



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 [here](#). 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.

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 face-off whistle.	65 Restraining line rules and penalties apply.	19 Restraining line rules and penalties apply.	10101 No restraining lines. A team is offsides 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.
- -	- -	- -	1111 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

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](#)