

ALTONA LACROSSE CLUB



RECOMMENDED EQUIPMENT

2023

Introduction:

The following equipment is a non-exhaustive list of equipment you may wish to consider for purchase. In the case of goalie protective equipment, the chest pads and shoulder pads are considered the safest on the market. The assessments of safety are from the [National Operating Committee on Standards for Athletic Equipment](#) (NOCSAE) in the USA.

Anyone considering goalie gear should refer to this list. If the goalie padding does not specify it meets NCOSAE standards then do not buy it. The standards list those chest pads and shoulder pads considered the safest in preventing “Commotio Cordis”.

Commotio Cordis is an often fatal injury that occurs when a person is hit in the chest, with an object such as a lacrosse ball, and that impact triggers a dramatic change in the rhythm of the heart. If a player does collapse and there is no pulse or breathing, then using an AED is best practice. For every one minute delay in getting shocked by the AED, there is a 10% drop in survival rate. If an AED is unavailable or is being readied then begin CPR.

With helmets, nearly all modern lacrosse helmets are excellent for our game. The STX may be slightly safer where the Cascades may offer better vision and comfort so it comes down to personal choice.

Shoulder pads with extra padding around the heart are a compulsory safety item in the USA. They are not compulsory in Australia but given the risks, I would strongly recommend considering wearing them. Do not buy any shoulder pads that do not meet NOCSAE standards.

The choice of sticks is varied. However, as a guide, if you are a faceoff look for flexible sticks specifically designed for face off. If you are a defender you may go for a wider head stick with slightly less flexibility. An attack player may go for a smaller head which holds the ball well. Midfielders will likely prefer a stick that holds the ball well but is also good for defense.

Gloves are a matter of choice but you may want to look at the thumb protection as a lot of players get hit there, or you may be concerned with wrist protection. Goalies have extra padding in the thumb. Again, it is a matter of personal choice. With gloves we recommend going a size bigger than you think you need.

With armpads, we would recommend the longer pads rather than the elbow guards. Some players, particularly defenders, prefer the smaller elbow guards as they are not often on the receiving end of ferocious checking! Some shooters also feel they get more freedom for ripping top corners from the smaller pads, but we still recommend the extra protection of the armguard – even if it might (slightly) affect the ability to fire a shot or make a good pass. Again, if unsure, get the bigger size.

The prices quoted are very much a guide only and are in Australian dollars, they do not include shipping. We encourage that you shop around. For new and young players, we would recommend looking at some of the starter equipment packages (eg STX stallion 50 beginner set) as they appear good value for money.

The descriptions of the items come from webpages selling the items so they should not be treated as 100% accurate. You are encouraged to do your own research.

The Club committee would be happy to assist anybody with advice when considering equipment purchases.




Relevant NOCSAE standards can be found at <https://www.seinet.org/search.htm/> under "USA lacrosse".



Contents

GOALIE CHEST PROTECTORS.....	4
GOALIE THROAT GUARDS	6
GOALIE PANTS.....	7
GOALIE GLOVES.....	8
SHOULDER PADS	10
HELMETS	12
GLOVES.....	15
ARMGUARDS.....	17
GOGGLES.....	18




