

# SIXES

## ADVANCED SMALL-SIDED STANDARDS

Based on World Lacrosse Sixes Rules with modifications for USAL Youth Play

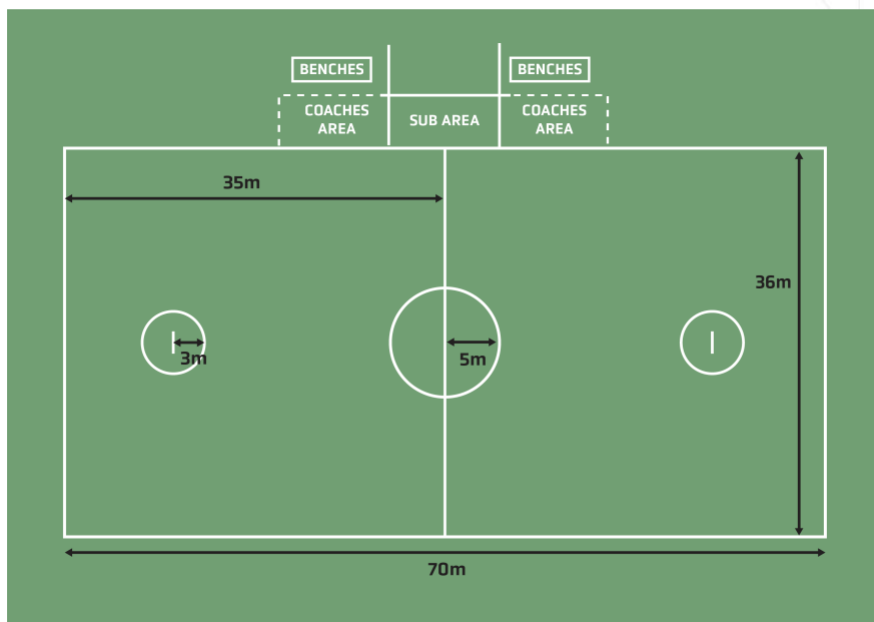
### Highlighted USA Lacrosse Modifications for play:

- » Equipment that must be worn:
  - Women's Game (WG): Eyewear that meets the current ASTM standard
  - Men's Game (MG) - NOCSAE Lacrosse helmet and NOCSAE ND200 Lacrosse chest protection
- » Playing Rules:
  - WG: Horizontal stick is illegal
  - WG: Walling at U14 and below - one player is considered walling
  - WG: Stick checks before games
- » **Timing:** Modifications suggested for shot clock and ball advancement for younger age sets. Outlined in the rules section below.

### General Rules Overview

#### The Field

35-55(W) x 55-75(L)



## Equipment

- » WG: Mouthguard mandatory, eyewear mandatory and all other equipment is optional
- » MG: Mouthguard, Gloves, helmet w/ facemask and chinstrap, and NOCSAE ND200 chest protection are all mandatory, all other equipment is optional.
- » Goalkeeper (GK): Mouthguard, helmet w/ facemask and chinstrap, throat guard, ND200 chest protector, cup mandatory; for WG, the goalies must wear thigh protection and for play 14 and under shin guards are required for the goalie.
- » Crosses/Sticks:
  - A. WG: Same as field lacrosse and pockets must be checked before the start of the game.
  - B. MG: Short Sticks Only and pockets may be checked during the game.

## Personnel

- » Team: Up to 14 players total on roster with a minimum of 1 GK; Must have 6 (including GK) to start a game. 5 field players and 1 GK per team on the field.
- » GK required on the field at all times (GK may not cross the center line)

## Timing

- » Four 8-minute quarters: Running time (change ends each quarter)
- » 2-minute break between 1<sup>st</sup> and 2<sup>nd</sup> quarter and 3<sup>rd</sup> and 4<sup>th</sup> quarter
- » 4-minute half time between 2<sup>nd</sup> and 3<sup>rd</sup> quarter
- » Sudden Victory Overtime
  - 4 minutes of stopped time until a goal is scored.
  - 2-minute break between periods

## Shot Clock (if available)

- » 30 second shot clock shall start when a team gains possession
- » Resets when:
  - The shot hits the GK (within the crease) or Pipe
  - Restarting after officials assess a time-serving penalty
  - Change of possession

- After a goal is scored
- Stopped play for a defensive injury
- The end of a quarter unless possession is retained due to an extra player situation
- Any loose ball technical foul by the defense

### **Best Practices for No Visible Shot Clock**

Table personnel or official uses stopwatch for 30-second clock, calling out time in 5-second increments, sound horn at zero.

