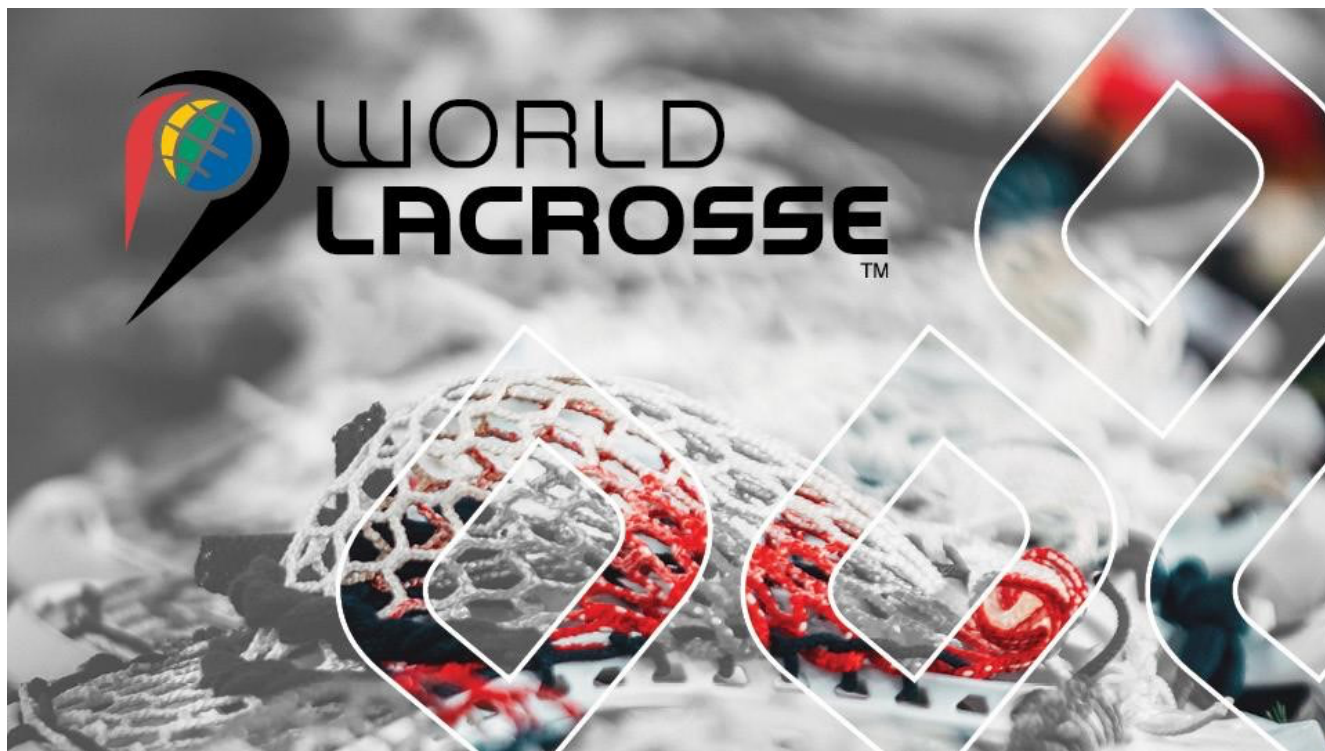


WORLD LACROSSETM

SIXES



2024-2025
SIXES OFFICIAL PLAYING RULES



AUTHORITY AND IMPLEMENTATION

The Official Rules of Sixes Lacrosse have been endorsed by the Rules Committee of World Lacrosse pursuant to the authority granted to it by the Board of Directors of World Lacrosse and were approved by the World Lacrosse General Assembly on November 15, 2020. This rule set also contains changes that were made by the Sixes Drafting Team subsequent to the rules being approved. These changes are both editorial and substantive in nature. Where rule changes are necessary, these will be brought to the membership for further consideration and approval at a future Assembly. The editorial changes and the rules enconced in this edition which need to be approved by the members, can be found in Appendix G. Whilst some of the rules may yet to be unapproved by our members, we urge them to play by the rules contained herein, so that participants have an opportunity to provide any constructive feedback and inform the opinion of the members.

The Official Rules of Sixes Lacrosse apply to all World Lacrosse competitions and qualifications thereto and to all other international games as established and defined by World Lacrosse, in each case from and after January 1, 2021. Each National Governing Body may determine its own date of implementation of the Rules at the national level and may vary the Sixes Rules based on its specific needs. When doing so, World Lacrosse encourages National Governing Bodies to consider the safety of the players and the integrity of the game when making these decisions.

In general, the Official Rules of Sixes Lacrosse apply equally to both the Women's and Men's game. Where a specific Sixes Rule varies in its application between the disciplines, the relevant Rule is denoted with a "W" (for Women) or "M" (for Men) as part of the Rule Numbering system and shall be considered applicable to that discipline only. Rule variations will be identified and shaded as follows:

100.1 Rule Text This Rule shall be played in both the Women's and Men's disciplines.

100.1W Rule Text (Women's) This Rule shall be played in the Women's discipline only and shall not apply to the Men's discipline.

100.1M Rule Text (Men's) This Rule shall be played in the Men's discipline only and shall not apply to the Women's discipline.

In the event of any conflict between the official English-language version of the Sixes Rules (as published by World Lacrosse) and any other version or translation of the same, the official English-language version of the Sixes Rules as published by World Lacrosse shall govern and apply.

All participants in any game to which these Sixes Rules apply will be expected to have read these Rules in their entirety and will be required to comply fully with the same. Individual players shall ensure that their equipment does not constitute a danger to themselves, or to others by virtue of its quality, materials or design, and World Lacrosse expressly disclaims any liability for any loss, cost or other damage that may arise or otherwise result from any defect in any equipment or from any failure by any participant to abide by these Sixes Rules.

All in-game interpretations of the Sixes Rules, and all decisions regarding the same, will be made exclusively by the applicable game officials.

Availability and Inquiries

A copy of the Sixes Rules is available on the World Lacrosse website at: www.worldlacrosse.sport/Officiating/Rules

Please direct any inquiries, suggestions, or questions regarding the Sixes Rules to the individual in charge of rules at your National Governing Body, with an electronic copy of the same to the World Lacrosse Chair of Rules at rules@worldlacrosse.sport.

ACKNOWLEDGEMENT

Essential to the launch of the new World Lacrosse Sixes discipline is a set of Official Playing Rules that have been tested, reviewed and approved by the World Lacrosse Membership.

Over time, the Official Playing Rules will be refined further, but the official launch of the new discipline in May 2021 begins from a strong foundation.

World Lacrosse would like to acknowledge the contributions of the following leaders in developing the first World Lacrosse Sixes Official Playing Rules:

Don Blacklock, Technical Director
Brent Nowicki, Rules Committee Chair
Sachio Yamada, Women's Rules Sub Committee Chair
Dana Dobbie, Athletes Commission Vice Chair
Tom Sutton, Officiating Committee Chair
Lauren Charwat, Women's Officiating Sub Committee Chair

World Lacrosse would also like to recognize and thank Steve Stenersen, Vice President of World Lacrosse and Chair of the Blue Skies Working Group, and the entire Blue Skies Working Group membership for their vision and contributions in creating the new discipline.

Finally, World Lacrosse would like to thank the players, coaches, officials and administrators around the world who experimented with the playing rules during the drafting process and provided input that was invaluable in shaping the first-ever World Lacrosse Sixes Official Playing Rules.

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THE GAME

Sixes Lacrosse is played by two teams of six Players each. The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring. The ball is kept in play by being carried, thrown or batted with the Stick, or rolled or kicked in any direction, subject to the restrictions described in the following Rules.

SECTION 1 - THE PLAYING FIELD

Rule 1.1 DIMENSIONS

1.1.1 FIELD

The playing field for all World Lacrosse events and those events recognized and/or approved by the World Lacrosse shall be rectangular, 70 metres long and 36 metres wide.

Note: Out of bounds lines shall be measured from the inside edge of the line; field lines (e.g., midfield line, etc.) shall be measured from the center of the line.

Note: The field dimensions may be adjusted between 55 – 75 metres long and 35-55 metres wide for events neither recognized nor approved by World Lacrosse.

When field markings do not conform to the “Lacrosse Field of Play” diagram or are of incorrect dimensions, the following shall apply:

- Notification to the Home Team Head Coach;
- No penalty will be assessed if corrections are made before designated game time;
- A Minor foul (visiting team awarded ball) will be assessed if the corrections delay the start of the game;
- Two-minute major penalty if Home Team is unable to or refuses to make corrections.

Once the game has commenced, it is assumed that all physical playing conditions have been accepted by both teams and the officials, and the game shall be played with these conditions, except for minor corrections such as a hole in net, etc.

1.1.2 LINES

The boundaries of the field shall be marked with white or contrasting-colored lines. The long sides of the field shall be designated sidelines; the short sides shall be designated end lines. A line shall be marked through the center of the field perpendicular to the sidelines. This line shall be known as the center line and shall continue through any logos or other markings. The center of the field shall be marked with a 10 cm circle, square or X (the “center marking”). Through this center marking shall be a line in length, parallel to the end lines. The center marking shall be surrounded by a draw circle 5 metres in radius. All lines shall be between 5 cm -10 cm wide. The goal line shall be 5 cm wide. The center line shall be 10 cm wide. Cones or pylons shall be placed at the four corners of the field, at each end of the Substitution Area, and at that end of the half-way line which is opposite the bench area. The cones or pylons shall be at the outside edge of the boundary lines.

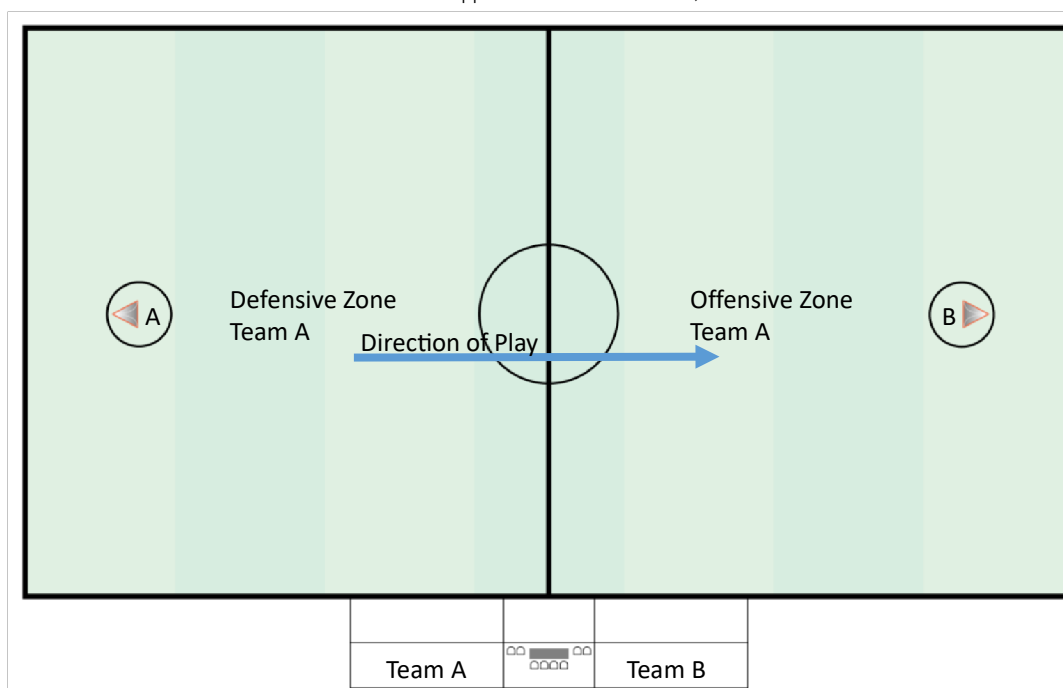


1.1.3 PENALTY DOT MARKING

Include a penalty dot as a permanent field marking. The center of the penalty dot is located 2m from the centerline and 5m from the sideline (see diagram). The recommended radius of the penalty dot is between 0.1 m - 0.2 m. The penalty dot is located on the table side of the field.

1.1.4 ZONES

The playing field shall be divided into 2 zones. The portion of the surface in which the goal is situated shall be called the "Defensive Zone" of the team defending that goal, and the portion farthest from the defended goal as the "Offensive Zone". The center line divides the 2 zones. What is one team's Defensive Zone is their opponent's Offensive Zone, and vice versa.



Rule 1.2 THE GOALS (See Appendix E for More details)

1.2.1 GOAL DIMENSIONS

Each goal shall consist of two vertical posts joined by a rigid crossbar. These posts shall be 1.83 metres in height and width, all inside measurements. The pipes shall have an outside diameter of approximately 5 cm. The goal posts shall be supported by flat metal bars, no more than 1.27 cm thick. See Appendix B.

1.2.2 GOAL PLACEMENT

The goals shall be centered relative to the width of the playing surface and 25 metres from the midline.

1.2.3 GOAL LINE

Goals should be constructed in a manner such that when a ball enters the goalmouth and it is a goal, the ball shall not re-enter the field of play.

1.2.4 GOAL COLOR

Goals shall be orange in color.

Rule 1.3 The GOAL CREASE

1.3.1 GOAL CREASE DIMENSIONS

Around each goal there shall be plainly marked a circle known as the goal crease. The goal crease is a circle with a radius of 3 metres. The mid-point of the goal line is the center point of the goal crease circle.

Rule 1.4 THE GOAL NETS

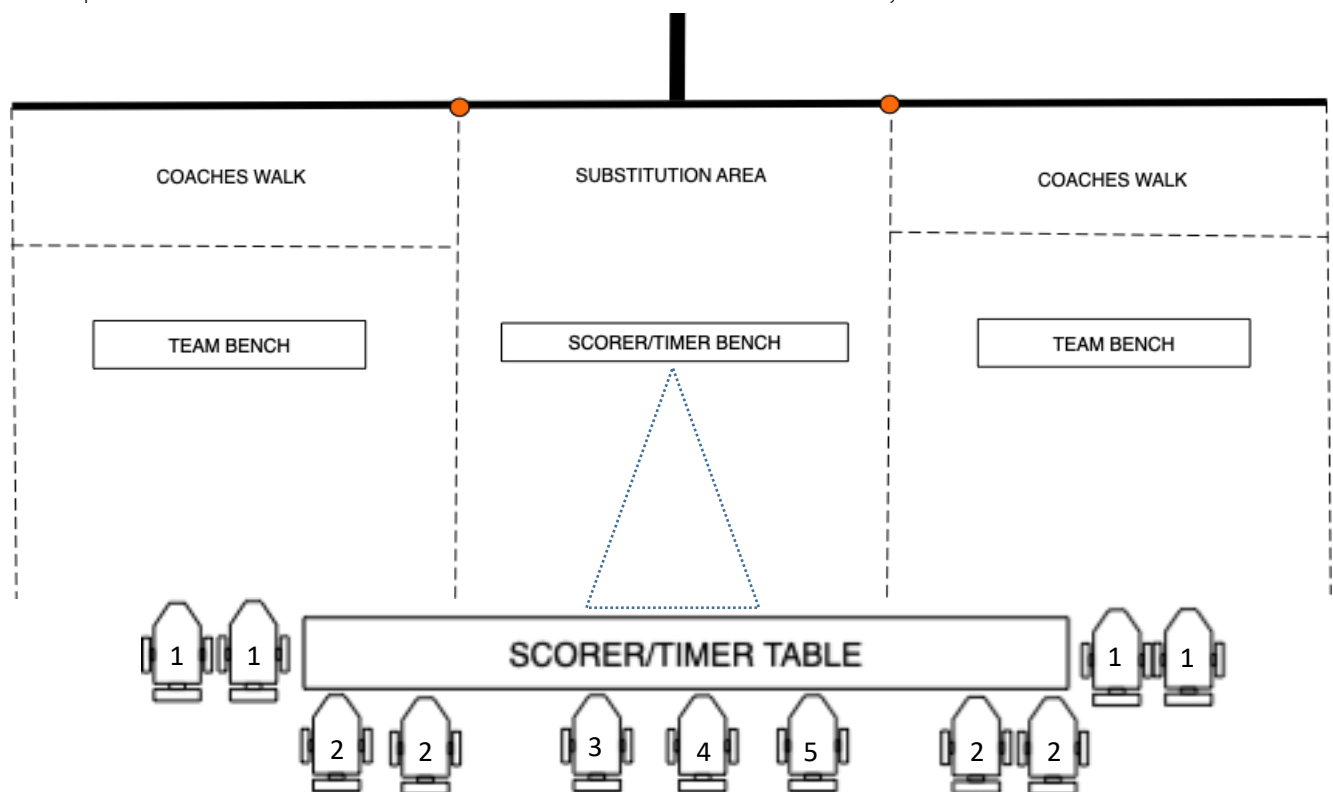
1.4.1 NETTING

Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the crossbar and the flat metal bar so as to prevent the passage of the ball. The mesh of the net shall not exceed 3.80 cm. Goal nets may be any solid color, preferably white. The netting may have an Advertising Goal Skirt attached as per outlined in Appendix E.