GOALIE CHEST PROTECTORS

ITEMS TO NOCSAE STANDARDS - Lacrosse Goalie Chest Protectors



BRAND	MODEL	DESCRIPTION	SIZING	Price Guideline, AUD not including shipping	Picture												
Maverik	Max EKG Goalie Pad	The MAX EKG Goalie Chest Pad progressive design allows for maximized movement with minimum bunching when making dynamic movements. Featuring Maverik's EXTERNAL KARDIAC GUARD (EKG), our revolutionary pad that meets the new NOCSAE performance standard ND200 to help address commotio cordis.	Sizes: XS, S/M, L/XL <table border="1"> <tr> <td>Size</td> <td>Height</td> <td>Weight</td> </tr> <tr> <td>Small</td> <td>4'6" - Under</td> <td>71 - 90</td> </tr> <tr> <td>Medium</td> <td>4'6" - 5'6"</td> <td>91 - 140</td> </tr> <tr> <td>Large</td> <td>5'6" - +</td> <td>141 - +</td> </tr> </table>	Size	Height	Weight	Small	4'6" - Under	71 - 90	Medium	4'6" - 5'6"	91 - 140	Large	5'6" - +	141 - +	\$270	
Size	Height	Weight															
Small	4'6" - Under	71 - 90															
Medium	4'6" - 5'6"	91 - 140															
Large	5'6" - +	141 - +															
Unequal	Hart II Goalie CC Chest Protector (Models 3401 – 3404)	Only goalie pad to meet ND200-21 standard. Unequal HART is the world's first technology shown to greatly reduce risk of sudden death from commotio cordis. The pad has 4-layers including one of Kevlar. The 4-layers absorb, disperse and dissipate the impact better than typical plastics and foam.	Sizes: S, M, L Small: Chest 26" – 36" Medium: Chest 37" - 45" Large: Chest 46" – 52" XL: Chest 53" -	\$250 +\$290 for optional right rib pad (recommended)													
Warrior	Nemesis Pro 19	NOCSAE impact standard approved Impax foam chest plate with inserts provide enhanced impact absorption at high and low speeds. 3-Piece chest pad construction allows for improved flexibility when crossing arms over for off-stick shots. Adjustable fit system allows you to build up or bread down your belly pad setup, provides maximum protection or increased mobility. Adjustable straps system for perfect fit and comfort	Sizes - S, M, L Medium 13-16 yo, 5'4" to 5'9", 110 to 150 lbs Large 17 yo - Adult, 5'9" - over, 150 lbs - over	\$270 Suitable for U17; Seniors													

BRAND	MODEL	DESCRIPTION	SIZING	Price	Picture
STX	Shield 400	The STX Shield 400 lacrosse goalie chest protector is ideal for the intermediate-level goalie and meets the new NOSCAE standard for goalie chest protection. Designed with freedom of motion as a priority, we've incorporated a floating chest plate, adjustable shoulder caps, and removable stomach pads so you can get the right fit for your style of play. Get fully fitted with our 3-way adjustable strap system.	Sizes Small, Medium and Large Shoulder Pad Height Weight Small 4'6" - Under 71 - 90 Medium 4'6" - 5'6" 91 - 140 Large 5'6" - + 141 - +	\$200	
STX	Shield 600	The STX Shield 600 lacrosse goalie chest protector is the choice for professional and elite college goaltenders alike. The Shield 600 is the most recent upgrade to our elite goalie chest protector, meeting the newly established NOCSAE impact standard. Our floating chest plate and integrated stretch zones offer flexibility and mobility, for faster reaction time and easier movement. The compression-moulded design offers a low-profile silhouette and lighter weight. Personalize your fit with our unique strap system which adjusts vertically and horizontally.	Sizes Medium, Large and XLarge Shoulder Pad Height Weight Small 4'6" - Under 71 - 90 Medium 4'6" - 5'6" 91 - 140 Large 5'6" - + 141 - +	\$290	




GOALIE THROAT GUARDS



Name and Price	Description	Picture
Cascade throat protectors \$15	The Cascade goalie throat piece is our oldest and most versatile throat protector. The Cascade goalie throat piece has a string attachment system which allows for it to fit on any helmet. For programs with rotating goalies with different helmets, the Cascade throat piece can be the perfect solution.	
Cascade throat protector \$60	These goalie throat guards are the most popular throat guards around. Cascades passion to protect really shows true not only in their helmets but their throat guards as well. Do not stand in front of the cage without one.	
STX eclipse throat protector \$60	Lacrosse goalie throat protector worn by the best high school and collegiate teams in the nation. Simple free-floating design. Polycarbonate, and attaches with a screwdriver. Adjustable front strap. Many goalies have started attaching the two back pieces with throw strings or sidewall laces. They make sure they are tight enough to keep the balls out - but this lets the throat piece "float" more and it is much more comfortable. This throat protector can be used with Cascade and STX helmets.	

