

NLL Initial Goaltender Measurement Form

TEAM: _____ DATE: _____

GOALTENDERS NAME: _____

Weight (lbs) _____

1) WIDTH BETWEEN SHOULDERS:

Instructions: do measurement WITHOUT PADS ON. Apply the edge of a caliper to each shoulder (**at widest point, approx. 2 inches below point of shoulder**) so that the caliper will form a right angle at the outside edge of each shoulder. Record measurement in inches.

The maximum width between shoulders with pads on shall be _____ + 6 = _____

2) HEIGHT OF SHOULDER

Instructions: do measurement with goalie wearing standard running shoes and WITHOUT PADS ON. Place the goalie against a wall. Measure from floor to the top of the shoulder. Record measurement in inches.

The maximum height from shoes to shoulder, with pads on, shall be _____ + 2 = _____

3) WIDTH OF ABDOMEN

Instructions: do measurement WITHOUT PADS ON. Apply the edges of the caliper to sides of the abdomen, (measuring across from belly button up to the sternum) and locate the widest point. Take measurement at the widest point. Record measurement in inches.

The maximum width across the abdomen, with pads on, shall be " _____ + 5 = _____

Note: Once an initial assessment has been made for each goaltender, the League will compile a database for all initial measurements and provide to the officials for their use in measuring goalies moving forward. Goalies will be required to wear their proper size of pant for games.

Note: Officials shall reference Rule 35 for all other goalie equipment measurements. All pregame measurement inspections are done with the goalie not wearing a jersey.

PLEASE RETURN THIS FORM TO THE LEAGUE OFFICE (blemon@nll.com)