Rule 1.5 THE TIMER/SCORER AREA

1.5.1 TIMER AND SCORER LOCATION

The timer's table shall consist of the Official Timer, the 30-Second Clock Operator, the Official Scorer and any assistants. The timer's table shall be placed at least 5 metres from the sideline at the center line on the same side as the Players' benches.



Position of the Scorer/Timer's Table

- | | | | |
|----------|---------------------|----------|-----------------|
| 1 | Penalty Chairs | 4 | Game Timekeeper |
| 2 | Penalty Timekeepers | 5 | Scorer |
| 3 | Shot Clock Operator | | |

The Timer's Table and Chairs for the Scorer/Timer's should be placed on a raised platform and covered with an awning to protect the Timers and Scorers from the elements.

1.5.2 SHOT CLOCK

Two 30-second visible shot clocks are required for use in all games and shall be located at each end line so that they can be easily seen by players and officials.

Rule 1.6 THE TEAM BENCH AREA

1.6.1 BENCH AREA SPECIFICATIONS

The Team Bench Area will extend 10 metres parallel from the Substitution Area and, where physically possible, extend at least 5 metres from the sideline. Benches for the competing teams shall be placed in a Team Bench Area at least 5 metres from the sideline.

1.6.2 NON-PLAYING PERSONNEL ON BENCH

Only Players in uniform, the Head Coach, and 2 non-playing personnel shall be permitted to occupy their Team Bench Area. No other team personnel or spectators shall be located within 5 metres of the bench or sidelines and are not permitted in the Team Bench Area. The Head Official will instruct the Head Coach to order the removal of any offending individuals from the Team Bench Area. After such warning if the team does not conform, or the offending individuals return to the Team Bench Area, a foul will be imposed on the offending team.

1.6.3 THE COACHES' AREA

A dotted line shall be placed 2.5 metres from the sideline, within the 5 metre team bench area. It shall be parallel to the sideline and extend the length of the Team Bench Area.

Rule 1.7 THE PENALTY AREA

1.7.1 CONTENTS

The Penalty Area shall consist of two seats for each team next to the timer's table.

Rule 1.8 SUBSTITUTION AREA

1.8.1 DIMENSIONS

A Substitution Area of 10 metres long and 5 metres in depth from the sideline and situated between the Team Bench Areas. Only Players in process of imminent substitution should be moving through this area.

SECTION 2 - EQUIPMENT

Rule 2.1 THE BALL

2.1.1 COMPOSITION/DIMENSIONS

The ball shall be solid, smooth and have an elastomer-type composition. The circumference of the ball will not be less than 19.70 cm or more than 20.30 cm.



2.1.2 COLOR

The ball may be white or yellow in color. Any color other than white or yellow must be agreed upon by both teams.

2.1.3 GAME BALL

The organizer of the event, or the home team where there is no event organizer, supplies the game balls and the ball in use at the end of the game shall become the property of the winning team.

2.1.4 END LINES

The organizer of any event, or the home team where there is no event organizer, shall supply an adequate number of extra balls on each end line throughout the game.

Rule 2.2 THE STICK (See Appendix C for Stick Drawings)

Rule 2.2W THE STICK – (WOMEN'S) 2.2.1W LENGTH

The Stick shall be of an overall length of 100 cm to 110 cm.

2.2.2W HEAD

The head of a field Stick will be triangular in concept. The head of the field Stick will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. At the widest point at the top of the head, the inside width between the walls of a plastic/molded head Stick will be 16cm minimum and 15cm to 16cm for a wooden Stick. There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material. All sidewalls shall be made of plastic or synthetic material. The sidewalls shall not be above 5.50 cm in height.

2.2.3W SHAFT

The shaft of the field Stick will be 'nominally' straight and may be constructed of wood, metal alloy or other composite material. The Stick must not have sharp or protruding parts or edges and must not be dangerous to players in any way. The shaft may not be filled with any after-market substance. Any significant increase in radius on the Stick shaft with tape or other material that would give undue assistance is not permitted as per the Official's discretion.

2.2.4W BUTT END

The butt end of any Stick must be adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited.

2.2.5W BALL STOP

There must be a ball stop at the throat of the Stick. The ball stop must be wide enough to let the ball rest loosely on the ball stop. The stop shall be constructed so that no part of the ball can be under the stop.

2.3.6W POCKET

Pockets may be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing. Mesh pockets are allowed.

- Longitudinal leather or synthetic thongs shall be 0.3 to 1.0 cm wide. Each thong must be made of one material (leather, synthetic leather or nylon cord) and run the full length of the head. A second material may be used in close proximity to the scoop and the ball stop to allow attachment of each thong to the head. Thongs must be attached to the head through holes in the scoop and at the ball stop. The thongs at the ball stop must extend 5.1 cm beyond the ball stop. Thongs must be evenly spaced along the length and across the width of the head. Loose ends of thongs must not be woven back up through the pocket of the Stick. Glue/adhesive must not be used on any thong or string in the head of a Stick.
- Cross-lacing in a traditionally strung pocket is defined as 8 to 12 knots/stitches, where two strings intertwine at a common place on a thong and evenly spaced diamonds. A 'diamond' is the shape formed between longitudinal knots on a thong and horizontal knots.
- Cross-lacing in a pre-manufactured detachable pocket is defined as 8 to 12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs.
- Pockets must be attached to the head of the Stick through pocket stringing holes and must be attached in one of the following ways:

- o The top of the ball, when dropped into the pocket of a horizontally held Stick, both front and back, must be visible above the top of the entire wooden or plastic sidewall wall after reasonable force with one hand has been applied to and released from the ball.
- o The ball must move freely within all parts of the head and pocket, both laterally and along its full length of the front and back of the pocket. To ensure the ball rolls freely, the umpire will tilt the Stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the Stick. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden Stick, or in the ball stop, or under the walls of a plastic/molded head Stick. The ball must easily fall out of the pocket of the Stick when the Stick is turned upside down.
- o There must be no holes or gaps in the pocket that are larger than 3.81cm.

2.2.7W GOALKEEPER

The Stick will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.

- The shaft of the Stick will be straight and may be constructed of wood, metal alloy or other composite material. Recessed metal screws with rounded heads must be used to attach the head to the shaft. The butt end of the shaft will have an end cap, be taped or sanded smooth if wood.
- The Stick must not have sharp or protruding parts or edges, must not be dangerous to players in any way.
- The overall length of the Stick will be 100 cm minimum to 135 cm maximum.
- The entire head of the Stick will be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge or the ball stop to the widest point at the top of the head.
- The pocket of the Stick may be strung traditionally with 6 or 7 longitudinal leather or synthetic thongs and 8 to 12 knots/stitches of cross-lacing, or may be mesh.
- The Goalkeeper's Stick may have more than two shooting/throw strings and flat laces may be used as shooting/throw strings. There are no restrictions regarding the design or placement of shooting/throw strings in the pocket of the Stick.
- The Goalkeeper's Stick meets specifications when:
 - o The ball moves freely within all parts of the head/pocket, both laterally and along its full length.
 - o The Stick with the ball in it is held at eye level with the long axis of the Stick vertical to the ground, and more than one half of the ball is visible above the ball stop.

Rule 2.2M THE STICK – (MEN'S) 2.2.1M LENGTH

The Stick shall be of an overall length of 100 cm to 110 cm.

2.2.2M HEAD

- The head of the Stick shall measure between 15.24 cm and 25.40 cm inside measurement at its widest point. The head of the Stick shall be approximately perpendicular to the handle.
- The head of the Stick shall be constructed as follows:
- Both walls shall be of wood, laminated wood, plastic or;

- One wall shall be made of wood, laminated wood, or plastic and the other wall shall be made by weaving gut lacing from the tip of the head to the handle in such a manner that it prevents the tip from catching on an opponent's Stick.
- The wooden or plastic walls of the Stick shall not be above 5.08 cm in height: where a wall is made of gut, it may be any height.
- There may be a guard stop at the throat of the Stick. The stop must be perpendicular to the handle of the Stick and wide enough to let the ball rest loosely on the stop. The stop shall be constructed so that no part of the ball can be under the stop. The guard stop or, if no guard stop is fitted, the throat of the Stick shall be a minimum 25.4 cm from the outside edge of the head of the Stick.
- The head and side(s) of the Stick shall have holes bored in them to facilitate the weaving of the stringing.

2.2.3M SHAFT

The shaft of the field Stick will be 'nominally' straight and may be constructed of wood, metal alloy or other composite material. The Stick must not have sharp or protruding parts or edges and must not be dangerous to players in any way. The shaft may not be filled with any after-market substance. Any significant increase in radius on the Stick shaft with tape or other material that would give undue assistance is not permitted as per the Official's discretion.

2.2.4M BUTT END

The butt-end of the Stick handle must either be solid with no sharp edges or, if hollow, it must have its open end adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited.

2.2.5M BALL STOP

There may be a ball stop at the throat of the Stick. The ball stop must be perpendicular to the shaft and wide enough to let the ball rest loosely on the ball stop. The stop shall be constructed so that no part of the ball can be under the stop. The ball stop or, if no ball stop is fitted, the throat of the shaft, shall be a minimum of 25.4 cm from the outside edge of the head of the Stick.

2.2.6M THE POCKET

The net of the Stick shall be constructed of gut, rawhide, clock cord, linen or synthetic material and shall be roughly triangular in shape.

- No Player shall use a Stick in which the pocket has been permitted to sag to such a depth that the top surface of a lacrosse ball placed therein is below the bottom edge of the sidewalls when the Stick is held horizontal to the ground with the net to the bottom of the Stick. This prohibition shall not apply to the Stick of the designated Goalkeeper.
- No Player shall use a Stick that is constructed or strung so as to be designed to withhold the ball from play.
- No Player shall use a Stick of trick construction or stringing which tends to retard the normal and free dislodgement of the ball by an opponent.
- No Stick may be tampered with in any way so as to give a Player an advantage over their opponent.
- All strings shall be limited to a maximum hanging length of 5.0 cm.
- Adjustable length shaft handles are illegal.

- No Player shall use a Stick that is constructed or strung or tampered with to confuse an opponent into believing that the ball is in the Stick when it is not, or that the ball is not in the Stick when it is.

2.2.7M GOALKEEPER

The Stick of the designated Goalkeeper shall be an exception to Rules above regarding length and width. The designated Goalkeeper may use a Stick that measures from 15.24 cm up to 38.10 cm inside measurement at its widest point and shall have an overall length from 100 cm up to 140 cm.

Rule 2.3 STICK CHECK

2.3.1 STICK MEASUREMENT REQUEST PROCEDURE

Only the Head Coach may request a Stick measurement check on the opposing team and only during a timeout or normal stoppage in play. A request for a Stick measurement check shall be limited to 1 request per team during the course of any stoppage of play. A request for a Stick measurement check of a goal scorer's Stick in sudden-victory overtime will not be granted.

2.3.2 ILLEGAL STICK & SCORED GOAL

If an attacking Player scores a goal and before play resumes, a Stick check measurement is requested and the goal scorer's Stick is found to be illegal, then the goal is disallowed. If the goal is disallowed, the foul will not be imposed.

2.3.3 RANDOM STICK CHECK PROCEDURE

The Officials, between quarters and during timeouts throughout the game, may randomly inspect the Stick of any Player. Any Player who, at the discretion of the Official, fails to timely provide the Stick to the Official upon request or who attempts to alter the Stick after the request shall be assessed a foul for unsportsmanlike conduct. Should the Stick be illegal upon measurement, an additional foul shall be assessed.

2.3.4 CONFISCATION PROCEDURE OF ILLEGAL STICK

If a Stick is declared illegal it shall be removed to the scorer's table area. The team may retrieve the Stick immediately after the game.

Rule 2.4 PERSONAL EQUIPMENT

2.4.1W EQUIPMENT (WOMEN'S)

Close-fitting gloves, nose guards, and eye guards may be worn by any field Player. All eye guards must meet certification requirements of any country, organization or standard. A Player may wear prescription glasses or sunglasses, and shatter resistant frames/lenses are strongly recommended. Suitable shoes must be worn.

Note: World Lacrosse does not guarantee the safety of any eye guards worn by a Player. World Lacrosse does not monitor the safety or effectiveness of any eye guard, such as the ability to withstand impact from a ball or Stick and does not review or approve the certification process of any country, organization or standards organization.

2.4.1M EQUIPMENT

All Players are required to wear protective gloves, suitable boots or shoes, and a protective helmet equipped with a facemask and a chinstrap, which must be properly fastened on both sides.

The fingers may not be cut out of a Player's gloves, and the entire finger must be encased within, and must be part of the glove. A Player may not play with their fingers outside the glove. A Player may cut the palms out of their gloves.

2.4.2 MOUTH GUARD

All Players, including the Goalkeeper, must properly wear an intra-oral tooth and mouth protector (mouth guard) which shall be molded to the Player's teeth and jaw, cover all teeth of the upper-jaw and protect the Player from injury. It is recommended that the mouth guard be visible in color.

2.4.3 GOALKEEPER

The Goalkeeper must wear a protective helmet equipped with a facemask covering the entire face and chin, and a chinstrap, which must be properly fastened on both sides, throat guard, a chest protector and a box/cup (where necessary). Shin guards (soccer/football style), compression shorts or pants that conform to the body with or without pads are optional. With the exception of the Goalkeeper's Stick, all equipment worn by a Goalkeeper must be constructed solely for the purpose of protection of the Player's head and body and must not include anything that would assist the Goalkeeper in stopping the ball. The Goalkeeper's uniform, jersey and team shorts/pants shall be worn over the Goalkeeper equipment and shall conform to the body such that the jersey and shorts/pants do not assist the Goalkeeper in stopping the ball.

2.4.4 STOPPAGE OF PLAY

Play must be suspended immediately if a Player does not have any of the required equipment, or if during the duration of play, equipment becomes dislodged compromising safety or increasing the risk of injury. The Official shall delay the sounding of their whistle as in the slow whistle technique, except that an arm signal is not made under these circumstances.

2.4.5 UNIFORM

All eligible Players of each team shall be dressed uniformly with, as a minimum, matching jerseys and shorts/skorts or kilt of the same dominant team color. Those Players on the team who wear sweatpants or compression pants must wear the same color. Altered uniforms of any kind will not be permitted, including but not limited to a ripped and/or re-stitched jersey. Any Player or Goalkeeper not complying with this Rule shall not be permitted to participate in the game.

2.4.6 JERSEY NUMBERS

Each Player and Goalkeeper listed on the team's roster shall wear an individual identifying number at least 15 cm-21 cm high on the front and 20-26 cm high back of their jersey. A Player's name is not a mandatory element of the jersey. The numbers on the front and back of a Player's jersey shall be the same, and no duplicate numbers shall be permitted on the same team. The number on the jersey shall be one or two digits. The numbers must range from 0 to 99.

2.4.7 HOME JERSEYS

The visiting team shall notify the home team of the color of the jerseys, which they are going to wear in the game, and the home team must wear jerseys of a contrasting color.

Rule 2.5 PROHIBITIONS RELATING TO PERSONAL EQUIPMENT

2.5.1 HELMET CAMERA

No Player shall wear any form of body or helmet mounted sports camera, or wear or carry equipment, which, in the opinion of the Officials, endangers them or other Players.

2.5.2 JEWELRY

A Player may not wear jewelry or body-piercings. Exceptions to this shall be a medical alert item and/or a religious item. If worn, such an item must be securely taped to the relevant part of the body to prevent it becoming entangled with the Stick or equipment of another Player.

SECTION 3 - THE TEAMS

Rule 3.1 NUMBER OF PLAYERS

3.1.1 ROSTER

No team may be comprised of more than 12 Players on an active roster, including a minimum of 1 Goalkeeper.

3.1.2 ELIGIBLE PLAYER LIST

At the beginning of each game, the Head Coach shall list the Players and Goalkeeper(s) who shall be eligible to play in the game.

3.1.3 SUBMISSION OF ELIGIBLE PLAYER LIST

Two team rosters indicating the names and numbers of all 12 Players in the line-up must be entered into the official scorebook or onto the official game sheet no later than 20 minutes before the game and no change shall be permitted in the list or addition thereto. The name of the Captain of both teams shall be included in the list. Also, each team's designated In-Home will be indicated on the line-up and foul summary sheet.

3.1.4 NUMBER OF PLAYERS TO BEGIN A GAME

A full team shall be composed of six Players on the field, which includes five field Players and one Goalkeeper and must have this minimum to start the game. Each team must have a Goalkeeper on the field at all times. If, because of injuries or Players out of the game due to fouling out or expulsion fouls or other reasons, a team cannot keep six Players in the game, then it may continue the game with fewer than six Players, but no exceptions will be made to these Rules.

3.1.5 PLAYERS AS A GOALKEEPER

Should a Goalkeeper become incapacitated, an eligible Player listed on the playing roster for that game shall be permitted to wear the equipment of the Goalkeeper.

3.1.6 BENCH

It is the home team's decision to choose the bench area which they will occupy during the game. At a World Championship or similar major event, or at any event where the organizers deem it necessary, the home team will be allocated the bench area to the left when facing the bench area. In the case of a dispute, the visiting team is the first out of the change rooms.