## Recommended Age Modifications

AGE GROUP	SHOT CLOCK	BALL OVER MIDFIELD
5 <sup>th</sup> , 6 <sup>th</sup> 8U, 10U	30 second	No count
7 <sup>th</sup> , 8 <sup>th</sup> 12U, 14U	30 second	10 second
High School	30 second	10 second

## Starts and Restarts

- » Each Quarter and Overtime period will begin with a draw at the center of the field.
- » Except when last quarter ended with an extra player situation, the team who ended the period with possession will be awarded possession same relative position on field to start next quarter.
- » Play starts and stops on an official's whistle (NO SELF STARTS)
- » All players must be at least 2 meters away for free positions.
- » "Penalty Dot" Area near the midfield line is used to start play after the administration of time-serving penalties.
- » Following a goal; the GK must retrieve the ball within 5 seconds; the official whistles the start and the GK has 5 seconds to clear the ball out of their crease.

## Out of Bounds

- » 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.
- » Note: All boundaries are whistle started; Official determines the player being awarded the ball

- » The restart takes place 2 meters in bounds.

## Types of Fouls

### Minor Fouls

*(Green Card: 30 second time-serving penalty if the offending team does not have possession. If the offending team has possession, the penalty is a loss of possession and a whistle start at spot of the ball.)*

- » Interference (with stick or body)
- » Pushing
- » Illegal Pick
- » Holding
- » Withholding the ball from play
- » Illegal actions with the stick (Contact with horizontal stick in USA is illegal)
- » Illegal action by team official (coach, trainer)
- » Illegal Procedure (leaving penalty area before penalty time, delay of game, etc)
- » Illegal Equipment
- » Offsides only on Goalie
- » Warding
- » Empty Stick Check (WG only. This is a minor foul only when a team has possession. Empty stick checks during loose ball situations are legal)

### Major Fouls

*(Yellow Card: 1 minute time-serving penalty)*

- » Illegal Body Check
- » Slashing
- » Cross-check
- » Tripping
- » Unnecessary Roughness
- » Illegal Stick
- » Unsportsmanlike Conduct
- » Dangerous Follow-Through (WG only)
- » Illegal Crease defending

- » Walling ((WG only) See Slide with Walling Description and recommended modifications for 14U and below))
- » Dangerous Propel (WG only) Above knee = expulsion; below knee = 1 minute

## Expulsion Fouls

*(Offending Player leave game & In-Home serve 2-minute time serving penalty)*

- » Fighting
- » Using threatening, abusive language or misconduct towards the officials.
- » Deliberately body checking in the head, neck area or from behind.
- » Dangerous Propel (WG) that hits a player above the knee.

**NOTE: All time serving penalties are not releasable.**

## Traditional WG Field Game Penalties that are NOT Called

- » 3 Seconds
- » Shooting Space
- » Empty stick check on ground balls
- » Hooking
- » Poke checks
- » In the sphere
- » Check across the body
- » Slash

## Walling

Defense players crowding in front of their goal or forming a stack/wall formation in front of their goal – not within a stick's length of an opponent.

- » Women's game – comparable to double shooting space – modification for players 14 and under to use one player for walling criteria.

## Over and Back

Once a ball is in a team's offensive half of the field it cannot return to the defensive half of the field through actions of the offensive team.

- » Offensive player may bat the ball to keep it in offensive zone.
- » If the ball does touch or cross center line, there is an immediate change of possession and a quick re-start for non-offending team.
- » No violation if off of a shot, loose ball last touched by defense or a loose ball that is leaving offensive zone and defense is called for a loose ball foul (play-on).