GOALIE PANTS





STX Deluxe Pants AUD \$110	The STX Deluxe Lacrosse Goalie Pants feature a multi-zoned, full mesh body with moisture wicking properties to keep you as dry and cool as possible when you are being peppered by shot after shot. These pants are designed with a floating protective pad system that moves as you move for maximum mobility. These pants will provide the protection you need without inhibiting your play so you stay focused on the game in front of you.	 A pair of black lacrosse goalie pants with large protective pads on the front and sides. The STX logo is visible on the waistband and the bottom right of the image.
STX Youth Deluxe Pants AUD \$65	These are specially designed with youth players and extra padding in mind. Keep em safe and happy about their time in the goal. These are the best youth pant on the market for younger players.	 A pair of black lacrosse goalie pants with protective pads on the front and sides, designed for youth players. The STX logo is visible on the waistband.





GOALIE GLOVES

BRAND	MODEL	DESCRIPTION	SIZING	Price Guideline, AUD not including shipping	Picture
Maverik	Max Lacrosse Goalie Glove	The Maverik Max goalie gloves live up to the max in their name with no element spared when it comes to protection. The new 2025 model improves on the already popular 2022 model by adding extra knuckle panels and a two-part thumb design for more flexibility and protection.	Medium 12" Large 13" XL 14"	\$255	
Maverik	M5 Goalie Glove	The Maverik M5 is an updated version of the very popular M4 glove line. One of the great aspects of the M5 Goalie glove is its customizable fit at the wrist. Maverik gives you the choice between more protection or mobility in its adjustable cuff, perfect for those goalies who prioritize one over the other.	Small 10" Medium 12" Large 13" XL 14"	\$210	
Warrior	Nemesis QS Goalie Glove	The Nemesis QS hosts specifically built-in foam along the major contact points for the glove—D30 foam at your fingers and IMPAX foam along the knuckles—for added protection. The extra thin Authentic Pro Palm+ allows for the maximum feel of your stick whether going for a save or cradling as it only has a single layer, unlike other options.	Small 10" Medium 12" Large 13" XL 14"	\$320	

BRAND	MODEL	DESCRIPTION	SIZING	Price Guideline, AUD not including shipping	Picture
STX	Cell V Goalie Gloves	The STX Cell V Goalie Glove features everything that the Cell 5s for field players have plus an extra external plastic thumb guard. While this guard provides good protection, it can be a bit of an eyesore, especially considering that it's black and the glove only comes in white.	Small 10" Medium 12" Large 13" XL 14"	\$255	 A pair of white STX Cell V Goalie Gloves with black and yellow accents. The gloves are shown from a front and side perspective, highlighting the thumb guard and wrist straps.
Maverik	Rome Goalie Gloves	The Rome is like an M4 but designed specifically to meet the needs of elite level goalies. In addition to the usual thumb protection, the Rome reinforces the back of the hand with Poron XRD foam that is comfortable to wear but hardens on impact. The Rome is a great glove as the quality and protection makes it one of the best options available if you can swallow the high price tag.	Small 10" Medium 12" Large 13" XL 14"	\$255	 A pair of white Maverik Rome Goalie Gloves with black and teal accents. The gloves are shown from a front and side perspective, highlighting the wrist straps and the reinforced back of the hand.





SHOULDER PADS




Brand	Model	Description	Sizes	Price AUD	Picture
Maverik	Shift EKG Speed Shoulder Pad Liner	The Maverik Shift EKG Speed Shoulder Pad Liner meets the new NOCSAE performance standard ND200 to help address commotio cordis. Good for middie, LSM and defensemen as not as much coverage on shoulders for players being checked a lot.	Sizes: AS, AM, AL	\$238	
Maverik	Shift EKG Shoulder Pad	All of the same features as the Shift EKG Speed Pads with extra padding on the shoulders and removable bicep pads. Good for forwards or attacking midfielders.	Sizes AS, AM, AL	\$270	
Maverik	Max EKG Speed Shoulder Pad	The Maverik Max EKG Speed Shoulder Pad provides experienced players with a lightweight, comfortable fit while maintaining the External Kardiac Guard feature. This pad is a trimmed down version of the Maverik Max EKG Shoulder Pad.	Sizes: S, M, L	\$215	
Maverik	Max EKG Speed Pad 25	The Maverik Max EKG Speed Shoulder Pad provides experienced players with a lightweight, comfortable fit while maintaining the External Kardiac Guard feature. This pad is a trimmed down version of the Maverik Max EKG Shoulder Pad.	Sizes: S, M, L	\$215	





