



## ***2021 6v6 Lacrosse Rules***

### **GAME PERSONNEL**

#### **Number of Players**

No more than 6v6 on the field at a time. There is flexibility to adjust the number of players based on the number of players available for game play. 5v5 and 4v4 work if a team has too few players as long as both coaches agree upon the numbers. All players are considered field players and there will be no goalie position played.

### **TIME OF THE GAME**

#### **Length of the Game**

A game will consist of (2) 20-minute running time halves, with a 5-minute halftime period.

If there is an injury during play, time will only stop if the injured player needs assistance from a medical professional to exit the area of play (i.e. paramedics or athletic trainer).

#### **Timeouts**

Each team may have 1 timeout per game. Each timeout is 30 seconds and will not stop the game clock. If a player is injured, neither team will be charged with a timeout.

### **PLAY OF THE GAME**

#### **Starting the Game**

Team captains or a chosen representative for each team will participate in a Coin flip/Rock-Paper-Scissors. The team that wins gets the first possession of a ball at the middle of the area of play (equidistant from each goal). The team captain that loses the round picks which side they will defend first.

#### **Out of Bounds and Ball Possession**

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team.

Unless it is on a shot: *The player closest to the **BALL** where it went out, when it went out, will be awarded possession.*

Play restarts closest to the location where the ball went out of bounds.

## Goal Scored

Goals count when a ball passes completely over the goal line and into the goal. A ball can be kicked, propelled, or shot as long as a player has both hands on their crosse. If a crease is used, the player cannot cross into the crease on a shot.

## Goal Not Scored

- No goal if a shot originates from behind the goal line extended.
- No goal if a shot releases after the end of a period.
- No goal if a shot originates in the defensive half of the field.
- No goal if a player shoots the ball with only one hand on their crosse.
- If using a crease, no goal if the player enters the crease while shooting.

## Restarts After a Goal

To restart play after a goal; The new defensive team shall immediately drop back to the midfield area. A player from the defending team will take the ball out of the goal and wait for the whistle to restart play and either pass or run it out of the crease.

## Change of Goals

After halftime, each team will defend the other side of the area of play—thereby scoring on a different goal in the second half of the game. In overtime situations, teams will change goals after each overtime period.

## Substitutions

Substitutions on the fly are permitted by players touching sticks. Exceptions are for injury substitutions or when a team does not have enough players on the field when play is ongoing.

## BASIC SAFETY AND FAIR PLAY LAWS

This game is a gender-neutral version of lacrosse and is intended to be fun and simple. **It will be played with “short sticks” that are no longer than 43.25” in length (no “long sticks”).** If players adhere to the below laws, play will be safe and enjoyable. In some cases, a player may intentionally or unintentionally violate a law and foul another player. **A foul may result in a change of possession and/or the players having to leave the field (substituting for that player is allowed)** Below are the laws all players are expected to abide by and what the penalty is if they are violated.

1. No, body to body, or stick to body contact **as well as no stick to stick checks in a downward motion where the head of the stick starts above the shoulders. NO checks shall be delivered with 1 hand on the stick.**
2. Maintain control of your body at all times
3. No covering the ball with your stick or body
4. Other than using your foot, no intentionally playing the ball off the body.

5. **No entering the crease with your body on offense OR defense (except to get the ball out of the goal after a shot is scored). The official may direct a player to retrieve the ball if it comes to rest inside the crease but out of reach.**

6. No dangerous propelling (passing or **shooting through someone**, or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot)

7. No dangerous follow through with the stick (following your pass or shot)

8. Respect your teammates and opponents at all times—use good sportsmanship

#### **Law 1 Point of Clarification: Defending**

Players defending the ball carrier should be a stick length away from the ball carrier and the defender's stick should not be used in a menacing or dangerous way near the ball carrier's body. **The stick shall not enter the space around the ball carrier's neck or head. Imagine a bubble an arm-length wide around each player's head.** This is the space that a stick may not enter.

#### **Law 1 Point of Clarification: Illegal Touching**

Touching the ball with a hand not wrapped around the crosse is a violation of Law 1. Kicking a crosse is not allowable.

#### **Law 1 Point of Clarification: Warding**

A player in possession of the ball shall not use their free hand or arm to hold, push, or control the direction of the movement of the crosse or body of the player.

#### **Law 1 and 2 Point of Clarification: Body Contact**

Body to body contact/body checking is NOT permitted. Incidental contact may occur and should not result in a penalty if the contact is minor. Defensive players may occupy a space to prevent an offensive player from entering. **Any offensive player who deliberately charges directly at a defensive player and makes contact will receive a penalty.** This is considered a violation (see below).

#### **Law 2 Point of Clarification: Illegal Screen**

No offensive player, while in motion, shall move into and make contact with a defensive player. The player setting the screen must be stationary to be legal.

#### **Law 3 Point of Clarification: Withholding**

A player shall not lie on the ball, trap it with their crosse longer than is necessary for them to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner

The penalty for violating any of the Laws is the ball is awarded to the offended team (Change of Possession). The player awarded the ball may restart with a pass or running/cradling. All other players must be 5 yards away from the player in possession of the ball and wait for the whistle to resume play.

If a player repeatedly violates the laws, particularly Laws 1 and 2, or it is deemed he or she is putting other players in danger, the player should be removed for a one-minute penalty. Another player may be substituted.

**Violation on a Shot**

If a foul occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play.

**If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should restart at least 10 yards away laterally from the goal (not in front).**

**Unsportsmanlike Conduct**

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures or abuse of equipment or the space in violation of Law 8 should result in a one-minute suspension from the game and awarding possession of the ball to the offended team. While the player is suspended from the game, another player may substitute in the person's place.

**Too Many Players on the Field.**

The first time this occurs, pause play and have the additional player(s) leave the field, then resume play. If the same team violates again, this may result in a change of possession and the additional player(s) must leave the field.

APENDIX: Field Diagram