3.1.7 IN-HOME

Before the commencement of the game, the Head Coach shall nominate an In-Home to the Head Official. The In-Home may be any Player on the team except for a Goalkeeper. The In-Home will serve any nondesignated Player foul, 30-second, one-minute, expulsion, or foul by the Goalkeeper. If multiple fouls of this type occur, then the penalties shall be imposed against additional Players who may be any member of the team except for the Goalkeeper and shall be nominated by the Head Coach of the penalized team.

Rule 3.2 CAPTAINS

3.2.1 PRIVILEGES

Each team shall appoint one Captain who alone shall have the privilege of discussing with the Official any questions relating to the interpretation of Rules which may arise during the game. No playing Coach, playing manager or Goalkeeper shall be permitted to act as Captain.

3.2.2 COMMUNICATION WITH OFFICIALS

Only the Captain, when invited to do so by an Official, shall have the privilege of discussing any point relating to the interpretation of the Rules. The Captain needs to ask the Official to speak before discussing the interpretation of the Rules.

3.2.3 COMPLAINT ABOUT A FOUL

A complaint about a foul is not a matter “relating to the interpretation of the Rules” and a foul shall be imposed against any Captain or other Player making such a complaint.

Rule 3.3 COACHES

3.3.1 DUTIES

It shall be the responsibility of the Head Coach to see that their Players are properly and legally dressed and equipped to play and are ready to play at all times in accordance with the pre-game and game procedures set out in these Rules. The Head Coach is responsible for the actions of all non-playing members of their team and all persons officially connected with their team. It is the duty of the Head Coach to cooperate with the Officials in keeping the game under control at all times with their Players and not to entice poor sportsmanship from the spectators. Any failure will result in a foul and may be subject to expulsion from the game and additional discipline from the appropriate adjudicatory body.

3.3.2 RESPONSIBILITIES

It shall be the responsibility of the home Head Coach to see:

- i. That the playing field is in proper condition for play,
- ii. That the timekeepers and scorers are present and prepared with all the required equipment necessary for them to carry out their respective functions; and
- iii. That balls and ball persons are provided.

Note: In a World Championship or similar event, the organizers of the event will be responsible for the above, including the required equipment set out in these Rules.

3.3.3 PLAYER-COACH

One or more of a team's Coaches may be a Player-Coach. The Head Official and the opposing Head Coach must be informed of the jersey number of any such Player-Coach before the start of the game. When a Player-Coach is in the Coaches' area, no helmet or eye protection shall be worn.

3.3.4 IN LIEU OF A HEAD COACH

In the absence of a Head Coach, the powers, authorities and responsibilities of the Head Coach will fall to an Assistant Coach as nominated by the team. Should there be no Coaches, the powers, authorities and responsibilities of the Head Coach will fall to the one Captain who is designated the official representative of that team on the field.

SECTION 4 - CONTROL OF THE GAME

Rule 4.1 THE OFFICIALS

4.1.1 DUTIES

The game shall be controlled by three Officials, one of whom shall be designated the Head Official. Their duties shall be equal in all respects, except that, in the settlement of any dispute, the decision of the Head Official shall be final. The Officials shall have authority over the play of the game, with control and jurisdiction over the Official timekeeper, Penalty Timekeepers, Official scorers, Players, substitutes, Coaches, anyone officially connected with the teams, and spectators. The Officials shall, before the start of each game, see that the appointed table personnel are in their respective places and ensure that all timing and signaling equipment are in order.

4.1.2 AUTHORITY

The authority of the Officials shall begin with their appearance on the field of play and terminate only when the Officials exit the field of play. Any of the Officials may suspend the play of the game and stop all clocks for any reason, which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.

4.1.3 PENALTIES

It shall be the Officials' duty to impose penalties as prescribed by this rulebook for infractions thereof. The Officials shall designate any foul and report such to the Official Scorer or Penalty Timekeeper. The Officials shall see that Players of opposing teams are separated in the penalty area to prevent any altercations.

4.1.4 REPORTING OF INCIDENTS

The Officials shall report in detail on the game sheet or special incident report any of the following incidents:

- i. Every obscene gesture or statement made by any person involved in the playing or conduct of the game, including comments of race, sexual orientation, etc. whether a participant, or a representative of either team, which gesture they have personally observed,
- ii. Any altercation between a spectator and any Player or non-playing team member; or iii. When an ejection of a Player or Coach is administered.

4.1.5 REPORTING OF GOALS

The Officials shall keep a record of the total goals scored by each team. They shall check the score with the Official Scorekeeper at the end of each period, but the Officials' score shall be the final score of the game.

Rule 4.2 TABLE PERSONNEL

4.2.1 TIMEKEEPER'S DUTIES

The Official Timekeeper shall keep an accurate account of the time of each quarter and intervals between quarters and all other timeouts. The Timekeeper sounds the horn to resume play when an interval or timeout has elapsed. The Timekeeper's horn in and of itself never stops the play of the game.

4.2.2 PENALTY TIMEKEEPERS

Two Penalty Timekeepers shall be assigned for each game and shall be equipped with timepieces, which can record time in seconds. The Penalty Timekeepers shall be positioned at either side of the timer's table, behind the penalty area. The Penalty Timekeepers shall time the period of any foul imposed by the Officials, and shall audibly count down the penalty time to the Player concerned and to any substitute who may be about to go on to the field in place of the penalized Player, as follows: "10 seconds, 5 seconds, 4, 3, 2, 1, Release".

4.2.3 OFFICIAL SCORER DUTIES

There shall be an Official Scorer and at least one assistant assigned for each game. The Official Scorer shall keep an accurate record of the goals scored, time of the goal scored and assist made by each team. The Official Scorer shall record the name and number of the Player scoring the goal and those credited with the assist, keep an accurate record of timeouts (team, Official, television), and notify the Officials if either team exceeds the number allowed. The Official Scorer keeps the name and number of each Player upon whom a penalty is administered, the type of foul, time of the quarter when it occurred and the duration. The Official Scorer must notify the Officials when any Player accumulates three or more major fouls in the game (fouling out). The Official Scorer shall keep a record of name and number of both teams' In-Home.

4.2.4 SHOT CLOCK OPERATOR DUTIES

The 30-Second Clock Operator shall control a separate timing device that shall be used during the entire game including overtime except for a reset with under 30 seconds remaining in each quarter. In situations with under 30 seconds remaining in a quarter, the shot clock should be reset and remain at 30 seconds or turned off. The 30-Second Clock Operator shall signal the expiration of the shot clock either by use of an electronic scoreboard buzzer or manual horn. Although the 30-Second Clock Operator may sound a horn or electronic device when the 30-second clock expires, the Official shall be responsible to signal any violation of the 30-second clock. In the event of a failure of the official shot clock(s), the Shot Clock Operator shall manually time the shot timing duration and notify the on-field Officials and teams in increments of 10 seconds and sound the scoreboard buzzer or horn or at zero seconds.

Rule 4.3 MISTAKES BY OFFICIALS

4.3.1 CORRECTABLE ERRORS

Where an Official, Official Timekeeper, Penalty Timekeeper, Shot Clock Operator or Official Scorer becomes aware that an inadvertent error has been made which would result in a Player or a team being penalized, they shall promptly correct the error. If a goal is scored prior to the error being corrected and the error is brought to the attention of the Officials before play resumes, the Officials shall allow or disallow the goal depending on the circumstance.

Rule 4.4 INADVERTENT FOUL SIGNALS AND WHISTLE

4.4.1 PROCEDURE

At the time of an inadvertent whistle, play must be stopped immediately. In the case of an inadvertent delayed foul situation or horn, Officials will stop play at the earliest opportunity that does not interfere with an imminent scoring opportunity. Possession shall be awarded as follows:

- i. For an inadvertent whistle, a team with, or entitled to, possession at the time of the whistle shall restart play with possession. If neither team has or is entitled to possession at the time of the whistle, the ball shall be awarded by the alternate-possession Rule.
- ii. If play continues after an inadvertent foul signal and a goal is scored, the goal will count and play will be restarted as per normal restart after a goal.
- iii. If play continues after an inadvertent foul signal and a goal is not scored the ball shall be awarded to the team that had possession when the inadvertent delayed penalty signal was given. Play shall be restarted within two metres of the nearest line.

SECTION 5 - TIME FACTORS

Rule 5.1 LENGTH OF GAME

5.1.1 GAME LENGTH

The regulation playing time is four quarters of eight minutes running time,

5.1.2 OVERTIME

When the score is tied at the end of regulation playing time, play shall continue with sudden-victory overtime.

- i. Periods are four minutes of stopped time until a goal is scored.
- ii. There shall be a two-minute break prior to the start of the first sudden-victory overtime period and between all subsequent periods of sudden-victory overtime.

- iii. If a game remains tied after the first sudden-victory overtime period (i.e., no goal is scored by either side), there shall be a two-minute break followed by a second four-minute sudden victory overtime period. This procedure will continue until the first goal is scored.

Rule 5.2 INTERVALS BETWEEN QUARTERS

5.2.1 QUARTER BREAKS

There shall be a two-minute interval between the first and second quarters and between the third and fourth quarters. During these intervals all Rules governing play of the game shall remain in force.

5.2.2 HALF-TIME

Between the second and third quarters, there shall be a five-minute intermission or half time. Teams may leave the bench areas during half-time.

5.2.3 CHANGE OF DIRECTION OF PLAY

At the conclusion of each quarter, including any sudden-victory periods, each team shall change their direction of play. A team's Defensive Zone from the prior quarter becomes their Offensive Zone, and vice versa.

Rule 5.3 GAME CLOCK OPERATION

5.3.1 START OF GAME

The game clock shall begin when the Official blows the whistle to start the first draw of each quarter.

5.3.2 STOPPAGE REASONING

The stoppage of all clocks will occur:

- i. During timeouts of any kind;
- ii. On time-served penalty administration;
- iii. At the end of a quarter; or
- iv. Whenever the ball becomes dead during the last two minutes of the fourth quarter and anytime in an overtime period the clocks will start and stop on the Official's whistle.

Rule 5.4 SHOT CLOCK OPERATION

Rule 5.4.1 SHOT CLOCK RESET

Upon a team gaining possession of the ball, there shall be a 30 second shot-clock. If the shot clock expires without a shot on goal, the ball is awarded to the defensive team.

The shot clock shall only be reset when an Official signals for reset of the shot-clock and does so when any of the following apply:

- i. If a shot hits the goal pipe or rebounds off the Goalkeeper while standing within the crease, subject to the following:
 - a. The head of the Players Stick who takes the shot must be above Goal Line Extended when the ball is released for it to be considered a shot; and
 - b. The ball must be released from the Player's Stick prior to the shot clock expiring;
- ii. Any loose ball technical foul (play-on) by the defense will reset the shot clock if the offended team gains possession
- iii. Upon the game restarting after the administration of time serving fouls;

- iv. Change of possession;
- iv. Play is stopped for a defensive injury;
- v. After the scoring of a goal when the Official whistles to restart play;
- vi. At end of quarter unless possession is retained due to an extra Player situation;
- vii. Possession is gained or the ball is awarded stoppage after a draw; or
- viii. Any situation not covered by the Rules and deemed to be appropriate by the Officials

The shot-clock shall **not** reset:

- i. If the shot does not originate from above the goal line extended;
- ii. During a team or Official's timeout;
- iii. If the ball hits the Goalkeeper or a defensive Player while outside the crease;
- iv. If play is stopped for an offensive injury; or
- v. if there is an inadvertent whistle or a delayed penalty has been signaled.

5.4.2 SHOT CLOCK STOPPAGE

The shot clock shall stop when the ball is out of bounds.

5.4.3 SHOT CLOCK ERRORS

In cases where the shot clock does not reset or start within 5 seconds of the official signaling request, the officials are instructed to stop play and correct the clock to the appropriate time.

Note: In the event of an imminent scoring opportunity, or if a team is clearing the ball, the officials shall allow the scoring opportunity or clear to continue and stop the play to reset the shot clock when either is complete. Should the officials not know the correct timing of the shot clock at the time of stoppage, it shall be reset to 30 seconds.

Rule 5.5 COIN TOSS

Rule 5.5.1 Start of Game and Overtime

Initial Offensive/Defensive Zones will be determined by a coin toss prior to the start of the game. The visiting Captain shall call the toss. Winner of the coin toss chooses alternate possession or the goal their team will defend for the first quarter. Prior to the first sudden-victory overtime period, an additional coin toss will be utilized to determine alternate possession or goal to defend for the first sudden-victory overtime period.

Rule 5.6 INTERRUPTED OR INCOMPLETE GAME

5.6.1 WEATHER INTERRUPTION

Where the Head Official and/or the tournament's Official-in-Chief feels that weather conditions and/or lightning make it inadvisable for a game to continue, then the game shall be halted in accordance with the World Lacrosse Lightning Protocol. All participants, including Players, Officials, Bench Officials, ball persons and others, shall be required to go indoors at the earliest opportunity.

5.6.2 RE-START AFTER WEATHER INTERRUPTION

If it is subsequently possible to resume the game, then the teams shall be allowed to warm up on the field of play prior to the re-start, as follows:

- i. If the delay from leaving the field to re-entering the field is more than 20 minutes, then a 10minute warm up will be allowed.
- ii. By mutual consent of both Coaches, the above warm-up time may be modified.

5.6.3 INCOMPLETE GAME

In the event of a game not being completed because of darkness, bad weather, or any circumstances whereby the Head Official thinks the safety of players is at risk, such uncompleted game shall be referred to the governing body for adjudication of a result.

Rule 5.7 FORFEITED GAME

5.7.1 FAILURE TO APPEAR OR FINISH

A team shall be declared the winner of a game by forfeit if its opponent fails to appear at the appointed time and place for the contest, or for any reason a team fails to finish a contest. The score of such a forfeited game shall be 1-0 against the forfeiting team.

5.7.2 FAILURE TO COMPLY

The visiting team shall be declared the winner of the game by forfeit if the field does not meet the specifications as set forth in these Rules, or as previously agreed by the competing teams. Any unavoidable local conditions must be agreed to in writing prior to the day of the game.

5.7.3 IMPROPER NUMBER OF PLAYERS

A game will not start if a team has fewer than 6 players, including those in the penalty area and they shall forfeit the game by a score of 1-0. One of the six players must be a designated Goalkeeper.

SECTION 6 - THE PLAY OF THE GAME

Rule 6.1 ACTIONS PRIOR TO GAME

6.1.1 WARM UP

When a team is warming up on the field of play, it shall do so in the half of the playing field that is nearest to its own bench area.

6.1.2 CERTIFICATION

The pregame equipment certification by the Head Coach shall act as the team warning. The Head Coach shall certify to the Head Official before the game that all Players:

- i. Have been informed what equipment is mandatory and what constitutes illegal equipment;
- ii. Have been provided the equipment mandated by the Rules;
- iii. Have been instructed to wear and how to wear mandatory equipment during the game;
- iv. Have been instructed to notify the coaching staff when equipment becomes illegal during the game; and
- v. Have had their sticks, uniforms and all other equipment inspected by the Head Coach for meeting the Rule specifications.

Note: Certification is achieved by the Official asking the Head Coach the following: "Coach, are all your Players legally equipped by these Rules?"

6.1.3 DISCUSSION WITH CAPTAINS

The Officials shall call together the Captains at the center of the field approximately five minutes before the start of the game to perform the coin toss. At this time, any special ground Rules shall be explained.

6.1.4 LINE-UP

The Officials shall then position the starting line-ups in lines facing each other at the center of the field, with their left sides towards the goal they are defending. Any special ground rules shall be explained.

Rule 6.2 THE STATUS OF THE BALL

6.2.1 LIVE BALL

Once the whistle has blown to start or re-start play, for example at a draw, when the ball is being put back into play after going out-of-bounds, or when the ball is being put back into play after a foul has been committed, then the ball is a live ball.

6.2.2 DEAD BALL

When the whistle blows to stop play, for example because a goal has been scored, the ball has gone out-of-bounds, or a whistle has blown denoting a foul, then the ball is a dead ball.

Rule 6.3 POSSESSION OF BALL

6.3.1 PLAYER POSSESSION

A Player shall be considered in possession of the ball when in control of it and able to perform any of the normal functions of play such as carrying, cradling, passing or shooting. In addition, the Goalkeeper shall be considered in possession of the ball when any part of their body is touching the goal crease area and the ball is possessed or under the Goalkeeper's Stick within the goal crease area.

6.3.2 TEAM POSSESSION

A team shall be considered in possession of the ball when a Player on that team has possession of the ball (Player possession), or when the ball is passed from a Player to a teammate by throwing, bouncing or rolling the ball.

6.3.3 LOOSE BALL

A ball not in a Player's possession or a team's possession is a loose ball.

