



## Girls Youth Sixes Rules

- **Competitive Format:** Divisions will play 6v6 (5 field players and 1 GK) in Lacrosse 6s format. A draw will be held to start each half. Goalies will restart play from their crease after a goal is scored.
- **Timing:** All games will consist of two (2) 12-minute running time halves with a 3-minute halftime. Penalties will be stopped time.
- Each team will be permitted one (1) 30 second timeout per game, which may be called by the team with possession, or by either team during a dead ball situation. The game clock will be stopped during timeouts. NO timeouts are allowed in overtime periods. Stoppage of play will only occur when there is a time out called or injury on the field
- **Shot Clock:** A 30 second shot clock will be initiated each time a change of possession takes place, or a goal is scored. Shot clocks will be reset if a shot hits the defending team's goal, or goalie. Shot clocks will reset if a shot hits part of the goal, off the goalie, after a change of possession, or end of quarter
  - A shot hitting the crossbar or post and going out of bounds will result in a reset and possession to the offensive team.
- **Overtime:** Sudden victory overtime will follow the completion of a tied game after a 3-minute break; sudden victory periods will be played until a goal is scored, and a winner determined. No timeouts are allowed in Overtime.
- **Off-sides/Over and Back:**
  - Goal keepers may not cross mid-field, if they do so the team will be called for off-sides
  - Once the team in possession establishes offense inside their offensive end, the ball is considered live. If offense causes the ball to cross the midline, a turnover will result.
- **Penalties**
  - **Major fouls** will be assess 1min penalties. If a Player accrues (4) major fouls, they'll be penalized with a (2)-minute non-releasable penalty. A 5<sup>th</sup> major foul will result in their ejection from the game, and possibly the next game.
  - **Minor fouls:**
    - Change of possession if a minor foul is called against the team in possession
    - Any defender who commits a minor foul will be penalized in the result of a 5 yard trailing reset starting behind the attacker with possession of the ball
- **Checking:**
  - Legal and safe use of the cross is essential for the minimization of risk to players
  - Players must not initiate stick to body contact by using the stick to hit, push, or displace an opponent
  - Officials should recognize, call, and penalize stick-to-body contact
  - Per USAL rules players will be required to follow standard checking guidelines as it relates to their current age limitations
    - **7-9<sup>th</sup> division:** Transitional Checking
    - **10-12<sup>th</sup> division:** Full Checking



## 5 KEYS TO THE SIXES RULES:

1. Everything that stops on a whistle, starts on a whistle. Officials will blow everything in as soon as the player is ready (\*must be within 5 seconds of stoppage).
2. Do not chase on the endline after a missed shot - possession is predetermined.
3. Any minor **loose ball** foul is penalized exactly like women's field lacrosse (held check, push, hold/detain). Delayed penalties are called when a player has **possession**.
4. The ball restarts in the exact same spot after a time-served penalty is called (bench side/2 m inside the center line).
5. Goalies have 5 seconds to pass the ball or leave the crease following a scored goal

## YOUTH RULES NUANCE:

- Players may defend the ball carrier in their defensive end by running through the crease. Stationary off-ball defenders in the crease are illegal.
  - **Defenders have a huge responsibility to keep themselves safe by playing active and engaged defense.**
- Players may enter the draw circle before possession is called, but may not interfere with the opposing draw taker they establish possession (illegal procedure and possession will be awarded).
- If a shooter hits a player at or above the shin on a direct shot, they will serve a 1-minute penalty. Anything below the shin is a discretionary call.
  - **Shooters have a huge responsibility to keep everyone in front of them safe.**