Brand	Model	Description	Sizes	Price AUD	Picture
STX	Stallion 900 Shoulder Pad	What's unique about these pads is that they're kind of a hybrid between liners and shoulder pads. They fit like a liner but have a bit of extra protection around the shoulders—making them a great option for those who want protection without sacrificing mobility, like attackmen and offensive middies.	Sizes: M, L, XL	\$270	
	Cell V Shoulder Pad	The Cell V Shoulder Pad meets the NOCSAE standard for chest protection, and utilizes GeoFlex II technology for comfort and mobility. The T.A.C. system and 7-point stretch zones allow for greater adjustability for a range of players. NOTE: We recommend sizing up one whole size in Cell V compared to your old shoulder pads. See our Cell V shoulder pad sizing chart below for specific recommendations.	Sizes: XS, S, M, L, XL	\$250	
	Cell V Shoulder Pad Liner	The Cell V Shoulder Pad Liner meets NOCSAE standards for chest protection, and utilizes GeoFlex II technology for flexible protection that does not sacrifice mobility. The T.A.C. system and 7-point stretch zones offer increased adjustability for a variety of players. The soft, comfortable, lightweight padding allows for increased mobility, allowing players to perform at their highest level without compromising safety. The pad's low profile	Sizes: XS, S, M, L, XL	\$120	
Unequal	Lacrosse PULSE shirt Models 6514 - 6518	Innovative chest protection that combines lacrosse shoulder pads with a form-fitting compression shirt, no straps provide better comfort, hook & loop shoulder attachments hold pads securely against chest during play. The most accredited lacrosse chest protection available - SEI Certified-Meets NOCSAE Standards, FDA issued an IFU claim for HART® CC pads and the risk reduction of commotio cordis soon after a published peer-reviewed study by Tufts Medical Center that verified the effectiveness of HART® pads	Adult S (AS), AM, AL, XL, 2XL	\$240	

HELMETS

ITEMS TO NOCSAE STANDARDS – Lacrosse Helmets (ND041-15) - MEN





Brand	Model	Description	Sizing	Price	Picture
Cascade	CPV-R	Full range of sizes. The CPV-R is not as good as the CPX-R but it is \$60 cheaper and still a really high quality helmet. Mask available in matte black or silver.	Sizes: XXS, XS, S/M & M/L For players over 13.	\$200	
Cascade	S18	The pinnacle of protection, comfort and vision. The S incorporates more than double the breathability of previous helmets and the VisionBar facemask. The S is the most protective helmet cascade has made.	Lacrosse Helmet with S Face Guard; Size - One size	\$420	
Cascade	CPX-R	A high-performance helmet with the SevenTech liner that adjusts down for smaller heads. Masks available in titanium, chrome or black. One size fits all. Best helmet and most widely used.	Lacrosse Helmet with CPX-R Face Guard - Size: One Size	\$290	
Cascade	SY	The pinnacle of protection for youth players. The S (Youth) incorporates the new tri-liner system and VisionBar facemask. Youth size.	Youth Lacrosse Helmet with SY Face Guard; Size - One size	\$160	



Brand	Model	Description	Sizing	Price	Picture
Cascade	CS	Considered by some to be the best junior helmet.	Lacrosse Helmet with CS Face Guard; Size - One size	\$420	
Cascade	CS-R	Elite youth helmet. For Under 12 players. Discontinued as replaced by CPV-R. Technology slightly outdated.	Lacrosse Helmet with C-SR Face Guard; Size - One size	\$200	
STX Rival	680000	Features a built-in pump and release to adjust your fit on the fly. And, with a 70% increase in ventilation over the Stallion model, the integrated ventilation throughout the shell allows air to flow through the helmet, keeping you cool even when the game gets hot.	Sizes S/M (6 - 7) and L/XL (7 - 7-9/16); with 681005 Rival faceguard	\$405	