Rule 6.4 CENTER DRAW

6.4.1 STARTING PLAY – QUARTERS AND OVERTIME PERIODS

Each quarter and overtime period will begin with a draw at the center of the field, subject to the following exceptions:

- i. In the event of an extra-Player situation at the conclusion of any quarter/period, then the next quarter/period shall be commenced by awarding the ball to the team that had possession at the conclusion of the prior period in the same relative position on the field. However, if the quarter/period ends with no team in possession, then a draw shall occur at the center line and all the usual draw restrictions shall apply.
- ii. If a draw is about to take place, and a team is guilty of delaying the game, then possession shall be awarded to the non-offending team. At the discretion of the Officials, repeated delay fouls may warrant unsportsmanlike conduct.
- iii. If a Player, Coach or non-playing member of a team commits a foul before any draw, the ball will be awarded to the non-offending team at the center of the field. All restricted Players are released may enter the center circle immediately however the three-metre Rule must be observed for restart purposes

6.4.2W DRAW POSITIONING (WOMEN'S)

All Players, except the two taking the draw, shall be positioned outside of the five-metre center circle. Two draw opponents shall stand with one foot toeing the center marking, with both hands and feet to the left of the throat of their Stick. Their sticks are held in the air above hip level, parallel along the vertical plane of the center line. The hand at the bottom of the Player's shaft cannot be higher than the hand at the top of the shaft. The sticks will be held back-to-back, the right sidewall is down so that each Player's Stick is between the ball and the goal they are defending. A Player's top hand must not contact the throat, the pocket or the sidewall of their Stick.

6.4.2M DRAW POSITIONING (MEN'S)

All Players except the two taking the draw shall be positioned outside of the five-metre center circle. The sticks and gloves shall rest on the ground up to but not touching the line on that Player's defensive half of the field, parallel to the centerline. The reverse surfaces of the sticks must match evenly, and each Player must have both hands wrapped around the handle of their own Stick, not touching any strings, and both gloved hands must be on the ground. No other body part shall touch the Stick. Both hands, both feet and helmet must be to the left of the throat of their Stick. The heads of the Stick shall be perpendicular to the field. Players may not back out and re-set their positions once the Official has initiated the draw position.

6.4.3 PLAYER POSITIONING

Players outside the center circle must remain outside until possession is gained, the ball touches or crosses the line creating the center circle, or the ball goes out-of-bounds. If any of the foregoing occur, the non-offending team will be awarded possession of the ball. After the sounding of the whistle, all players may enter the draw circle. Whilst the two players who are participating in the draw are in the draw position, and the ball is between and contacting their sticks, it shall be illegal for any other player to make contact with the body or stick of either of those two players.

- i. Checking of either the stick or the gloved hand (men's)/hand (women's) of either player participating in the draw is a minor foul (loose ball)
- ii. Body checking either player participating in the draw (prior to possession) is a major foul or an expulsion foul

Men's Clarification: The two players taking the face-off/draw cannot be interfered with {body or stick}.

Women's Clarification: The two players taking the draw cannot be interfered with {body or stick [including a stick check]} until the ball touches the ground or possession has been called.

Note: this is to protect the women's draw takers who are looking up and in a vulnerable position

Example: Once the whistle has initiated play, players who come into the draw circle and touch the body or stick of a draw taker will be in violation. Illegal procedure will be called and possession will be awarded to the opposing team.

6.4.4W SET (WOMEN'S)

The Official shall indicate to both Players to assume their respective positions at the same time. Once the draw Players have assumed their positions, the Official shall place the ball between the upper one-third of the head of the sticks and say, "set". Once this signal is given, both Players must remain motionless (except of moving their heads of their bodies) until the whistle sounds to start play.

6.4.4M SET (MEN'S)

The Official shall indicate to both Players to assume their respective positions at the same time. Once the draw Players have assumed their positions, the Official shall place the ball between the upper one-half of the head of the sticks and say, "set". Once this signal is given, both Players must remain motionless (except of moving their heads of their bodies) until the whistle sounds to start play.

6.4.5W MOVEMENT (WOMEN'S)

When the Official sounds their whistle to start the draw, each Player taking the draw must immediately draw their sticks up and away from one another. The flight of the ball must go higher than the heads of both Players taking the draw.

6.4.5M MOVEMENT (MEN'S)

When the Official sounds their whistle to start the draw, each Player may attempt to direct the course of the ball by movement of their Stick in any manner they desire. Kicking or stepping on an opponent's Stick is illegal. A Player may not "kick through" their own Stick in order to move their opponent's Stick. A Player may not deliberately use their hand or fingers to play the ball. A Player may not grab an opponent's Stick.

6.4.6 INADVERTENT WHISTLE

If an Official blows their whistle by mistake, then the ball shall be re-drawn at the center line with the same restrictions as the original draw.

6.4.7 OUT OF BOUNDS

If the ball goes directly out-of-bounds from a draw, and the Official does not know who touched it last, the ball will be awarded by alternate possession.

6.4.8 COINCIDENTAL FOULS

If both Players draw illegally, or it cannot be determined why the draw was illegal, or the Official determines that the draw was unsuccessful because it was not set correctly, the Official will reset the draw; however, if a second re-draw is necessary, the ball will be awarded by alternate possession.

Rule 6.5 RESTARTS

6.5.1 TIMING AND LOCATION

In a team's Defensive Zone, once the Official has signaled that the ball is ready for play, the restart shall occur in the same relative position where the ball was when play was stopped. In a team's Offensive Zone, once the Official has signaled that the ball is ready for play, the restart shall occur two metres inside the closest boundary line from where the ball was when play was stopped. The Official shall resume play as quickly as possible. If an opposing Player is within three metres of the Player awarded possession of the ball, and the Official blows the whistle to restart play, the opposing Player is not allowed to defend the ball until they reach a distance of at least three metres from the opponent.

6.5.2 DELAY OF GAME

A violation of the three metre area will be a foul (slow whistle) for illegal procedure. On any restart, no offensive Player may be within three metres of the Player with the ball. If an opposing Player is within three metres of the Player that has been awarded the ball, and the Official blows the whistle to restart play, the opposing Player is not allowed to defend the ball until they reach a distance of 3m from their opponent. A violation will be a delayed penalty for delay of game. On any restart, no players from the team awarded the ball may be within three metres of the Player with the ball. Officials are instructed to resume play quickly and not be as deliberate with the exact location of the restart.

6.5.3 OUT-OF-BOUNDS

The spot of the restart is determined by the location of the ball when the ball was declared out of bounds. The Player must be in bounds prior to the Official blowing the whistle. The Player who is awarded the ball cannot get a running start from out-of-bounds. The re-starting Player must be at least two metres laterally from the out-of-bounds spot, but if on the bench side, at least five metres from the Substitution area.

6.5.4 PENALTY TIME

When a foul occurs and penalty time is to be served, the ball will be awarded to the non-offending team in their Offensive Zone two metres in from the center line and must be at least five metres from the Substitution Area.

6.5.5 TIMEOUT

After a timeout, the team being awarded possession shall start the ball two metres inside the closest boundary line from where the ball was when play was stopped. The closest boundary line may also be the center line.

6.5.6 CARRY OVER

When a quarter ends with possession carrying over, the restart location is in the same relative position on the field at the start of the next quarter. If the ball is in a team's Offensive Zone, play will commence two metres inside the closest boundary line from where the ball was when play was stopped. The boundary line may also be the center line.

6.5.7 AFTER A GOAL

Following any goal, the Goalkeeper must retrieve the ball from the goal and ready it for play. The Official shall verbally count and give a visual five-second count with chopping motion just below shoulder height and parallel to the ground. If the Goalkeeper does not retrieve and possess the ball within five seconds, the ball will be awarded to the non-offending team. Once the goalie is ready and no violation of the five second count is observed the Official will sound their whistle to start play and signal for a shot clock reset. The Official begin the five-second crease count.

Rule 6.6 SCORING

6.6.1 GOAL

A goal is scored when the ball, whether loose or not, passes through the plane of the goal.

6.6.2 SCORER

The last attacking Player who provided enough force or impetus to the ball for it to completely pass through the plane of the goal is the goal scorer and shall be credited with the goal. When a Player on the defensive team provides enough force or impetus to the ball for it to completely pass through the plane of the goal, this is considered an own goal and the goal shall be credited to the designated In-Home of the offensive team.

6.6.3 RESULT

The team scoring the greater number of goals at the conclusion of the game shall be declared the winner of the game.

6.6.4 NO GOAL

A goal is not scored when the ball passes through the plane of the goal in the following circumstances:

- i. If the ball is released from the shooter's Stick after the quarter/period has ended or expiration of the shot clock, regardless of whether or not an Official's whistle has sounded;
- ii. After an Official's whistle has sounded for any reason, even though the sounding of the whistle may have been inadvertent;
- iii. If a Player from the attacking team interferes with the opposing Goalkeeper, while the Goalkeeper is within their crease;
- iv. If the goal scorer is an ineligible or expelled Player;
- v. When the attacking team has more players than it should have on the actual field of play (excluding the penalty area) at the time;

- vi. When the attacking team's Goalkeeper is in their team's Offensive Zone;
- vii. When the head of the shooter's Stick comes off during the shot or the follow-through; or
- viii. If a goal has been scored by an attacking Player and, before the next live ball that Player's Stick is declared illegal for any reason or if that Player touches or adjusts their Stick after an Official has requested it for a Stick check;
- ix. If an offensive Player commits any violation of the Rules prior to the ball entering the goal; or
- x. After a Player from the attacking team has released early from the penalty area, either on their own or due to a timekeeper's error:
 - a. If the penalized Player or their substitute left the penalty area on their own accord, the ball shall be awarded to the defense.
 - b. In the case of a timekeeper's error, the ball shall be awarded to the team in possession at time of the error or, if the ball was loose, by alternate-possession Rule. In all cases, the Player shall return to serve the remaining penalty time.

Rule 6.7 BALL OUT OF BOUNDS

6.7.1 SUSPENSION OF PLAY

Play shall be suspended at any time when the ball is out-of-bounds.

6.7.2 WITH POSSESSION

When a Player with the ball in their possession steps on or over a boundary line, or any part of their Stick or body touches the ground on or over the boundary line, the ball is out-of-bounds and the Player shall lose possession. The ball shall be awarded to any Player of the opposing team who is ready to restart play to where the ball was declared out-of-bounds.

6.7.3 WITHOUT POSSESSION

When a loose ball touches a boundary line or the ground outside of a boundary line, touches anything on or outside of a boundary line, or when it has irretrievably left the field of play, the ball is considered out of bounds and possession shall be awarded at the spot where it was declared out of bounds to any Player on the opposing team to that Player who last touched it. This includes a shot that leaves the playing surface directly off the goal post or a shot that misses the goal that does not touch a defensive Player before going out of bounds.

Without possession, a shot hitting the goal post or crossbar and going out of bounds, will result in a reset and possession to the offensive team.

Rule 6.8 OVER AND BACK

6.8.1 DESCRIPTION

Once the ball is in the Offensive Zone, the ball shall not return to the Defensive Zone through actions of the offensive team. If this occurs, it is an over and back violation. The result is an immediate change of possession and a quick restart for the non-offending team. If the ball does not touch or go over the midline, no infraction has occurred. An offensive Player may legally bat the ball to keep it in the offensive zone of the field prior to the ball crossing the center line, but if it is possessed and their feet are in the defensive half, it shall be a turnover.

6.8.2 NO VIOLATION

An over and back violation does not occur in the following situations:

- i. A shot leaves the Offensive Zone.

- ii. A loose ball leaves the Offensive Zone and was last touched by the defensive team.
- iii. A loose ball is leaving the Offensive Zone and the defensive team is called for a loose ball foul (play-on) or causes the ball to go out of bounds in the Defensive Zone.

Note: in i and iii above, the shot clock will be reset when possession is gained or when the ball is awarded.

Rule 6.9 10 SECOND COUNT

In all situations, there shall be a ten-second (10) count half-field applicable to both teams. When a team gains possession in the defensive half of the field, the ball must cross the centerline within ten (10) seconds of gaining possession. Being across the centerline means both feet of a player in possession of the ball must be in the offensive half of the field, or the ball in flight must be across the centerline and may not be touching the centerline, or if a loose ball crosses the line.

Special situations 10 second count:

6.9.1 Timeouts & Deflections: Timeouts called in the defensive half of the field - in timeouts situations called by the defensive team who is entitled to possession before the expiration of the 10 second count, a new 10 second count shall be awarded after the timeouts. The shot clock will not reset on a deflection and/or timeout.

Example:

Timeouts can only be called in the defensive half of the field when a team is entitled to possession (a team cannot call a live ball timeout in their defensive end, they must be entitled to possession after a deflection out of bounds). If a goalie clears to a teammate in their defensive end (3 seconds after the official blows the play in) and that player runs for 5 seconds and then attempts to pass across the field but the ball is deflected out of bounds by an opposing player in their defensive end, they have used approximately 8 or 9 seconds of the 10 second count. They are entitled to the ball and therefore have a new 10 seconds to get the ball into their attacking end. The shot clock will not reset.

6.9.2 Carry-over: If the ball is in a team's defensive zone the play will commence 2 m inside the closest boundary from where the ball was when the play was stopped. The boundary line may also be the center line. The team in possession will be granted a new 10 second count to advance the ball over half.

Example:

Team Red is a person-up at the end of the first quarter. They are clearing the ball in their defensive half and have used 7 seconds of their 10 seconds to cross half. The horn blows to end the first quarter. Possession carries over with the restart location in the same relative position on the field at the start of the second quarter. They will receive a new 10 seconds to cross the center line.

6.10 THE PICK

6.10.1 POSITIONING

The use of the pick by an offensive Player is permitted, provided that the offensive Player is stationary and motionless, and standing in a normal stance, at the time the contact is made.

Rule 6.11 TIMEOUTS

6.11.1 OFFICIAL TIMEOUT

An Official may call a timeout for any reason which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.

6.11.2 INJURY TIMEOUT

When a Player is injured and, in the opinion of an Official:

- i. the injury is serious;
- ii. there is bleeding or blood evident; or iii. there is risk of further injury to the Player;

then play shall be suspended immediately. Otherwise, the Official shall delay the sounding of their whistle as follows:

- i. If the attacking team is in possession of the ball and, in the opinion of the Official, a scoring play is imminent, then the Official shall delay the sounding of their whistle in the same manner as outlined in the section entitled the "Slow Whistle Technique".
- ii. If the ball is loose, then the Official shall delay the sounding of their whistle until possession is secured and, if a scoring play is imminent, the play is completed, in the same manner as outlined in the section entitled the "Slow Whistle Technique".

6.11.3 INJURED PLAYER

If the clock has to be stopped to allow a bleeding or injured Player to be treated then, unless a team uses one of its timeouts, the injured Player must leave the field before the start of the next play and they may not return before the next dead ball. In the event of blood, the Player may re-enter the field of play once the wound has been treated and covered, and/or all obvious blood is disinfected from the Player, uniform and equipment.

6.11.4 TEAM TIME OUT

A team may request a timeout if they are in possession of the ball in their Offensive Zone or entitled to possession of the ball following a dead ball. A timeout may be called by a Coach or the Player who has possession of the ball. The request may be made to an Official.

6.11.5 DURATION

A team shall be limited to two timeouts per half and one timeout for every four-minute overtime period. A team timeout shall be 30 seconds long. A timeout taken between periods is charged to the preceding period. A team may not take consecutive timeouts without resumption of play. A team may call a timeout prior to the start of the game.

Rule 6.12 BALL STUCK IN STICK OR EQUIPMENT

6.12.1 STUCK IN UNIFORM OR EQUIPMENT

If the ball becomes stuck in a Player's uniform or equipment, play shall be suspended immediately and possession shall be awarded by the alternate possession.

6.12.2 STUCK IN STICK

If at any point the ball becomes stuck in the front or back of a Stick, there shall be an immediate whistle and the ball shall be awarded to the opposing team. This applies when a Player loses their Stick and the ball remains in the Stick.

6.12.3 GOALKEEPER

Neither situation above applies to the Goalkeeper if they are within their goal crease at the time the ball becomes stuck. In this situation, the ball will be awarded to the defensive team at that spot.

Rule 6.13 BALL OUT OF PLAY IN CREASE

6.13.1 CONDITIONS

Should the ball become stuck in the playing surface within the crease or ensnared in the goal netting, time shall be suspended by the Officials and the ball shall be awarded to a defensive Player.

Rule 6.14 ALTERNATE POSSESSION

6.14.1 DETERMINATION

When the Officials cannot determine which team should be awarded the ball, possession shall alternate. The team that wins the opening game coin toss gets the choice of goal to defend or the first alternate possession. For overtime, the team that wins the coin toss gets the choice of goal to defend or the first alternate possession. The Official and the scorer's table personnel shall keep track of the alternating possessions. In the event of a dispute, the Official's position shall prevail.

SECTION 7 - SUBSTITUTION

Rule 7.1 PROCESS

Substitution may take place at any time through the Substitution Area. When substitution is imminent the substituting Player must wait in the Substitution Area for the Player whom they are replacing to leave the field of play and only then may they enter the field of play. Players may substitute on the fly and they may do so on either side of the center line, except for a goalie-to-goalie substitution that must occur in the defensive zone.

