

About World Lacrosse Sixes

History and Purpose:

The World Lacrosse Sixes (Sixes) discipline was developed by the World Lacrosse Blue Skies Working Group, in 2018 as a tool to support and accelerate the continued growth of lacrosse worldwide. Sixes is a complimentary offering to the traditional field and box versions of lacrosse is not intended to compete with or replace those disciplines. The discipline was trialed by World Lacrosse members for two years, to further refine the rules and promote the domestic adoption and implementation by World Lacrosse (WL) members.

In May of 2020 the discipline's brand identity, marketing assets, approved Men's and Women's rule-sets, and events were launched. To date, there have been 7 Sixes events have been held, featuring 25 WL member teams and more than 7000 participating athletes.

- The World Games 2022 Birmingham, Alabama, USA
- Sixes Nations Cup Dresden, Germany
- EuroLax Sixes Portugal
- Torneo Centroamericano Bicentenario San Jose, Costa Rica
- Super Sixes Baltimore, Maryland, USA
- PALA Sixes Auburndale, Florida, USA
- Home Nations Sixes Edinburgh, Scotland
- The Fly England

Objectives:

In addition to the previously noted purpose, Sixes also was developed to meet the following objectives:

- Support and encourage the continued growth of lacrosse worldwide
- Provide greater access to lacrosse by eliminating barriers to entry (eg: cost, team size, field size)
- Appeal to the next generation of sport participants and fans with a discipline that features tempo, speed, scoring and less specialization
- Over time, create greater competitive balance internationally by bringing more nations within reach of the podium at major international events
- And, fit within the 21st Century Olympic framework, where the International Olympic Committee and Host Cities are working to reduce the cost and complexity of staging the Olympic Games



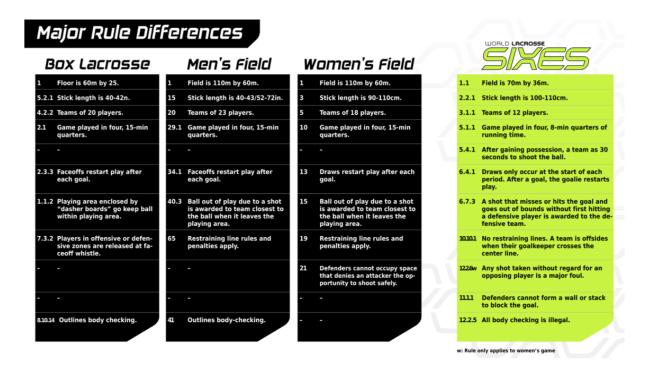
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Rules

Complete rule-sets are available <u>here</u>. The unique and discipline specific rules are as follows:

- Sixes field is 70m x 36m
- All players use a lacrosse stick measuring between 100-110cm
- Each team has a roster of 12 players
- Games are played in 4, 8 minute quarters of running time
- After gaining possession, teams have 30 seconds to shoot the ball
- Draws only occur at the start of each period
- After a goal, the goalkeeper restarts play
- A shot that goes out of bounds is awarded to the defensive team
- A team is only offsides, if and when their goalkeeper crosses the center line
- Any shot taken without regard for an opposing player is a major foul (women's only)
- Defenders cannot form a 'wall' or stack to block the goal
- All body checking is illegal

The graphics below illustrate the differences between Sixes rules and other lacrosse disciplines.



A full comparison of the differences can be found for each discipline at the following links:

- Men's Field vs. Men's Sixes
- Women's Field vs. Women's Sixes
- Box Lacrosse vs. Men's Sixes