



# Box Lacrosse Equipment Checklist

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Links are included for examples



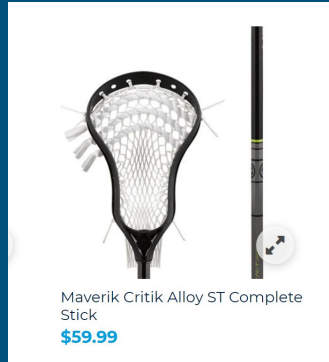
# Sticks

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**Girls:** Stringing is a good starter box lacrosse stick or anything on Lax.com

<https://www.lax.com/men/lacrosse-sticks/lacrosse-complete-sticks/>

**Boys:** Your light field shaft will have a higher chance of breaking. Think about getting a box lacrosse shaft, it is a little heavier and thicker.



# Shoulder Pads

**Girls:** You need NOCSAE ND 200 shoulder pads that include the bicep pads and have padding across your back.

<https://www.lax.com/men/protection/lacrosse-shoulder-pads/>

**Boys:** You need NOCSAE ND 200 shoulder pads that include the bicep pads and have padding across your back.

<https://www.lax.com/men/protection/lacrosse-shoulder-pads/>



Bicep pads

# Elbow Pads

**Girls:** Any of the elbow pads that are long, NO small pads/caps

<https://www.warrior.com/FBPEG18-M.html>

**Boys:** If you have elbow caps, you'll need big arm guards

Too small (these are pads/caps) not full coverage



STX Cell 5 Elbow Pad  
\$64.99

STX Stallion 900 Arm Pad  
\$109.99

Nike Vapor Elite Arm Pad 2021  
\$99.99

Maverik M5 Arm Pad  
\$74.99

Nike Vapor Select Arm Guards  
\$99.99

STX Stallion 400 Arm Pad  
\$54.99

# Rib/Kidney Pads

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**Girls & Boys:** Any of these are fine - these are mandatory

<https://www.lacrosseunlimited.com/mens-lacrosse/protective-gear/box/>



TRUE HZRDU Box Lacrosse Kidney Pads

\$59.99



STX Stallion 200 Rib Pads

★★★★☆ (2)

\$44.99

# Gloves

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**Girls & Boys:** any padded lacrosse gloves work

<https://www.lax.com/men/protection/lacrosse-gloves/>



Epoch Integra Select Gloves  
~~\$99.99~~ **\$84.99**



Warrior Burn Pro Gloves  
**\$149.99**

# Helmet

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**Girls:** Hockey helmet with face mask or any SEI certified lacrosse helmet with face mask.

**Boys:** Hockey helmet with face mask or any SEI certified lacrosse helmet with face mask.

<https://www.lacrosseunlimited.com/fatboy-alpha-pro-white-box-lacrosse-helmet.html>

<https://www.purehockey.com/c/hockey-protective-helmets>

<https://www.lax.com/men/protection/lacrosse-helmets/>

# Goalie

## CLA Goalie Sizing Chart

CLA Patch Age Division

- |   |               |
|---|---------------|
| 1 | Tyke & Novice |
| 2 | Pee Wee       |
| 3 | Bantam & up   |



## GOALTENDER

**Helmet:** All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form.

**Facemask:** Cannot allow the head of the stick or ball to make contact with the face. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.

**Goaltender Throat Guard:** Mandatory. High-grade plastic construction, attaches to goalie face shield, protects throat and neck.

**Mouth Guard:** Mandatory.

**Arm & Chest Protector:** A mandatory one piece upper body protector constructed from high density/low density closed cell foam and high-density polyethylene plastic provides superior protection. Fully moulded plastics with offset ridging used in key areas for maximum safety. Articulating belly and arms designed to keep protective padding in place and maximize flexibility. Full back and kidney padding offer the goalie greater protection.

**Goaltender Gloves:** High density impact foam and leather or nylon offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility.

**Goaltender Pants:** Exclusively for lacrosse goalies. Extensive frontal protection combined with inner thigh inserts provide safety in crucial key areas. Moulded components maximize safety using lightweight, breathable materials. Anatomically designed for protection and mobility.

**Goaltender Leg Guards:** Moulded from high-density polyethylene (HDPE 5100) providing superior protection. Inner cradle stabilizes leg pad, side extensions offer complete calf coverage. Full ankle drop with moulded inserts provide maximum foot protection, multi strapping anchors pad in place.

**Lacrosse Stick:** Standard goalkeeper stick width specifications are up to 15" inside measurement at the widest point and no restriction on overall length.

**Lacrosse Shoes:** Suitable indoor shoes.

**Athletic Support & Cup**

**BODDAM**  
LACROSSE • TOTALLY CANADIAN