



## Mackenzie Minor Lacrosse Association Equipment List

- Helmet & cage, CSA for hockey or NOCSAE approved with a chin strap
- Shoulder pads
- Elbow pads / slash guards
- Athletic supporter: cup / jill strap
- Back and kidney pads
  - \*U7 not mandatory but recommended
- Gloves
- Mouth guard – **mandatory**
  - It is **strongly** recommended that U7-U9 get used to wearing a mouth guard. However, it will not be enforced during practices or games
  - \*coaches cannot assist with mouth guards
- Jersey
- Lacrosse stick
- Labelled water bottle. Please use one that can be consumed without removing the player's helmet
- Running shoes – must be indoor only
- Shorts – comfortable running basketball shorts / leggings
- Optional – knee pads

### Hockey equipment that can be used:

- Helmet with cage
- shoulder pads
- elbow pads
- gloves
- athletic supporter cup/jill
- mouth guards

Please ensure your players equipment is legal, comfortable and fits correctly. MMLA strongly suggests players get comfortable wearing it before the start date.