



SUNDAY, OCTOBER 13, 2024

MICHAEL A. CARROLL STADIUM AT IUI - INDIANAPOLIS, IN

SIXES COMPETITION

GAMEPLAY OVERVIEW

This competition will be played highlighting the Olympic Sixes discipline. Only teams in the Middle and High School divisions will be eligible to participate. Teams must be registered for the King and Queen of the Park competition to be eligible to participate in Sixes. All teams are guaranteed 3 games.

There will be a winner in each division based on a point system.

Point System

Win: 5 points

Tie: 2.5 points

Loss: 0 points

AGE REQUIREMENTS

Please reference the age requirements below for each division listed above.

- Middle School: Born after 9/1/2009; Born before 8/31/2012 (Ages 12-14)
- High School: Born after 9/1/2005; Born before 8/31/2010 (Ages 14-18)
 - *Must be currently enrolled in High School to be eligible.*

TEAM MAKE-UP

Roster sizes will be 10-14 players for this competition. There will be five field players and one goalie on the field for all games. *Note: Your King & Queen of the Park athletes should make up 6-8 players of your sixes roster.*

RULES AND GUIDELINES

The Sixes Competition will adhere to the age appropriate USA Lacrosse and NFHS equipment-related rules and USAL Sixes rules ([USAL Sixes Rules](#)). USA Lacrosse will contact teams with further information relevant to the age-group they are participating in



after official registration opens. The basic Sixes rules as well as a few noted modifications are listed below.

- Competition will consist of (2) 15-minute halves with running clocks; No overtime will be played
- Modified fields will be used measuring approximately 200ft. x 105ft
- Each half will begin with a draw at the center of the field; All players except the two taking the draw must remain outside the draw circle until possession is gained
- Equipment modification: No long sticks for the boy's divisions
- Each field will have at least one on-field official per game
- Play starts and stops on an official's whistle – no self-starts
- Teams have 10 seconds to get the ball over midfield
- Teams have 30-seconds to make a shot on goal; the shot clock resets when the shot hits the goal or the goalie, after officials assess a time-serving penalty, change of possession, after a goal is scored, stopped play for a defensive injury, and any loose ball technical foul by the defense. If a player shoots the ball out of bounds the opposing team is awarded the ball (*If there is no visible shot clock, officials will use stopwatches calling out time in 5-second increments*).
- Following any goal, the goalie must retrieve the ball within 5 seconds; the official will whistle the start and the goalie has 5 seconds to clear the ball to restart play (*Note: Teams in the middle school division will have 10 seconds to clear the ball to restart play*)
- An out of bounds ball is awarded to the team that did not cause the ball to go out of bounds, including shots on goal
- Out of bounds - All boundaries are whistle started; Officials determine the player being awarded the ball; Restart takes place 2 meters in bounds
- Any minor foul will incur a 30-second penalty; Major fouls will incur a 1-minute penalty; Expulsion fouls will remove the player from the field of play for the remainder of the game (*The team with the removed player will play down a player for 2 minutes*)
- Substitution may take place at any time through the Substitution Area. When substitution is imminent, the substituting Player must wait in the Substitution Area for the Player whom they are replacing to leave the field of play and only then may they enter the field of play. Players may substitute on the fly and do so on either side of the center line, except for a goalie-to-goalie substitution that must occur in the defensive zone

REGISTRATION PROCESS OVERVIEW



All interested teams must register online. For more information including pricing, team benefits, and how-to register guides, please visit www.usalacrosse.com/experience.

Once your team manager or coach has signed your team up for King & Queen of the Park, they will have the opportunity to select to add-on a Sixes team registration. Once the team has been signed up the coach/team manager will submit the roster to invite players to join the team and create their individual player profiles.

Individual players will be able to set-up their player profiles, select their skills clinics and purchase add-ons such as the athlete combine or additional tickets to the International Sixes Competition.

In addition to the King & Queen of the Park benefits, all players will also receive:

- Official USA Lacrosse Experience Sixes event pinnie
 - These pinnies will serve as the team uniform shirt for the event.
- Guaranteed 3 games for each team
- Each team coach will receive exclusive access to ADM based and Sixes competition training resources starting in July 2024

During the registration process – all teams and individual players will have the ability to sign up for additional experiences throughout the weekend. Additional experiences include VIP Team Clinics with National Team Players/coaches, Parent Ticket Packs, Athlete Combines to measure sports performance metrics, and other fun festival activities. If you are not sure about adding these experiences on at the time of registration, both teams and individuals will be able to login to their dashboard and add them on leading up to the event. *Note – spots for these additional experiences are limited!*

If the division your team would like to sign up for is full, the event will institute a wait list. Those teams coming off the wait list will be invited in the order in which they registered. If a division is not full, and doesn't have enough teams to constitute worthwhile gameplay, that division may be eliminated. In the case of a division being eliminated, teams may be granted the option to play in another division if applicable.