Brand	Model	Description	Sizing	Price	Picture
Stallion 100	655015 (Stallion 500 guard)	The STX Stallion 100 is designed for the youth player. The helmet blends EVA foam protection and a unique liner to provide safety and comfort where it's needed most. An elastic adjustability system offers built-in straps in the back of the helmet to allow the best fit. Available in three sizes - Youth XS, Youth S, Youth M/L.	Faceguard mounted on Medium/Large helmets	\$185	
Stallion 650	655060	The STX Stallion 650 lacrosse helmet is designed specifically with the elite player in mind. STX partnered with Schutt, a leader in NFL football manufacturing, to produce lacrosse helmets with advanced technology, superior protection, and enhanced comfort.	Faceguard mounted on size Small and Medium Stallion 650 helmets	\$265	
Warrior Burn	CBH20, BHCRM20, BHMAT20, BHCHR20, BHCFB20, BHD120, BHD220, BHD320, BHD420	Jaw protection is an integrated chin piece flowing into the shell of the helmet adding an extra layer of protection to the cheek and jawbone. The BOA Closure System surrounds the head 270 degrees, giving players a custom fit helmet for safety and comfort by allowing micro-adjustability on the fly. Meets/Exceeds all NOCSAE Standards and SEI Certifications	Sizes: Small, Medium, Large	\$349 lacrossegear.com.au	
Burn JR	BJRH19	Specifically, for players under 12 years of age.	Size: Men's Youth	\$145	





GLOVES



Helpful tip to get the best fit. Measure from the tip of the middle finger to the middle of the forearm. That measurement will be the size glove in inches you need (example: 13").

Brand	Model	Description	Sizing	Price	Picture
Epoch	Lacrosse iD	The iD Glove comes with a flexible thumb that will keep your hands nimble providing maximum feel and control over your stick. In addition to a triple foam stack which is a highly breathable textured fabric which increases ventilation as well as serves as additional protection for your hand. Only comes in white.		\$120	
STX	Stallion 50	Ventilated palm and gussets for improved breathability. Lightweight construction in a robust polyester shell. Aspirational back-of-hand design. Skill Level: beginner.	Youth	\$68	
Brine	King Superlight 2	The Brine King Superlight Lacrosse gloves are lightweight and offer excellent mobility and flexibility. It is available in multiple sizes of 12 to 13 inches. Only adult sizes.	Only available in adult sizes	\$80	
STX	Cell V	Best for the advanced GeoFlex II technology, providing maximum adjustability and comfort benefits. The lacrosse gloves will easily match your gaming style without restrictions.	S, M and L	\$190	


Brand	Model	Description	Sizing	Price	Picture
Maverik	M5	The M5 builds on many of the great things that so many players loved about the M4. FLOWCOOL venting and the quick-dry liner throughout promote moisture wicking and comfort—both being invaluable on the field especially if you find yourself playing into the dog days of summer.	S (10") M (12") L (13")	\$220	
Warrior	Regulator Lite	Dual-density foam construction provides light weight, all-around protection. Truvents in the backhand and palm improve airflow to hands keep cool and dry. Textured Nash palm provides improved feel and durability. Floating cuff provides added Protection while the wrist is flexed	M (12")	\$145	





ARMGUARDS


Brand	Model	Description	Sizing	Price	Picture
Maverik Lacrosse	Rome NXT Arm Guard	Players say these are the arm pads lacrosse players need if they want a lightweight design that still offers a respectable amount of protection. These arm pads are also nice because they're available in multiple colors. Reviewers say these guards run a bit small with their sizing. If you're trying to decide between two sizes, you may be better off getting the larger size.	M and L	\$95	
Maverik Lacrosse	M3 Arm Pad	Players say these are some of the best lacrosse arm pads as far as style and comfort are concerned. Mainly for children. These arm pads only have a 30 day warranty. Unfortunately, the stitching is done very close to the edges. Many parents have said that this unfortunately results in the stitching coming undone after a few months.	Large	\$72	
STX Lacrosse	Clash Junior Arm Pad	These lacrosse arm pads are highly breathable and offer solid protection. They're best for the child who likes to work hard and have his play call attention to him. They're not as good for players who are more concerned with how they look.	S, M	\$54	
STX	Cell Lacrosse Arm Pad	These are some of the best lacrosse arm pads because they're breathable, adjustable for a comfortable custom fit, and are highly flexible. However, they offer only mediocre protection. They're a much better fit for players who use their agility to avoid checks and rough contact.	U/K	\$65	