SECTION 8 - THE GOAL CREASE AND THE GOALKEEPER

Rule 8.1 THE GOALKEEPER

8.1.1 DESIGNATION

Each team must have a Goalkeeper on the playing field at all times. The Goalkeeper is the Player wearing the Goalkeeper mandatory protective equipment. Where the Goalkeeper is replaced by another Player, that Player must wear the Goalkeeper mandatory protective equipment and shall be deemed to be the Goalkeeper.

Rule 8.2 PRIVILEGES OF GOALKEEPER

8.2.1 PRIVILEGES

While in their own crease, the Goalkeeper shall have the following privileges and protections:

- i. The Goalkeeper may stop or block the ball in any manner with their Stick or body. When the ball is on the ground and within the crease, whether moving or at rest, the Goalkeeper may bat or direct the ball with their hand. The Goalkeeper may not hold the ball, catch the ball, or pick it up with their hand.
- ii. No opposing Player may initiate contact with the Goalkeeper or their Stick while the Goalkeeper is within the goal crease area whether the Goalkeeper has possession of the ball or not. An attacking Player may reach into the goal crease area to play a loose ball, so long as they do not initiate contact with the Goalkeeper.
- iii. If any portion of the Stick of the Goalkeeper, when extended outside the cylinder above the goal crease area, except when the ball is in the Stick, is subject to being checked under the same circumstances as the Stick of any other Player.

Rule 8.3 PROHIBITIONS RELATED TO GOALKEEPER

8.3.1 CONTACT

An attacking Player shall not be in an opponents' goal crease area or touch any part of the cage while the ball is live in their opponents' half of the field.

8.3.2 RE-ENTRY

A Goalkeeper or defending Player who is outside the goal crease area with possession of the ball may not enter the goal crease area. Once a team gains possession of the ball in the goal crease area and the ball subsequently leaves the goal crease area, the team must not intentionally return the ball to its goal crease area until the ball has been possessed by an opposing Player.

8.3.3 FIVE-SECOND COUNT

A defending Player who is in the goal crease area may not possess the ball while in the goal crease area for longer than five seconds. If a Player tries to circumvent the five second time count by deliberately dropping the ball and then picking it up, then the Player will be assessed a foul.

8.3.4 GOALKEEPER

If a Goalkeeper with possession of the ball outside of the goal crease area throws or directs the ball into the goal crease area in an effort to re-gain possession or re-set the five second count, then the Goalkeeper will be assessed a foul.

8.3.5 POSITIONING

A Player is considered to be within the goal crease area when any part of their body is touching the goal crease area. The Player is considered to be outside the goal crease area when no part of their body is touching the goal crease area, and part of their body is touching the ground outside the goal crease area. The gloved hand is not considered part of the Stick, whether or not the gloved hand is holding the Stick.

8.3.6 DEFENSIVE PLAYERS

8.3.6.1 Players in their own Defensive Zone may go into the crease to prevent a rolling ball from crossing the goal line.

8.3.6.2 Players in their own Defensive Zone may run through or remain in their crease when their team is in possession of the ball. Additionally, they may play the ball within the crease regardless of whether both of their feet are within the goal circle.

8.3.6.3W When the attacking team has the ball in their opponent's Defensive Zone **below** goal line extended, defensive Players are permitted to run through **any portion of their crease** while defending; however, only the defensive Player marking the ball carrier within a Stick's length may remain in the crease while defending.

8.3.6.4W When the attacking team has the ball in their opponent's Defensive Zone **above** goal line extended, the defensive players are only permitted to run through **the portion of the crease below goal line extended** while defending; however, the defensive Player marking the ball carrier within a Stick's length may remain in any portion of the crease while defending.

SECTION 9 - FOULS

Rule 9.1 TYPES OF FOULS

9.1.1 FOULS

Fouls are inappropriate acts committed by a Player inconsistent with the accepted Rules of the game. A 30 second, one-minute, or expulsion penalty may be assessed against a Player when committing a foul. All time serving fouls shall be served in their entirety, except when there is a delayed minor penalty which is then cancelled upon the scoring of a goal.

Rule 9.2 PENALTY TIME SERVED

9.2.1 MINOR FOULS

Minor fouls are those less serious in nature and include all violations except those listed in major fouls and expulsions, even if the violation is not specifically delineated in Section 10.

9.2.2 PENALTY FOR MINOR FOULS

The penalty for a minor foul shall be as follows:

- i. If the offending team has possession of the ball, or if the ball is loose at the time a minor foul is committed, then possession shall be awarded to the non-offending team at the spot of the ball when the foul occurred.
- ii. If the non-offending team has possession of the ball at the time a minor foul is committed, then the foul shall be suspension from the field of play for 30 seconds for the Player committing the foul.

9.2.3 MAJOR FOULS

Major fouls are those of a more serious nature.

9.2.4 PENALTY FOR MAJOR FOULS

The penalty for major fouls shall be as follows:

- i. The penalty for a major foul shall be suspension from the game for a period of one minute. Unless otherwise noted in these Rules, the ball shall be given to the non-offending team. Three or more major fouls by the same Player will result in a Player fouling out and may not take any further part in the game.
- ii. Major fouls assessed to a Team Official or Goalkeeper but served by the In-Home shall not count towards the accumulation of major fouls for the In-Home for purposes of Rule 9.2.4(j).

9.2.5 EXPULSION FOULS

Expulsion fouls are most serious in nature and result in ejection from game.

9.2.6 FOUL FOR EXPLUSION FOULS

The penalty for expulsion fouls shall be as follows:

- i. The penalty for expulsion foul is the suspension of the offending Player from the field of play for the remainder of game and the In-Home to serve two minutes.
- ii. In the case of such foul against a Player, a Coach, non-playing member of a team, or someone officially connected with a team or a substitute, the In-Home of the offending team shall serve the entire two minutes, plus any other penalty time which the expelled Player has incurred prior to a substitution. The expelled Player will remain under the supervision of their team's Coaches until the end of the game regardless of whether they stay on the bench after expulsion. iii. If a Player, substitute, Coach, Trainer, non-playing member of a Team or any other person officially connected with a team commits such foul, then the Official-in-Chief of the tournament shall report the incident in writing to the body controlling the game immediately after the end of the game. Where there is no Official-in-Chief, the game's Head Official shall write the report. The report shall indicate either that it is considered that the expulsion is sufficient punishment for the person concerned or that it is considered that further action needs to be taken. The incident shall then be dealt with under the relevant laws and/or bylaws of the governing body.

9.2.7 FOULING OUT

Any Player committing three or more major penalties (or an expulsion foul), shall be “fouled out” of the game, and shall not be allowed to take any further part in it. A substitute for such a Player shall be allowed to enter the game at such a time, as the fouled-out Player would have been permitted to re-enter the game.

Rule 10 MINOR FOULS

Rule 10.1 INTERFERENCE

- 10.1.1 A Player may not interfere in any manner with an opponent in an attempt to keep them from a loose ball except when both are within three metres of such loose ball.
- 10.1.2 A Player may not, by the use of their body or Stick, interfere with a Player who is in pursuit of an opponent who has possession of the ball.
- 10.1.3 A Player may not guard an opponent so closely as to prevent the opponent's free movement when the opponent is not in possession of the ball.
- 10.1.4 Pushing, thrusting or flicking their Stick at the face of an opponent.

Rule 10.2 PUSHING

- 10.2.1 A Player may not push an opponent with their Stick, elbow or body. This includes warding. If one hand is removed from the shaft, the elbow/arm may not be used to protect the Stick.

Rule 10.3 ILLEGAL PICK

- 10.3.1 No offensive Player shall move into or contact a defensive Player with the purpose of blocking that defensive Player from the other Player(s) they are defending. Before the defensive Player makes any contact, the offensive Player must be stationary and motionless, and they must be standing in a normal stance.
- 10.3.2 No offensive Player shall extend their Stick in a way which impedes the normal movement of a defender.

Rule 10.4 HOLDING

Rule 10.4W HOLDING (WOMEN'S)

- 10.4.1 A Player shall not hold an opponent's body, clothing or Stick with any part of their body or Stick.

Rule 10.4M HOLDING (MEN'S)

- 10.4.1 A Player shall not hold an opponent or an opponent's Stick except as hereinafter permitted:
 - i. A Player may hold off an opponent who is in possession of the ball or who is within three metres of a loose ball or who is within three metres of a ball in flight with either closed gloved hand on the handle of their Stick, or with either forearm. Both hands of the Player who is doing the holding must be on their Stick.
 - ii. A Player in possession of the ball may protect their Stick with their hand, arm, or other part of their body when an opponent makes a play to check their Stick.

The hand, arm, or other part of their body may only be used to stop the Stick check, and it must not be used to hold, push, or control the direction of the movement of the checker's Stick or body.

10.4.2 A Player may not hold an opponent's body, other than the gloved hand holding the Stick, with their own Stick. This includes holding an opponent with that portion of their Stick that is between their hands.

10.4.3 A Player may hold an opponent's Stick or an opponent's gloved hand holding their Stick with their own Stick or own gloved hand holding their Stick, provided that the opponent has possession of the ball, or the opponent is within three metres of a loose ball, or the ball is in flight within three metres of the opponent.

Rule 10.5 WITHHOLDING THE BALL FROM PLAY

10.5.1 A Player shall not withhold the ball from play in any manner.

10.5.2 A Player shall not lie on a loose ball on the ground.

10.5.3 A Player shall not trap a loose ball on the ground with their Stick longer than is necessary to control the ball and pick it up in one continuous motion. Raking the ball is permitted.

10.5.4 A Player with the ball in their possession shall not hold their Stick in close proximity to their body with the purpose of preventing an opponent from dislodging the ball.

10.5.5 A Player with the ball in their possession may not grasp any portion of the head of the Stick with their fingers or hand so that it becomes more difficult for the opponent to dislodge the ball from the ball-carrier's Stick (including "thumbing" the ball while cradling).

10.5.6W A Player in the women's game may not cradle the ball above their shoulders and in front of their face making a legal check impossible.

Rule 10.6 ILLEGAL ACTIONS WITH THE STICK

10.6.1 A Player shall not throw their Stick under any circumstances.

10.6.2 No Player, other than the Goalkeeper while within the crease, shall take part in the play of the game in any manner unless their Stick is being held with at least one hand. A Goalkeeper who loses their Stick while outside the crease must first retrieve their Stick before taking any further part in the game.

10.6.3 No Player may play with a broken Stick. Should a Player's Stick break during the course of play, the Player shall leave the playing surface with the broken Stick immediately. If the broken Stick poses a risk of injury play will be stopped.

10.6.4 If a Player who is on the field of play wishes to exchange their Stick for another Stick, which is not on the field of play, then the Player must come off the field of play before doing so. The Stick exchange is thus legal if it is made when the Player is in their Bench Area or in the Substitution Area.

10.6.5 Should a Player lose their Stick in any legal way so that repossession of their Stick would violate a Rule, then the "slow whistle technique" applies. Should the Stick be in the crease so as to possibly interfere with the Goalkeeper's play of an attempted shot at goal, then play shall be suspended immediately.

Rule 10.7 ILLEGAL ACTIONS BY TEAM OFFICIALS

10.7.1 A Coach, Trainer or other person officially connected with a team shall not:

- i. Enter the field of play without the permission of an Official, except during a team timeout or between periods;
- ii. Use artificial aids to communicate with Players on the field of play; or iii. Leave their team bench area.

10.7.2 This Rule does not prohibit a Coach from communicating from the Bench Area with a Player who is on the field of play or in the penalty area.

10.7.3 The use of technology on the sideline is permitted for coaching purposes. Such technology shall not be used to dispute officiating decisions.

Rule 10.8 ILLEGAL PROCEDURE

10.8.1 Any procedural violation by a Player not in conformity with these Rules or other regulations governing the play of the game may be termed illegal procedure.

10.8.2 Leaving the penalty area before being authorized to do so by the Penalty Timekeeper is a minor foul. The offending Player shall be returned to the penalty area to serve out the unexpired time plus, if appropriate, any additional foul.

During any stoppage of play, except for halftime, a Player may not leave the penalty area.

10.8.3 Delaying of the game. A Player is guilty of delaying the game if, during a stoppage in play, the Player bats, kicks or throws the ball away. In such a case, if a time penalty is to be served, then the individual concerned must serve the penalty.

At the discretion of the Officials, such conduct may be construed as unsportsmanlike conduct.

A team is guilty of delaying the game when:

- i. It is not ready to start the game at the beginning of a period, or after a timeout.
- ii. It is not ready to start the game when the Officials are ready to restart the game after a stoppage has occurred because of a foul or an out-of-bounds ball.
- iii. It is not ready to restart the game when the Officials are ready to restart the game after equipment has been adjusted.
- iv. It is not ready to restart the game after an injured Player has been attended to.
- v. Any type of behavior that, in the Official's opinion, amounts to delay.
- vi. A team which does not have the required number of Players on the field of play at the time the whistle is blown to start a center draw.
- vii. Failure to be at least three metres from an opponent or a teammate having a free play after a dead ball.

When a team where no individual Player can be identified, is guilty of delaying the game, and a time penalty is to be served, then it shall be served by the In-Home.

10.8.4 Participation in the play of the game by an out-of-bounds Player.

10.8.5 Any breach of the Rules relating to substitution.

10.8.6W Any breach of the Rules in the Women's game relating to the goal crease, with the exclusion Rule 11.10 (Dangerous Crease Defending).

10.8.6M Any breach of the Rules in the Men's game relating to the goal crease.

10.8.7 Any breach of the Rules relating to timeouts.

- 10.8.8** Having more than a Head Coach and two non-playing personnel in the team bench or the Coaches area.
- 10.8.9** A Player entering or leaving the field of play must do so through the Substitution Area, except after the scoring of a goal, at the start or the end of a period and during a timeout of any kind. An exception to this Rule shall be an injured Player.
- 10.8.10** Unless permission has been given by an Official, a Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall remain in their team's bench area, except when legally on the field of play or legally in the Substitution Area or legally in the penalty area.

This Rule shall apply at all times, except during the half-time interval.

- 10.8.11** A Player may not deliberately enter their opponents' bench area at any time. If, in the normal course of play, a Player inadvertently enters an opponents' bench area from the field of play, then no offence is committed, provided that the Player leaves their opponents' bench area immediately.
- 10.8.12** A Goalkeeper with possession of the ball outside of the goal crease area may not throw or direct the ball into the goal crease area in an effort to re-gain possession or re-set the five-second count.
- 10.8.13** A Goalkeeper may not circumvent the five second time count by deliberately dropping the ball and then picking it up.

Rule 10.9 ILLEGAL EQUIPMENT

- 10.9.1** Should it come to the attention of an Official that a Player is wearing equipment or jewelry that is illegal, then the Official shall demand that the Player conform to specification. The first such occurrence by a Player shall not constitute a foul.
- Should the Player fail to immediately conform to specification, then they must leave the field of play until such time as they have complied with the Rules of equipment, a substitute being allowed for them immediately.
- 10.9.2** For a second violation by the same Player, the Official shall signal a minor foul, and they shall remain off the field of play until they have complied with the Rules of equipment.

Rule 10.10 OFFSIDE

- 10.10.1** A team is offside when their Goalkeeper whose body (including a gloved hand on the Stick but not including the Stick itself) touches, steps on or crosses the center line.

Rule 10.11 WARDING

- 10.11.1** A Player in possession of the ball may not use a free hand or arm, or any other part of their body, to hold, push or control the direction of the movement of the Stick or body of an opponent.

Rule 10.12W ILLEGAL CREASE DEFENDING (WOMEN'S)

10.12.1W Players on the defending team in their defensive end of the field may run through any portion of the goal circle while defending. Only the defensive players who are directly marking the ball carrier within a stick's length may remain in the goal circle while defending. Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in possession of the ball (defenders are in a potential 'wall' if they are in the crease while a shooter is shooting). Defenders within the goal circle may play the ball regardless of whether both of their feet are within the goal circle. Defenders must immediately leave the goal circle when their team loses possession of the ball.

Rule 11 - MAJOR FOULS

Rule 11.1 ILLEGAL BODY-CHECK

- 11.1.1 Body-checking of an opponent in any form is illegal. This is not intended to eliminate incidental contact of equal pressure between opposing players, legal holds, legal pushes to gain possession of a loose ball, or for the defensive Player to redirect an opponent in possession of the ball and any contact deemed incidental by the game officials.

Rule 11.2 SLASHING

- 11.2.1 Under no circumstances shall a Player swing their Stick at an opponent's Stick with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's Stick or body is struck.

Rule 11.2M SLASHING (MEN'S)

- 11.2.1 A strike by the Stick on the helmet or neck of an opponent is illegal, except when done by a Player in the act of passing or shooting.
- 11.2.2 A Player shall not strike any part of the body of an opponent, other than the gloved hand holding the Stick, in an attempt to dislodge the ball from their opponent's Stick, but a check shall not be declared illegal if, in an attempt to protect their Stick, the Player in possession uses some part of their body, other than their head or neck, to ward off the thrust of the defensive Player's Stick and, as a result, the defensive Player's Stick strikes some part of the attacking Player's body other than their head or neck.
- 11.2.3 For the purpose of this Rule, mere contact is not a strike. The contact must be a definite blow, and not merely a brush.

