



### 2025 Power 6s Rules

1. **Competition Format:** Divisions will play 6v6 (5 field players and 1 GK) in Lacrosse 6s format. A faceoff will be held to start each game. Goalies will restart play from their crease after a goal is scored. A 30second 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.
2. **Timing:** All games will consist of (2) 12-minute running time halves. Penalties will be stopped time: either 60sec personal fouls, or 30sec technical.
3. **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.
4. **Weather Delay:** If a weather-related evacuation occurs during the 1st half, teams will return to play the 2nd half of the game, weather permitting. If the evacuation occurs during the second half, the game MAY pick-up where it left off (weather permitting), OR the game MAY be terminated, and the score recorded as is. If the score differential is equal to or greater than 6, regardless of time remaining, the game may be terminated.
5. **Timeouts:** Each team will be permitted one (1) 1-minute timeout per game, which may be called by the team in possession any place on the field. Timeouts may be called by either team during a dead ball situation. The game clock will be stopped during timeouts. NO timeouts are allowed in overtime periods.
6. **Over and Back Rule:** Once the offensive team establishes offense inside their offensive end, the ball is considered live. If offense causes the ball to cross the midline, a turnover will result.
7. **Off-sides:** Goalies cannot enter the offensive half the field. A goalie crossing the midfield line will result in a turnover.
8. **Body Checking:** No body checking will be permitted in the event; body contact is permitted, but body checks will be assessed as personal fouls. Body contact with equal pressure through the arms & stick is permitted, but must be done legally (i.e no crosschecking)
9. **Long Sticks:** No long-sticks are permitted.
10. **Backing up Shots:** if a team shoots at the opposing goal and the ball proceeds out of bounds, there will be a change of possession and the defensive team will re-start with the ball where it exited the field of play. A new 30sec clock will be started. The shooting team will only retain possession if a shot ricochets off the goalie or goalie's stick, or a defensive player. A shot hitting the goal and continuing out of bounds will result in a turnover.
11. **Expulsion, Ejection, or Fighting:** Any player or coach called for verbal abuse will serve an unsportsmanlike conduct penalty. Continued abuse will result in ejection from the contest, and potentially the tournament. Any player who commits a foul deemed worthy of expulsion by game officials will sit out the remainder of the contest. If the foul occurs late in the game or tournament, officials and tournament Directors reserve the right to suspend the fouling player from their next game and future events. To the discretion of officials and/or tournament directors, any participant (player, coach, team official, or spectator) who is ejected during tournament play, on or off the playing field, may be subject to a one or more game suspension, up to automatic disqualification, removal from the tournament, and a future ban on participating. Ejection & expulsion may warrant removal from the tournament venue if deemed appropriate by tournament officials & directors. All officials & directors decisions are final.