings.
- (h) Chin strap that can be properly fastened.

4. Facial Protection

4.1 For Box Lacrosse and Men's Field Lacrosse, all players are required to wear a face mask firmly affixed to the helmet which must meet **all of the following guidelines**:

4.1.1 The facemask must be approved under the Canadian Standards Association (CSA) Standard for Ice Hockey or under the National Organizing Committee for Safety in Athletic Equipment (NOCSAE) Standard for Lacrosse.
(i) Please note: A NOCSAE approved facemask can be used with a CSA

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approved Helmet as long as attaching the facemask to helmet, does not alter the helmet in anyway (i.e.: drilling holes in helmet)

- 4.1.2 The face mask shall be designed to cover the wearer's entire face to the lower line of the jaw, and prevent the ball and/or the head of the stick from touching the face of the wearer.
- 4.1.3 The facemask must be finished so that it does not create a risk of injury to the wearer or another person when it is used as it is intended.
- 4.1.4 The Standards establish certain mandatory/minimum requirements for Lacrosse Face Masks in the following areas:
- (a) identification that states the model number
 - (b) CSA or NOSCAE Approval on the mask
 - (c) A chin cup protector (that protects the chin)
 - (d) A two or four point strap configuration that would allow the user to fasten the mask to the helmet.
 - (e) Name of Manufacturer
 - (f) Year or date of manufacture
 - (g) Junior or Senior mask.
 - (h) To be approved, a label must be attached to the mask and remain attached. The information must be easily visible to officials at all times.
- 4.1.5 Goalies are not permitted to wear Plastic facemasks. They can wear a CSA approved for Ice Hockey shell type mask with the 1" square screen. If the mask is changed to a cat eye mask, it is no longer CSA approved and will not be permitted. A goalie that is wearing a CSA approve Helmet can wear an NOSCAE approved lacrosse facemask with it.
- 4.2 For Women's Field Lacrosse, intra-oral mouth guards, properly fitted and worn as recommended, are mandatory. For Box Lacrosse and Men's Field Lacrosse it is recommended that players also use an intra-oral mouthpiece.
- 4.3 For Box Lacrosse and Men's Field Lacrosse, all players are required to wear a face mask as described above and a chinstrap properly fastened on both sides of the helmet.

5. Gloves

- 5.1 In Box Lacrosse all players are required to wear protective gloves, which meet the following requirements:
- (a) Must conform to the hand.
 - (b) All gloves must have a cloth or leather covering.
 - (c) All protective materials (ie: plastic or rubber) must be under the covering with no additional attachments.

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- (d) The player's entire finger must be encased within the finger of the glove.
- (e) Gloves cannot be altered in any way.

5.2 In Men's Field Lacrosse all players are required to wear protective gloves. The gloves may be palmless. The gloves must be worn in such a manner as not to expose the fingers to the risk of injury. The athlete's entire finger must be encased within the finger of the glove.

5.3 Wrist protection pad and the cuff must be fastened and not allow exposure of the wrist area. It is required that, when wearing gloves specifically designed for Lacrosse, the wrist joint protector pad should be in place and properly secured.

5.4 In Women's Field Lacrosse close-fitting gloves may be worn but are not mandatory.

6. Shoes

6.1 All players are required to wear suitable athletic shoes. No shoe will be permitted which includes cleats that are made of metal or with a metal tip.

7. Goaltenders

7.1 The special equipment required for the goaltender must be constructed solely for the purpose of protection of the head or body.

7.2 In Box Lacrosse, in addition to helmet, face and glove protection, all goaltenders are to wear chest, shoulder and arm pads, and a suitable throat protector. The goalie equipment must conform to the following:

- (a) **gloves:** a standard lacrosse goaltender glove, which may not be altered. No additional padding/material/attachments may be added to the glove.
- (b) **pants:** no internal or external padding is permitted on the pant leg or waist beyond that to provide protection (no outside ridges)
 - (i) the maximum width (straight line) of the thigh pad across the front of the leg is eleven inches (11"). If the groin and or hip pads extend beyond the front edge of the thigh pad, they are also to be included in this eleven-inch measurement. This measurement is to be taken while the goaltender is in an upright standing position. This measurement is to be made five inches (5") from the bottom of the pant.
- (c) **shin pads:** Shall not exceed nine inches (9") in extreme width from the base of the shin pad at the ankle to the base of the kneecap when the shin pad is on the leg of the goaltender. Calf protector must follow the contour of the calf and ankle. No

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alterations or attachments are permitted. Knee pads must comply with manufacturing standards, may not be altered, and must conform to the body.

- (d) **Arm and Chest Pad:** Shoulder cap protectors must follow the contour of the shoulder cap in a rounded manner without any pointed or squared projections/extensions beyond the shoulder. The contoured padding must not be more than five inches (5") in width outside the said goaltenders most outer bone point on each side. In addition the padding may not climb higher than three inches (3") above the plane of the said goaltenders shoulder.
- (e) **Jerseys:**
 - (i) No inserts or additions are to be added to a standard goaltender cut jersey as produced by the manufacturer.
 - (ii) No "tying down" of the jersey is allowed at the wrists if it creates a tension across the jersey such that a "webbing effect" is created in the armpit area.
 - (iii) No other tie downs are allowed that create a "webbing effect".
 - (iv) The length of a jersey is illegal if it covers any area between the goalies' legs.

8. Other

- 8.1 Players may not wear any jewellery such as but not limited to earrings, necklaces, bracelets, watches or rings. Medical information bracelets are allowed but should be taped securely to the player.