Rule 11.3 CROSS-CHECK

- 11.3.1 A Player may not check an opponent with that part of the shaft of their Stick that is between their hands, either by thrusting their Stick away from their body or by holding it extended from their body.

Rule 11.4 TRIPPING

- 11.4.1 A Player shall not intentionally trip an opponent with any part of their Stick or body.

Rule 11.5 UNNECESSARY ROUGHNESS

- 11.5.1 An excessively violent infraction of the Rules against holding or pushing is a personal foul, designated unnecessary roughness.
- 11.5.2 A deliberate and excessively violent contact made by a defensive Player against an offensive Player who has legally or illegally established a pick shall be designated unnecessary roughness.
- 11.5.3 Any avoidable act by a Player that is deliberate and excessively violent shall be designated unnecessary roughness, whether it is with the body or the Stick, such as pushing into or lowering one's head and shoulder while making contact with their opponent that has already established their position. Committing this foul will result in a change of possession.

Rule 11.6 ILLEGAL STICK

- 11.6.1 If the overall length of the Stick, measurement of the Stick head, or pocket depth has been determined to be illegal for any reason, or if the Official has determined that a Stick has been intentionally manipulated in violation of the Rules.
- 11.6.2 No Player shall use a Stick with trick construction or stringing/mesh which is designed to hold or camouflage the ball, or prevent the normal and free dislodgement of the ball. This shall include the dimensions of the Stick.

- 11.6.3** If a Stick check is requested and the Stick is found to be legal, a major foul will be assessed against the team requesting the Stick check. The In-Home will serve the foul.
- 11.6.4** Any subsequent violation by a Player found to be playing with a Stick absent a butt-end or with strings in excess of the permitted length.

Rule 11.7 UNSPORTSMANLIKE CONDUCT

11.7.1 No Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall:

- i. Enter into argument with an Official as to any decision which has been made;
- ii. In any way attempt to influence the decision of an Official;
- iii. Use any obscene gesture or statement, including comments of race, sexual orientation, etc. to an Official, any member of the opposing team, or spectator;
- iv. Commit any act considered unsportsmanlike by the Officials; or
- v. Deliberately use the hand or fingers to play the ball or interfere with the opponent's Stick at the draw.

11.7.2 Where an unsportsmanlike conduct foul has been inflicted, and the penalized person continues to act in an unsportsmanlike manner, the Officials have the right to banish them from the bench area.

11.7.3 No Player shall use a Stick that is constructed or strung or tampered with so as to confuse an opponent into believing that the ball is in the Stick when it is not, or that the ball is not in the Stick when it is. The Stick shall be placed in the custody of the Official Scorer for the remainder of the game.

If a Player whose Stick is to be the subject of a legally requested Stick check or a teammate or any member of their team, Coach or anyone officially connected with the team touches the head or the stringing of the Stick or carries out any action which is an attempt to circumvent the Stick check or an attempt to alter the result of the Stick check, prior to the Stick check being carried out, then each of those involved shall be assessed an unsportsmanlike foul.

11.7.4 A team or Player, which repeatedly commits the same minor foul, may be assessed an unsportsmanlike conduct foul.

Rule 11.8W DANGEROUS FOLLOW-THROUGH (WOMEN'S)

11.8.1W The act of following through with one's Stick that endangers the safety of any Player. An exception to this is if the Player moves into the path of the follow-through.

Rule 11.9 WALLING

11.9.1 Two or more defensive players who are **stationary** and do not make an attempt to legally defend an opponent within a sticks length, who crowd in front of their goal or within the crease and form a stack/wall type of formation without marking an opponent within a stick's length.

Examples:

- i) If a defensive player is in the crease and forms a 'wall' with the goalie, the official will put their arm up for a delayed walling penalty. If a goal is scored, the penalty is wiped. If a goal is not scored, the defender who formed the 'stack' will serve a 30 second walling penalty.
- ii) If two defensive players stand in front of the crease and form a 'wall' in front of the goalie, the official will put their arm up for a delayed walling penalty. If a goal is scored, the penalty is wiped. If a goal is not scored, the defender who formed the 'stack' will serve a 30 second walling penalty.

- iii) If a defensive player is moving through space to attempt to get within a stick length of an attacking player, they will not be permitted to stop and form a stack/wall with another defensive player. If they stop and become stationary, the official will put their arm up for a delayed walling penalty. If a goal is scored, the penalty is wiped. If a goal is not scored, the defender who formed the 'stack/wall' will serve a 30 second walling penalty.

Rule 12 - EXPULSION FOULS

Rule 12.1 DEFINITION

12.1.1 The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' team, a Coach, a spectator, or anyone controlling the play of the game with the hand, Stick, ball or otherwise by a Player, a substitute, a non-playing member of a team, a Coach or anyone officially connected with a team.

Rule 12.2 EXAMPLES OF EXPULSION FOULS

12.2.1 Where the Officials have "frozen" the benches because a fight has occurred on the field of play, or for any other reason, by indicating to the team personnel who are on the benches that they should remain there, then any team personnel pushing past an Official to join in a fight, or leaving their designated bench area, must be expelled from the game. An exception to this shall be a member of a team's medical staff who leaves their team's designated bench area to attend to an injured member of their team.

12.2.2 Where two Players from competing teams are fighting and a third participant enters the altercation, then the third Player into the altercation shall also be expelled from the game.

12.2.3 Refusal to accept the authority of the Officials, or the use of threatening, foul or abusive language or gestures, or flagrant misconduct.

12.2.4 Players involved in fighting.

12.2.5 The act of deliberately body checking an opponent in the head or neck area, or from behind.

12.2.6W Any dangerous propel which may be a pass or a shot that directly strikes any Player above the knee, with the exclusion of the Goalkeeper.

SECTION 10 - EXECUTION OF PENALTIES

Rule 13.1 THE PLAY ON TECHNIQUE

13.1.1 Where a Player or Team commits a minor foul(s) during a loose ball situation and no scoring opportunity is imminent, and the offended team may be disadvantaged by the immediate suspension of play, then the Official shall visually and verbally signal "Play-on", and shall withhold the whistle until such time as the situation involving the potential advantage has been completed, as follows:

- i. If the offended team gains possession of the ball, then the play-on situation has lapsed, and the Official will cease the signal.
- ii. If the offended team does not gain possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
- iii. If the offended team commits a foul after the initial play-on then the whistle blows, and the team originally offended will be awarded the ball.

- iv. If any further foul(s) during the play-on warrants time served, then the Official shall stop the play immediately and administer the penalties(s). Only those penalties that are deemed to be time served shall be served.

Rule 13.2 THE SLOW WHISTLE TECHNIQUE

13.2.1 If a defensive Player commits a foul, and the attacking team has possession of the ball at the time that the foul occurs, then the Official will raise an arm straight into the air and hold the whistle until:

- i. A goal is scored by the offended team; or
- ii. The ball goes out of bounds; or
- iii. A change of possession; or
- iv. The attacking team commits a foul; or
- v. The shot clock or quarter expires, or the attacking team requests a timeout.

Note : the shot clock reset criteria shall still apply during the slow whistle

13.2.2 The slow whistle technique shall be employed whether or not the foul is committed against the Player in possession of the ball.

13.2.3 A pass is a movement of the ball from a Player in control of the ball by throwing, bouncing or rolling the ball to a teammate.

13.2.4 If during a slow whistle a goal is scored the following occurs:

- i. The minor foul shall not be served and the ball is awarded to the Goalie for the restart.
- ii. If a major foul or expulsion foul is committed, then the goal will count and the ball is awarded to the offended team 2 metres on the offensive side of center and 5 metres from the substitution area.

Rule 13.3 CO-INCIDENTAL FOULS

13.3.1 Co-incident fouls are fouls called on Players of opposing teams during a live ball or dead ball when sequence cannot be determined.

13.3.2 During a slow whistle or play-on, any foul by the team in possession or entitled to possession shall result in an immediate whistle.

13.3.3 If there is no play-on or delayed penalty in effect and all fouls are minors the fouls will cancel each other.

13.3.4 If a team in possession or entitled to possession during a slow whistle situation commits minor foul(s), play is stopped, and no penalty time will be served by that team. If a team in possession or entitled to possession during a slow whistle situation commits a major foul, play is stopped, all Players involved will serve penalty time. This shall include technical and personal fouls by either team.

13.3.5 Awarding of ball

The following Rules shall apply to determine who gets possession of the ball:

- i. If one team incurs more total penalty time than the other, then the team with the lesser total penalty time shall be awarded the ball.
- ii. If the total penalty times are equal, then the team in possession or entitled to possession of the ball at the time of the first foul shall retain possession of it.

- iii. If the total penalty times are equal, and neither team has possession of, or entitled to possession to the ball at the time of the first foul, then alternate possession shall apply.
- iii. For the purpose of totaling penalty time in the case of co-incidental fouls, an expulsion foul shall count as a two minute penalty.
- iv. There shall be no free clear after co-incidental minor fouls. Award the ball where the whistle sounded or, if the minor co-incidental fouls occurred during a center draw prior to "Possession" or "Free Ball", re-draw at the center of the field with the same restrictions as the original draw. If time serving fouls have been committed and ball is awarded the team is awarded the ball in their Offensive Zone two metres in from the center line and must be at least five metres from the Substitution Area

Rule 13.4 PLAYER COMMITTING FOUL

- 13.4.1 A Player who has received a time serving foul shall report immediately to the Timer's table. The Player must remain seated in the penalty area, subject to the Rules below, until released by the penalty timekeeper.
- 13.4.2 Penalty time refers to the time for which the Player will be off the field and out of the game. The timing of a foul will begin when the penalized Player is seated in the penalty area, or when the whistle blows to re-start play, whichever is the later. The Player must then re-enter the game through the substitution area.
- 13.4.3 Foul time shall run concurrent with playing time. During an authorized timeout, or between periods, a penalized Player may not leave the penalty area with the exception of half time, but must return at the commencement of play to complete the suspension.
- 13.4.4 Penalty time will only end when the timing of the foul has expired.
- 13.4.5 If a Goalkeeper commits a time-served foul, the following Rules shall apply:
 - i. The In-Home and additional Players if warranted shall serve all Goalkeeper time serve penalties.
 - ii. Should a Goalkeeper be expelled from the game, the Official shall call an Official's Time Out and allow a reasonable time for proper substitution.

Rule 13.5 REPORTING FOULS

- 13.5.1 The following procedure will apply to the reporting of any penalties:
 - i. The Official designates whether a time serving foul has been committed and reports as such to the Penalty Timekeeper.
 - ii. The Official designates the duration of the foul by raising a green (minor - 30 second) or yellow (major - one minute) or red (expulsion) card
 - iii. The Penalty Timekeeper will record the Official's designation of the foul.

APPENDICIES

APPENDIX A – GLOSSARY OF SIXES LACROSSE TERMS

APPENDIX B – RULE DIFFERENCES BETWEEN THE WOMEN'S & MEN'S DISCIPLINES

APPENDIX C – STICK DIAGRAMS – WOMEN'S & MEN'S

APPENDIX D – OFFICIALS SIGNALS

APPENDIX E – LACROSSE GOAL DIAGRAMS

APPENDIX F – DOCUMENT CHANGE HISTORY

APPENDIX A - GLOSSARY OF SIXES LACROSSE TERMS

Term	Women's / Men's / or Both	Definition
Brush	Men's	In the act of checking with a stick where a players stick strikes the helmet of an opponent and it is not deemed a definite blow. Mere contact is not considered a strike it must be a definite blow.
Clearing Team	Both	The team attempting to move the ball from the defensive end of the field to its offensive end.
Crease	Both	The area in which the Goals are set and where the Goalkeeper has certain privileges that exist only when they are within the crease. In Women's 10v10 Lacrosse this area is also known as the Goal Circle
Defensive Zone	Both	Defined by a 36 metre by 25 metre rectangle around the goal at the defensive team's half of the field.
Draw	Both	The way in which each quarter is started
Goal Line Extended (GLE)	Both	Imaginary line running through the goal line and extending from sideline to sideline.
Ground Ball	Both	A loose ball that is on the ground and can be played.
In-Home	Both	Any Player except the Goalkeeper designated by the Head Coach that will serve penalties against their team that are not assigned to a specific Player or any time serving fouls called against the coaching staff.
Loose Ball	Both	A ball that is not in possession of any player.
Offensive Zone -	Both	Defined by a 36 metre by 25 metre rectangle around the goal at the offensive team's half of the field.
Pick	Both	A pick is where a Player sets their feet, before contact is made by the opposition Player to legally block their path. The feet of the Player setting the pick are typically shoulder width apart or less, and their hands and Stick are close to their body so that they do not take up more space than they normally would. The picking Player cannot lean into a defender or initiate contact in any way, other than by standing there and the defender running into them. Blind picks in Sixes Lacrosse are considered legal.
Play-On	Both	A mechanic used to indicate a loose ball technical violation and some violations concerning the crease area and Goalkeeper interference.
Player Possession	Both	When a Player has control of the ball in their Stick so that they are able to perform any of the normal functions of control, such as carrying, cradling, passing or shooting.
Riding Team	Both	During a clear attempt, the team not in possession of the ball.

APPENDIX A - GLOSSARY OF SIXES LACROSSE TERMS

Term	Women's / Men's / or Both	Definition
Shot Clock	Both	A visible timing device that is used to display the amount of time a team has left to take a shot on their opponent's goal.
Slow Whistle	Both	A procedure used when there is a delayed penalty to allow the nonoffending team the opportunity to take a shot on goal prior to the Official blowing play dead.
Walling	Both	Where a team employs a defense that positions players close to one another to create a wall of Players thereby preventing the opposition from shooting on goal.

APPENDIX B RULE DIFFERENCES – WOMEN'S & MENS SIXES LACROSSE

Women's Rule	Men's Rule	Rule Heading	Difference
2.2W	2.2M	The Stick	Different between Men's & Women's
2.4W	2.4M	Equipment	Different between Men's & Women's
6.4.2W	6.4.2M	Draw Positioning	Different between Men's & Women's
6.4.4W	6.4.4M	Set	Different between Men's & Women's
6.4.5W	6.4.5M	Movement	Different between Men's & Women's
8.3.6.3W	-	Defensive Player in the Crease	In Women's, Not Men's
10.4W	10.4M	Holding	Different between Men's & Women's
10.5.6W	-	Withholding the ball	In Women's, Not Men's
10.6.6W	-	Illegal actions with the Stick	In Women's, Not Men's
10.8.6W	10.8.6M	Illegal Procedure	Different between Men's & Women's W
-	11.2.2M	Slashing	In Men's Not Women's
-	11.2.3M	Slashing	In Men's Not Women's
-	11.2.4M	Slashing	In Men's Not Women's
11.8	-	Dangerous Follow Through	In Women's, Not Men's
11.9W	11.10M	Illegal Crease Defending	In Women's, Not Men's
12.2.6W	-	Dangerous Propel Expulsion	In Women's, Not Men's

In general, the Official Rules of Sixes Lacrosse apply equally to both the Women's and Men's game. Where a specific Sixes Rule varies in its application between the disciplines, the relevant Rule is denoted with a "W" (for Women) or "M" (for Men) as part of the Rule Numbering system and shall be considered applicable to that discipline only. Rule variations will be identified and shaded as follows :

100.1 Rule Text This Rule shall be played in both the Women's and Men's disciplines.

100.1W Rule Text (Women's) This Rule shall be played in the Women's discipline only and shall not apply to the Men's discipline.

