

The knee strap pad is not to exceed 1½ inches in thickness and must be fastened to the inner risers and follow the contour of the inner knee.

All outer knee protection must be worn under the thigh guard of the pant or follow the contour of the leg.

- (c) No raised ridges are allowed on the front edges or sides of the chest pad, the inside or outside of the arms, or across the shoulders.

Layering at the elbow is permitted to add protection but not to add stopping area. This layering, both across the front and down the sides to protect the point of the elbow shall not exceed 7 inches.

Shoulder cap protectors must follow the contour of the shoulder cap without becoming a projection/extension beyond or above the shoulder or shoulder cap. This contoured padding must not be more than 1 inch in thickness beyond the top ridge of the shoulder and shoulder cap.

On each side, the shoulder clavicle protectors are not to exceed 7 inches in width and their maximum thickness is to be 1 inch. This protection is not to extend or project above or beyond the shoulder or shoulder cap nor extend beyond the armpit. No insert is allowed between the shoulder clavicle protector and the chest pad that would elevate the shoulder clavicle protector.

If when the goalkeeper assumes the normal crouch position, the shoulder and/or shoulder cap protection is pushed above the contour of the shoulder, the chest pad will be considered illegal.

- (d) No internal or external or cheater padding is permitted on the pant leg or waist beyond that which is required to provide protection (no outside or inside ridges).

All thigh pads must follow the contour of the leg and the maximum width of the thigh pad across the front of the leg is 10 inches.

- (e) It is compulsory for all goalkeepers to wear helmets and full facemasks. Throat/neck protectors are recommended. No form fitted facemasks shall be permitted.
- (f) A minor penalty shall be imposed on any goalkeeper using illegal equipment in a game. Any required measurement or other examination shall be conducted immediately.

APPENDIX VI
GLOSSARY

