



LV Sixes Olympic Cup Rules

FIELD OF PLAY

- Approx. 36m x 70m
- The field shall be marked with a halfway line and a 5m radius draw circle
- Penalty Dot is located 2m from the centreline and 5m from the sideline near scorer bench
- Goals places 25m from the centre of the field with a marked goal line and goal crease circle with a radius of 3 meters
- Designated team bench and scorer bench
- (Outlined in Appendix 3 below)

EQUIPMENT

- Sticks: Overall stick length of 100cm – 110cm
- W: Mouthguard & eyewear mandatory
- M: Mouthguard, gloves, helmet w/ facemask and chinstrap mandatory, other optional
- GK: Mouthguard, gloves, helmet w/ facemask and chinstrap, throat guard, chest protector, cup mandatory

PERSONNEL

- Team: Up to 14 players; minimum 1 GK; Must have 6 (including GK) to start a game
- GK required on field at all times (GK may not cross the centre line)

TIMING

- Four 8-minute quarters: Running time (change ends each quarter)
- (U16 & below): Four 6-minute quarters
- Clocks ONLY stop during timeouts and during last 2 minutes of the 4th quarter
- Timeouts: 2 timeouts per half: 30 second duration
- 2-minute break after 1st and 3rd quarter
- 5-minute half time after 2nd quarter
- Sudden Victory Overtime: 4 mins of stopped time until a goal is scored. 2 min break between periods

SHOT CLOCK

- 30 second shot clock shall start when a team gains possession
- Resets when:
 - The shot hits the GK (within the crease) or goal pipe
 - Restarting after time-serving penalty
 - Change of possession
 - After a goal is scored (on official's whistle)
 - Stopped play for a defensive injury
 - The end of a quarter unless possession is retained due to an extra player situation



STARTS AND RESTARTS

- Face off at centre field used to start each quarter
- Play starts & stops on official's whistle (No self-starts)
- A player starts in possession 2 meters in bounds after an out of bounds
- Opposing players must be 3 meters away from player awarded possession
- Penalty Dot (near centre line) 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 then has 5 seconds to clear the ball
- Teams have 10 seconds to clear the ball over the centre line from their defensive half

OUT OF BOUNDS

- Boundaries are the same as field except for in the instance of a shot that goes directly out of bounds is a turnover
- A shot hitting the goal post, crossbar or Goalkeeper, that goes out of bounds, will result in a reset and possession to the offensive team

TYPES OF FOULS

- Minor Fouls (30 second time-serving penalty if offending team not in possession)
 - Interference (with stick or body)
 - Pushing
 - Illegal Pick
 - Holding
 - Withholding the ball from play
 - Illegal actions with the stick
 - Illegal action by team official (coach, trainer)
 - Illegal Procedure (leaving penalty area before penalty time, delay of game, etc)
 - Illegal Equipment
 - Offsides
 - Warding
 - Charging
 - Walling
 - (W) Illegal Crease Defending
- Major Fouls (1 minute time-serving penalty)
 - Illegal Body Check * Body-checking of an opponent in any form is illegal*
 - Slashing
 - Cross-check
 - Tripping
 - Unnecessary Roughness
 - Illegal Stick
 - Unsporting-like Conduct
 - (W) Dangerous Follow-Through

- Expulsion Fouls (Offending player leave game & In Home serve 2-minute penalty)
 - Fighting
 - Using threatening, abusive language or misconduct towards the Officials
 - Deliberately body checking in the head, neck area or from behind
 - (W) Dangerous propel that hits a player above the knee
- Player serving penalty time, shall be seated in the penalty area and penalty time will begin once the player is seated

ALL OTHER RULES

- All other rules shall be played in accordance with [World Lacrosse Sixes Official Playing Rules](#)



Appendix 1

WORLD LACROSSE SIXES

World Lacrosse Sixes brings the excitement and speed of lacrosse to a smaller, faster, more accessible format.

Game Play

- 6 Players on the field per team
- 12 Players per team
- Quarters begin with a draw
- 8-Minute Running quarters
- Goalies restart play after a goal and must remain onsidies

Shot Clock

Teams have 30-seconds to shoot the ball. Shots that hit the goal or the goalie will reset the shot-clock. If a player shoots the ball out of bounds, the opposing team is awarded the ball.

Field of Play

Equipment

- Men's Goalie: 100-135cm
- Women's Goalie: 100-126cm
- Men's and Women's Field Players: 100-110cm

Fouls

- 30 sec Minor Foul
- 1 min Major Foul
- Expulsion Foul or 3+ mins of major Fouls

Dangerous Propel (Women's)

In the Women's Sixes game, shooting the ball in a dangerous way, without a regard for the positioning of an opposing player, is a major foul.

It should be noted that the "shooting space" foul of the women's 10-per-side game does not apply in World Lacrosse Sixes. However, defenders are not allowed to form a stack or wall in front of the goal.

Strategy

Coaches and players will find that the pace of World Lacrosse Sixes is very fast. Athletes should be prepared to move up and down the field throughout the game, playing both offense and defense. With smaller rosters and standardized stick lengths, athletes will be challenged to develop a range of technical skills.

Good Luck!

Designed with the future of the game in mind, World Lacrosse Sixes provides athletes with a new way to enjoy the sport.

While this document highlights many of the differences from 10-a-side field play, coaches and players should review the official rulebook before taking the field.

Appendix 2

Major Rule Differences

Box Lacrosse	Men's Field	Women's Field	WORLD LACROSSE SIXES
1 Floor is 60m by 25.	1 Field is 110m by 60m.	1 Field is 110m by 60m.	1.1 Field is 70m by 36m.
5.2.1 Stick length is 40-42in.	15 Stick length is 40-43/52-72in.	3 Stick length is 90-110cm.	2.2.1 Stick length is 100-110cm.
4.2.2 Teams of 20 players.	20 Teams of 23 players.	5 Teams of 18 players.	3.1.1 Teams of 12 players.
2.1 Game played in four, 15-min quarters.	29.1 Game played in four, 15-min quarters.	10 Game played in four, 15-min quarters.	5.1.1 Game played in four, 8-min quarters of running time.
-	-	-	5.4.1 After gaining possession, a team as 30 seconds to shoot the ball.
2.3.3 Faceoffs restart play after each goal.	34.1 Faceoffs restart play after each goal.	13 Draws restart play after each goal.	6.4.1 Draws only occur at the start of each period. After a goal, the goalie restarts play.
1.1.2 Playing area enclosed by "dasher boards" go keep ball within playing area.	40.3 Ball out of play due to a shot is awarded to team closest to the ball when it leaves the playing area.	15 Ball out of play due to a shot is awarded to team closest to the ball when it leaves the playing area.	6.7.3 A shot that misses or hits the goal and goes out of bounds without first hitting a defensive player is awarded to the defensive team.
7.3.2 Players in offensive or defensive zones are released at faceoff whistle.	65 Restraining line rules and penalties apply.	19 Restraining line rules and penalties apply.	10101 No restraining lines. A team is offsidies when their goalkeeper crosses the center line.
-	-	21 Defenders cannot occupy space that denies an attacker the opportunity to shoot safely.	1226w Any shot taken without regard for an opposing player is a major foul.
-	-	-	111.1 Defenders cannot form a wall or stack to block the goal.
8.10.14 Outlines body checking.	41 Outlines body-checking.	-	12.2.5 All body checking is illegal.

w: Rule only applies to women's game



Appendix 3