100.1M Rule Text (Men's) This Rule shall be played in the Men's discipline only and shall not apply to the Women's discipline

Women’s Sticks

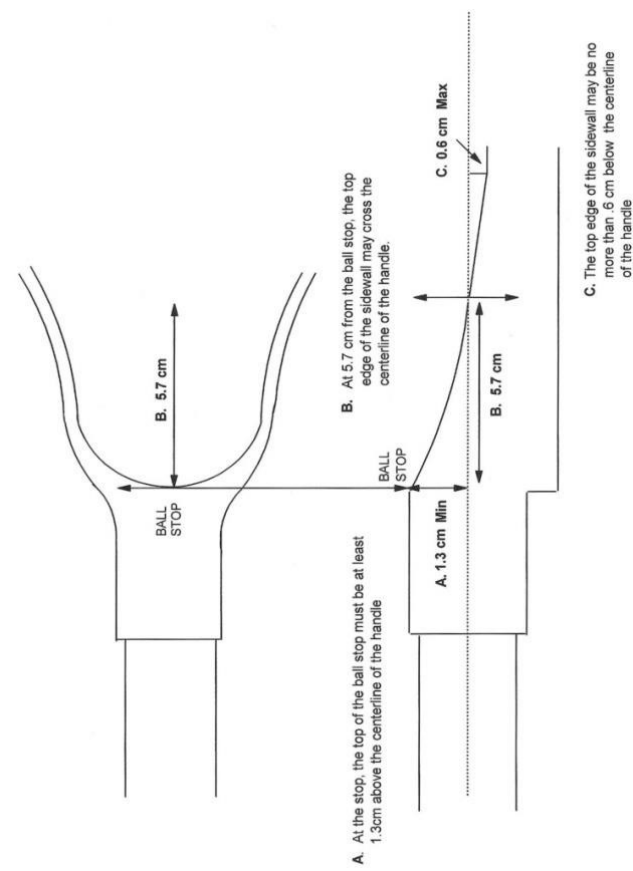


Diagram 11 Offset
Specification within 5.1cm Horizontal Plane App G A.5

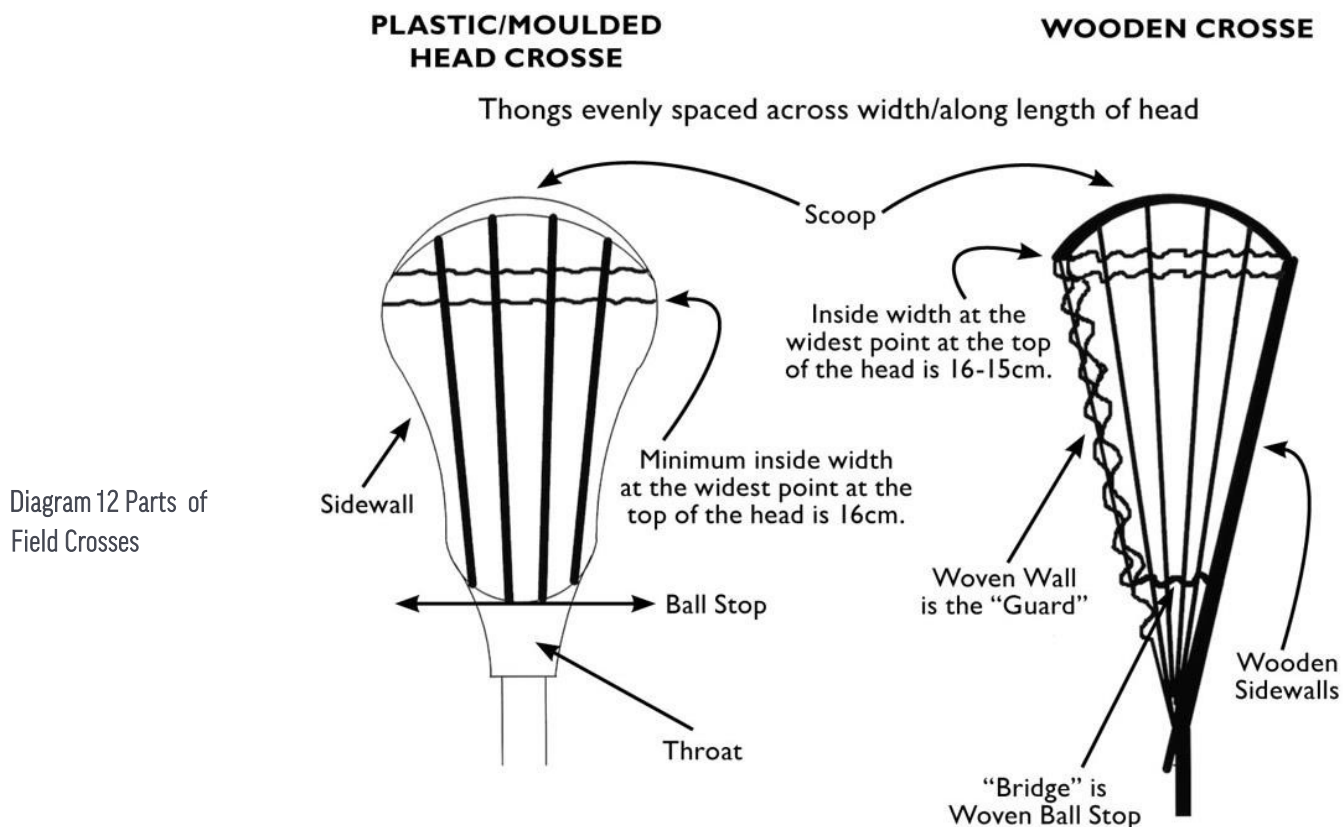


Diagram 12 Parts of Field Crosses

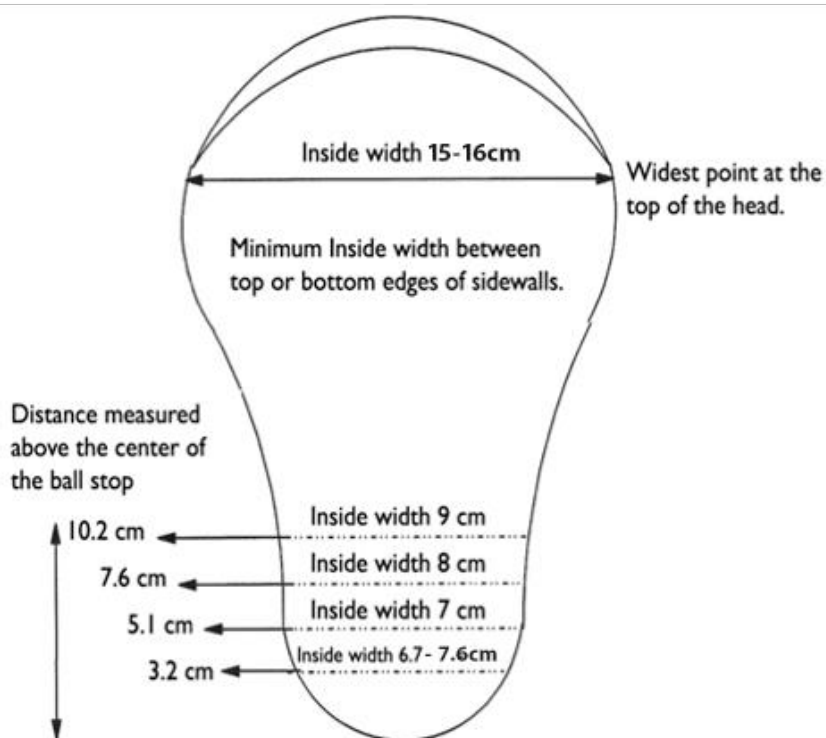


Diagram 13
Concept Triangular in

APPENDIX C – STICK DIGRAMS: WOMEN'S & MENS SIXES LACROSSE

Diagram 14
Plastic/Molded Head
Specification

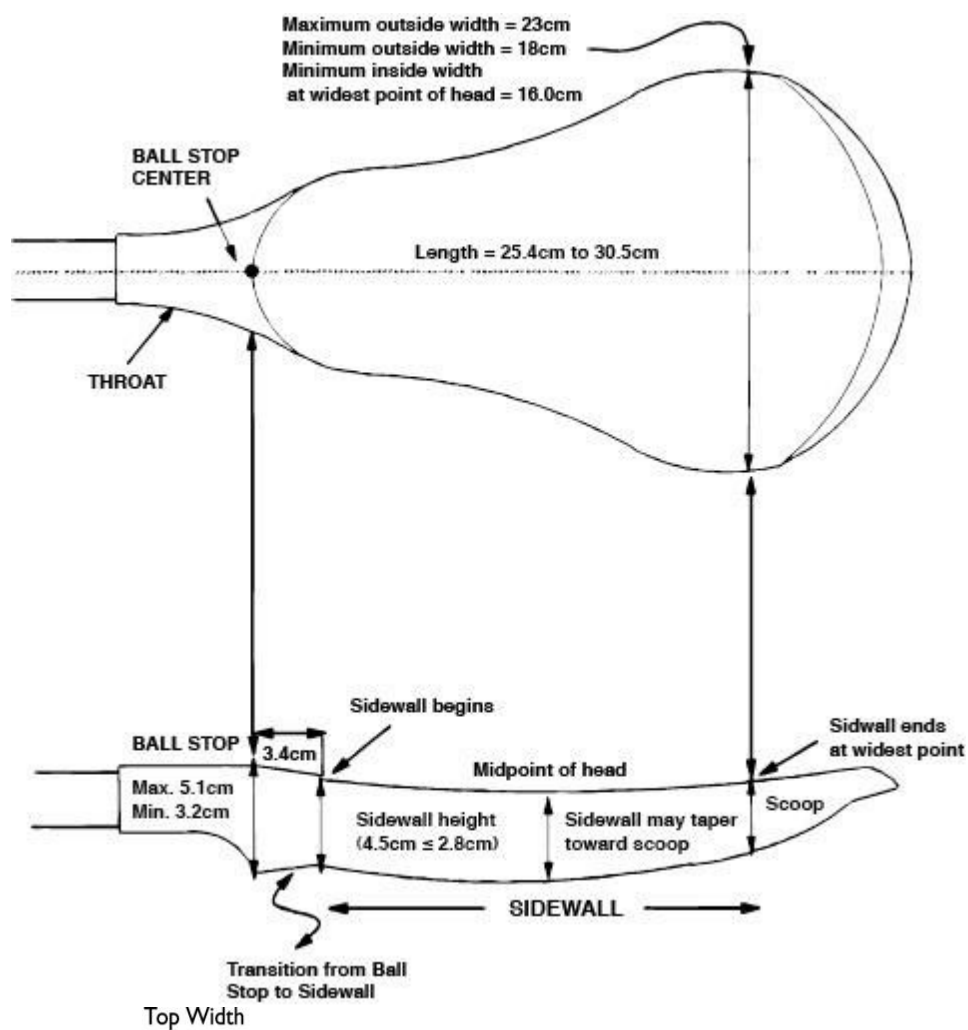
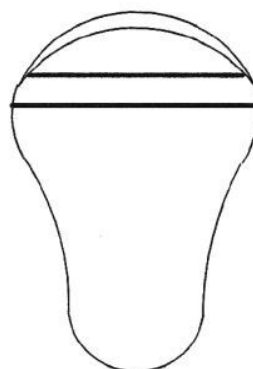


Diagram 15 Cross Section of
Unstrung Head

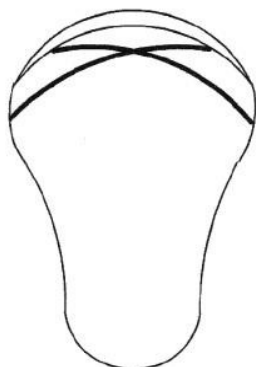
$$\frac{\text{Bottom Width} - \text{Top Width}}{\text{Vertical Sidewall Height}} < 0.50$$

Diagram 16
Shooting/Throw
Strings
Men's Sticks

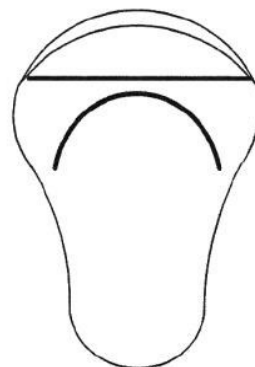


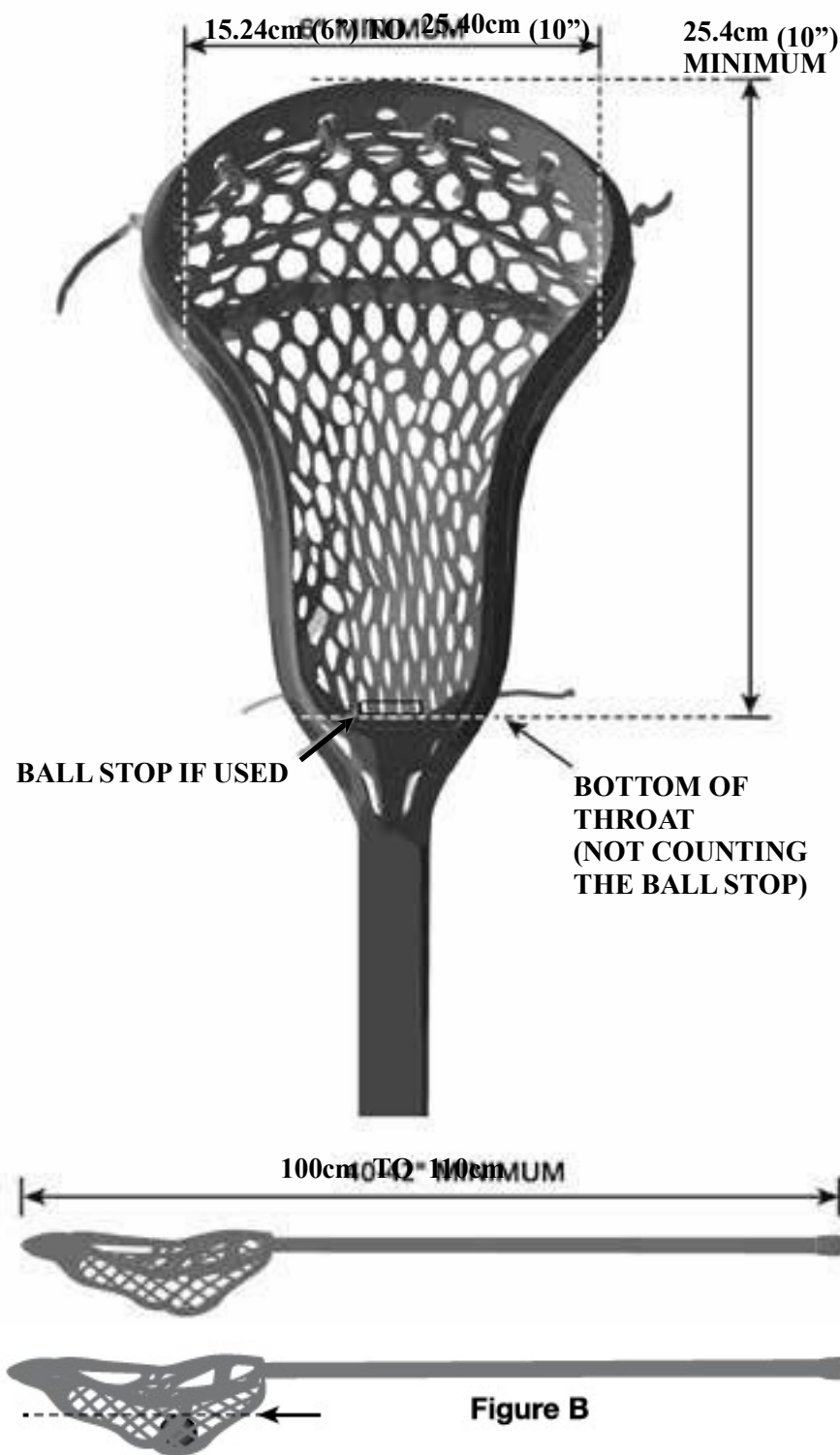
Two separate horizontal
throw strings; both attached
in upper third of the head

Two separate curved throw strings;
both attached in upper third of the
head; may not be thick/rolled at
point where they cross.





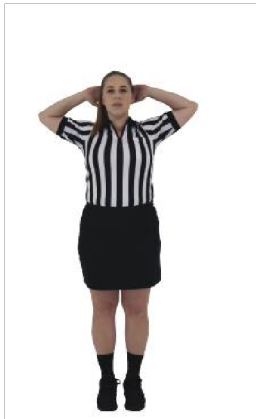

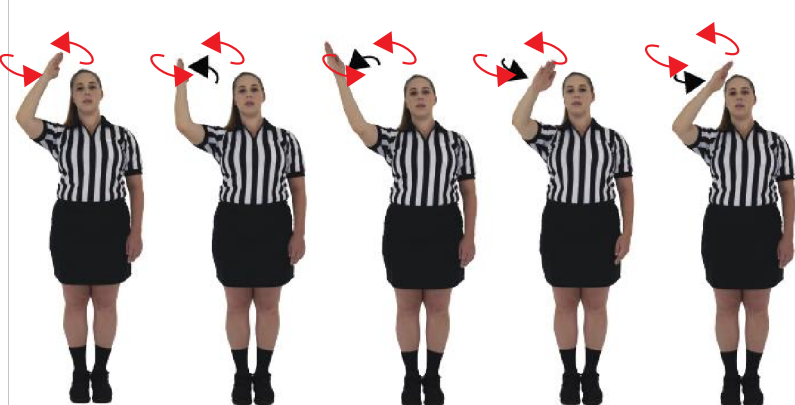


Two separate throw strings; One
horizontal across upper third of the
head; one inverted "U" in upper
one-half of head.



