



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) 13-minute running time halves with a 3-minute halftime. Penalties will be stopped time. 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.
- **Timeouts:** 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.
- **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 assessed as 1min penalties. If a Player accrues (4) major fouls, they'll be penalized with a (2)-minute non-releasable penalty. A 5th major foul will result in their ejection from the game, and possibly the next game.
 - If the attacker retains possession through a major foul, officials will hold on calling the foul
 - If the attacking team retains possession and scores, the major foul will still be assessed after the goal, and the offending team will restart the ball with its GK to begin the clear
 - If the attacking team retains possession but does not score, the penalty will be assessed and the offended team will restart the ball 2m inside the midfield
 - **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
 - **2029-2030:** Transitional Checking
 - **All other divisions:** 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.**