Brand	Model	Description	Sizing	Price	Picture
STX Lacrosse	Cell 3 Arm Pad	The STX Lacrosse Cell 3 may be the best lacrosse arm pads on the market. These pads offer excellent protection while still being lightweight and flexible. These pads are also adjustable and slip-resistant. Good price at \$65,	S, M, L and XL	\$65	
STX	Cell 4 Lacrosse Arm Guards	New GeoFlex II™ technology is lighter and 25% more flexible. New breathable protection system allows air to flow through the pad to help keep you cool and dry. Hard plastic elbow cap is contoured and low profile to reduce bulk. Dual straps and silicone tape inside the sleeve help keep the pad in place. Full-length lycra sleeve for excellent comfort and moisture management	XS, S, M, L and XL	\$145	

GOGGLES

Brand	Model	Description	Price	Picture
STX	4Sight Form LE Plus Goggles	These are the most expensive girls' lacrosse goggles on the market. They are also one of the best fitting lax goggles out there. These feel like wearing custom lax goggles! The titanium cage is so lightweight, but protective. The oval wire design gives great visibility at any angle. They also meet all ASTM requirements. Goggles prevent acne breakouts and are anti-odour.	\$173	

STX	4Sight Lacrosse Goggles	The STX 4Sight is one of the most popular lacrosse goggles of all time. They are a lightweight lacrosse goggle made of protective, yet comfortable, silicone. These silicone lacrosse goggles don't absorb sweat or moisture to prevent acne breakouts. These STX lacrosse goggles meet all ASTM rules and fit easily over your lacrosse glasses.	\$55	
Cascade	Iris Girls & Womens Lacrosse Goggles	These goggles have minimal lines to provide great vision, they are very safe yet cheap lacrosse goggles. These goggles are designed to keep fogging and distortion away. Also, they eliminate rain beading and do not let the air flow affect your vision. Meeting the ASTM standards, these are fit for youth and adult lacrosse both.	\$43	
Brine	Vantage II Lacrosse Goggles	Excellent beginner and youth lacrosse goggles with good vision and fit. The low profile cage allows maximum visibility, but optimum protection. No fogging or itching when wearing these goggles. A dual head strap ensure they won't fall off and are tight enough. The Brine Vantage II lacrosse goggles will be a good fit!	\$43	
STX	4Sight Focus Womens Goggles	These 4 Sight Focus goggles are brand new from STX. The oval wire design gives excellent visibility anywhere on the field. Second, the comfort for these is great, especially because of the lightweight frame. The form-fitting silicone padding is super easy to clean and will NOT absorb sweat or water. No more breakouts of acne! These goggles meet ASTM F3077 standards. Customers have said that these goggles are a bit tight on adults. For youth, however, these are an awesome pick.	\$72	

DeBEER	Vista SI Womens Lacrosse Goggles	<p>The best deBeer lacrosse goggles in the sport. The deBeer Vista SI goggles are for the advanced or beginner lax player. Meeting all NFHS and college standards, these Tru-Vu vision system goggles are designed to reduce glare while on the field. The Cat-eye style lacrosse goggles wire frame increase your vision and improve protection. These are supposed to be tight and can be worn with glasses.</p>	\$30	
--------	---	--	------	---

COMMOTIO CORDIS, The Basics

- **Prior:** Know whether there is an athletic trainer present at a sports event. Is there an AED there or not, where is it, is it operable, etc.
- **What to look for:** An athlete (usually between ages of 10 to 18, is hit in the chest by an object such as a baseball, baseball bat, lacrosse ball, hockey puck, soccer ball, fist (in karate), etc. The athlete will typically stumble forward for a few seconds, which is followed by unconsciousness, no breathing, and no pulse. Many mistake the moment as being "Oh, he just got the wind knocked out of him." Even if there is no understanding exactly what happened and there is no apparent trauma, assume it could be deadly commotio cordis.
- **Emergency Action Plan:** Observers must quickly take action by checking breathing and pulse, activating the EMS system (call 911), send for the AED and initiate CPR if necessary. As soon as the AED arrives, apply the electrodes to assist in monitoring the athlete.
- **Early CPR immediately after the emergency response system has been activated is important.** That combined with rapid defibrillation can significantly increase the chances of survival. For every 1 minute delay in getting shocked by the AED there is a 10% decline in survival rate.
- **Performing CPR while the AED or defibrillator is readied for use is strongly recommended.**
- **Using an AED is the best practice** and gives the athlete the greatest chance of survival.

