



Technical Bulletin 14-02
Helmets and Facemasks
Update on Facemask and Helmet Requirements for January 1st, 2014

There are three helmet options for a Lacrosse player to use:

1. Field Lacrosse Helmet NOCSAE approved;
2. CSA approved Hockey Helmet and CSA approved Hockey facemask Combo;
3. CSA approved Hockey Helmet and CSA approved Lacrosse facemask Combo;

There are currently three CSA approved facemasks for lacrosse:

1. Marty O'Neill MX-13 Senior & Youth (**NEW**)
2. OTNY Junior & Senior mask
3. Gait G7 Senior & Junior

Overview of attaching facemask to the helmet (more info available by watching [this video](#)):

- The helmet J Clips should be properly aligned with the facemask to hold it in place to absorb any impact the face-mask may take. Adjust the J clips as needed so there is contact onto the chin with the chin cup.
- Lock the cage into the J clips.
- Side straps and chin cup should be adjusted so that they are snug holding the cage and chin cup directly to the players chin while allowing you to talk.
- To ensure a safe and proper installation the chin strap on the chin cup must be attached around the centre bar above the lowest bar of facemask and not aligned with any other bar on the facemask.
- The strap should wrap around the centre vertical bar.
- If you attach the strap and chin cup too high it will move around and the proper protection will not be achieved.

Please note that, effective January 1, 2014, the following policy is no longer valid:

12.4.2.2.1 For the 2013 season, players in the senior age category, defined as "over 21" in 18.2 may use the non-CSA approved facemask that was approved for use in 2012;

Note: Equipment that violates the specifications contained in this bulletin will be removed from the game and, where required, appropriate penalties will be given.

For more info on equipment from the CLA, please visit [the equipment section of our website](#).

For more info with regards to equipment for Referees, please visit [the officiating section of our website](#).

Should you have any questions in regard to this bulletin, please contact the CLA Office at info1@lacrosse.ca or 613-260-2028 x. 301.

Enjoy the game and play safe.