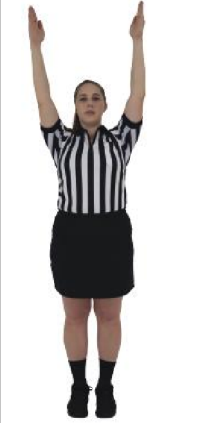

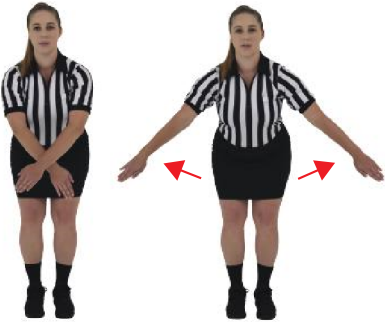
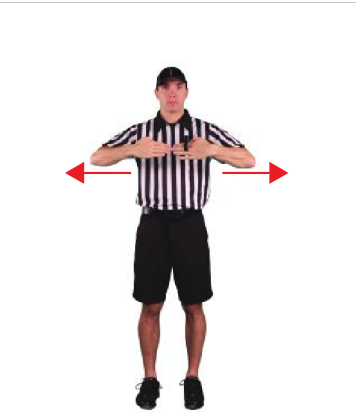
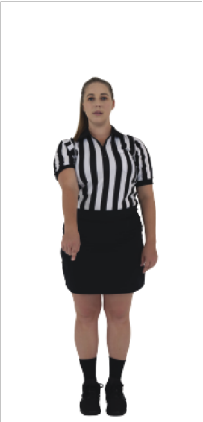

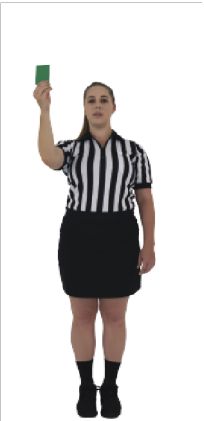
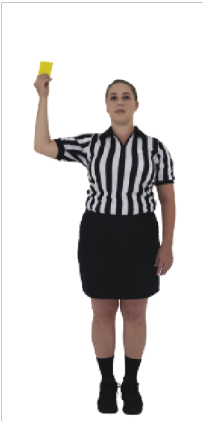



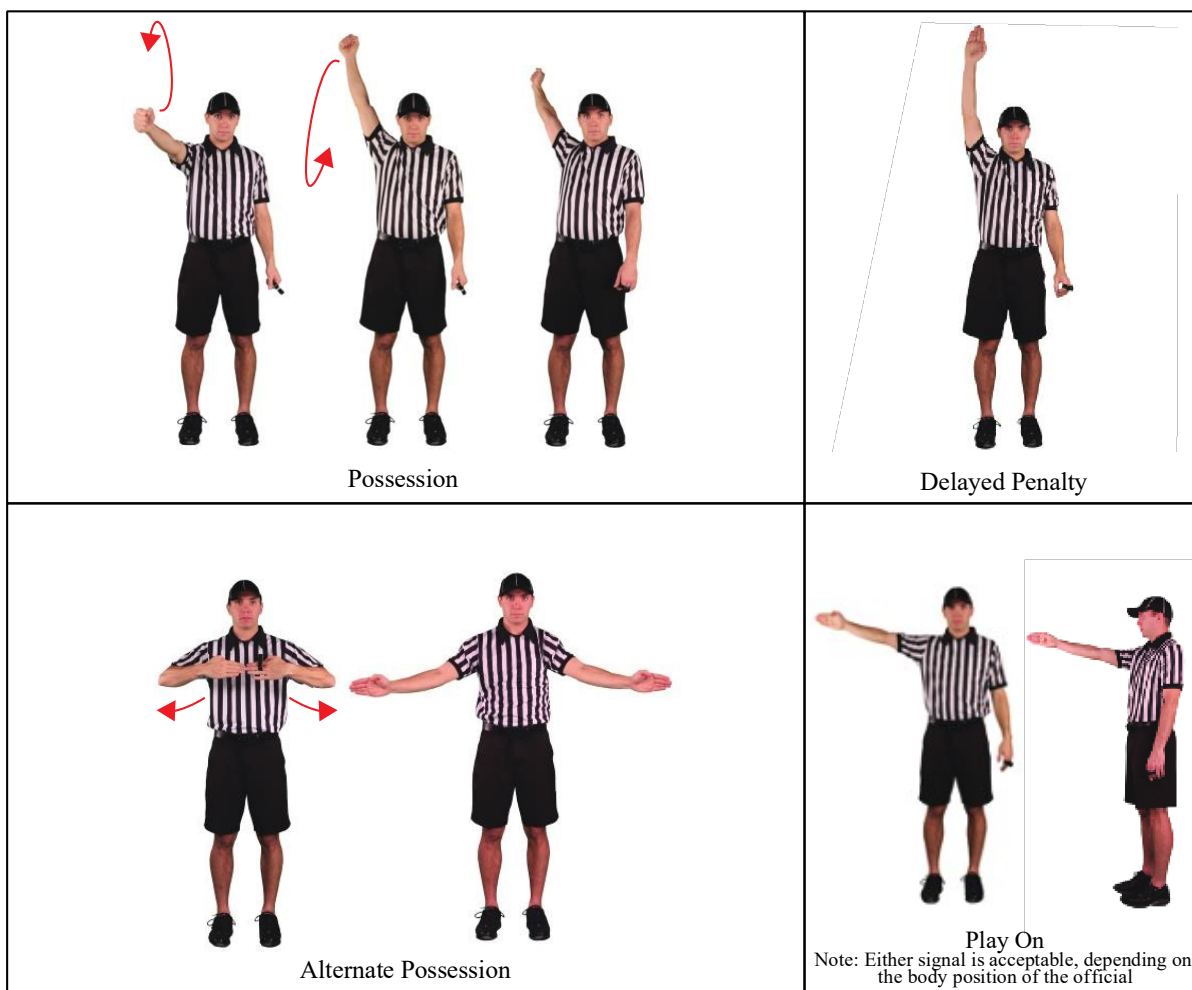
- A. As the Stick is rotated forward from 90 degrees, the ball should roll out of the head forward to the ground
- B. If one can see daylight between the top of the ball and the bottom edge of the sidewall. This is an illegal deep pocket

Procedural Signals

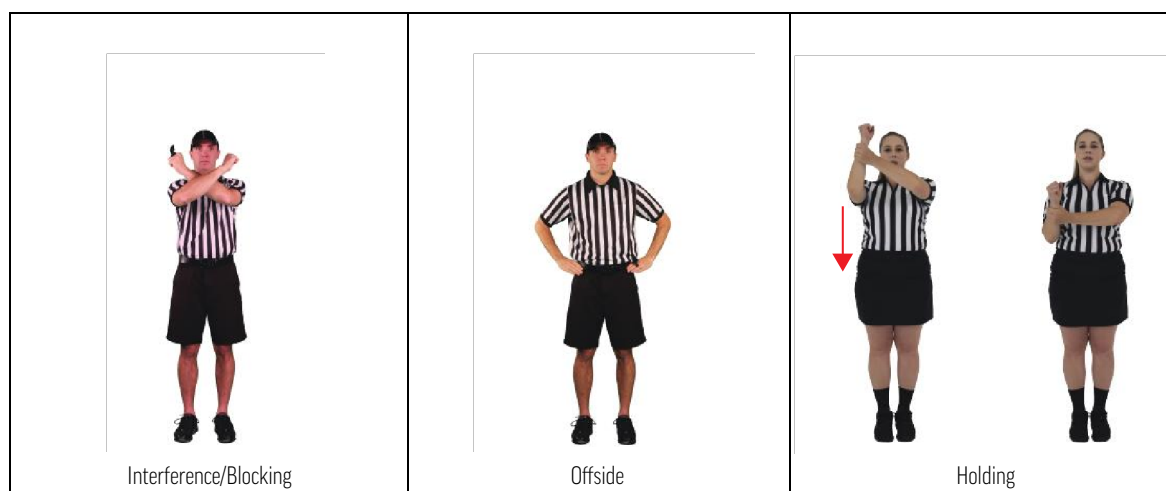
 <p>Five-Second Violation</p>	 <p>Shot-Clock Violation</p>	 <p>Coincidental Penalties</p>
 <p>Deflection</p>	 <p>Reset 30-Second Shot-Clock</p>	
 <p>Timeout</p>		 <p>Restart Note: Official blows whistle as they bring their hand down</p>

APPENDIX D – OFFICIALS SIGNALS





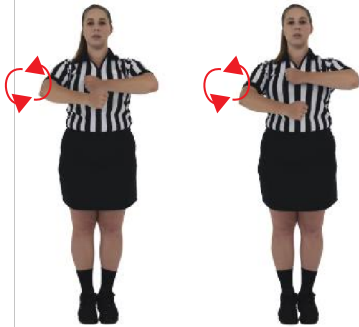



 <p>Goal</p>	 <p>Over and Back/Crease Re-entry</p>	 <p>No Goal</p>
 <p>Draw</p>	 <p>Loose Ball</p>	 <p>Out of Bounds/Direction of Play</p>
 <p>Minor Foul (Green Card)</p>	 <p>Major Foul (Yellow Card)</p>	 <p>Expulsion Foul (Red Card)</p>

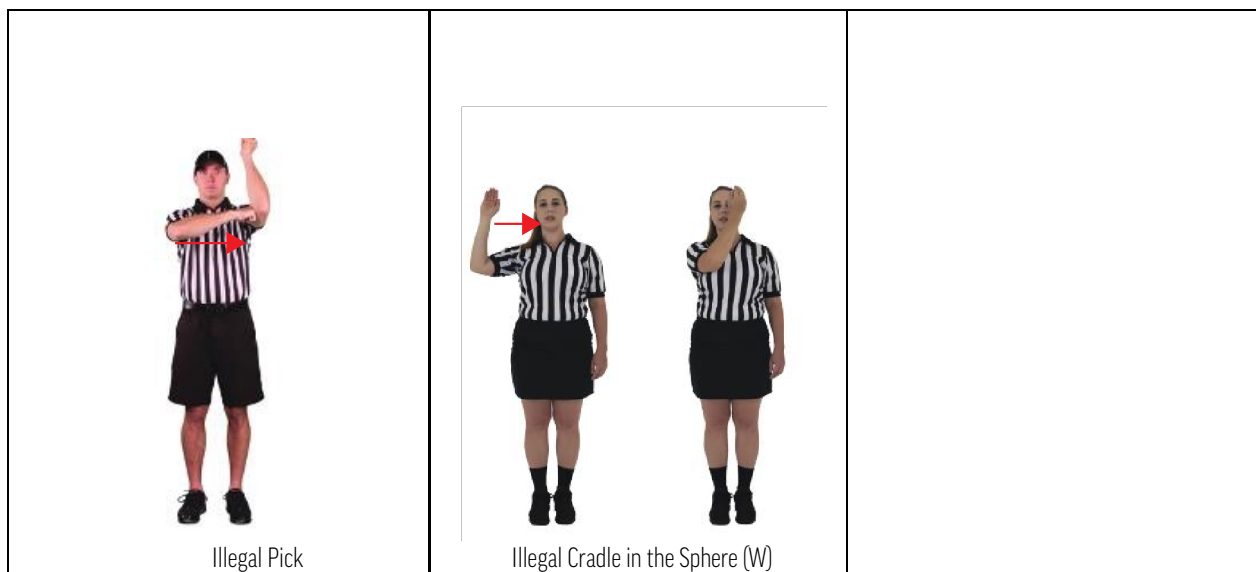


Minor Fouls

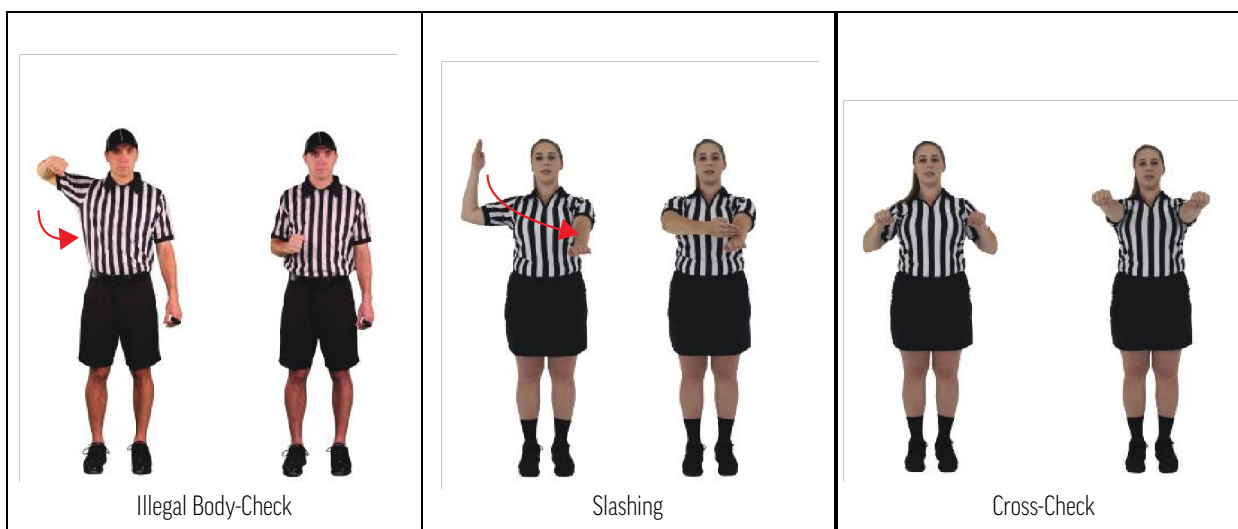


APPENDIX D – OFFICIALS SIGNALS

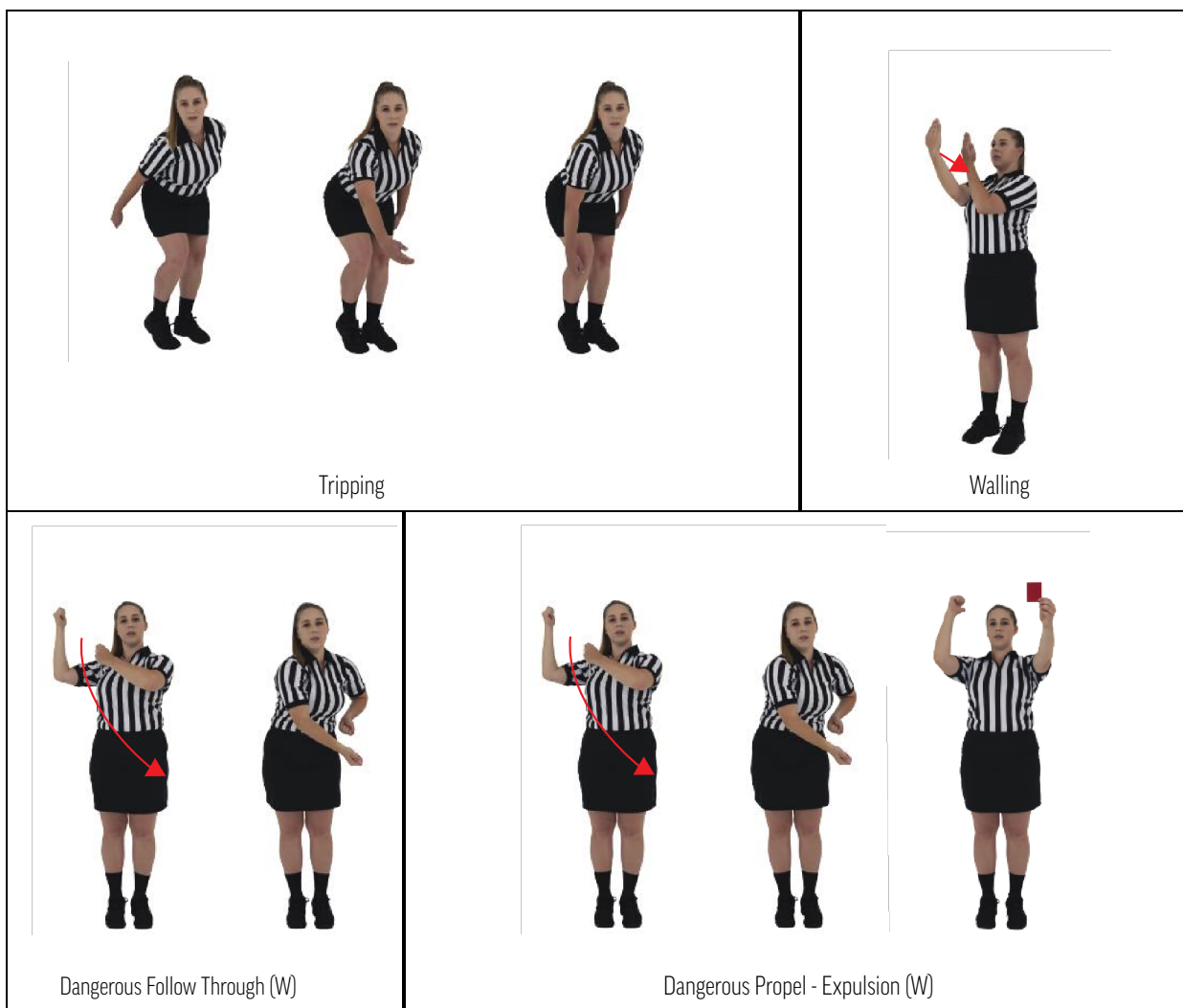
 <p>Pushing</p>	 <p>Withholding/Covering</p>	 <p>Pinning</p>
 <p>Illegal Touching the Ball</p>	 <p>Illegal Procedure</p>	 <p>Empty Stick Check (W)</p>
 <p>Warding Off</p>		 <p>Illegal Crease Entry</p>



Major Fouls

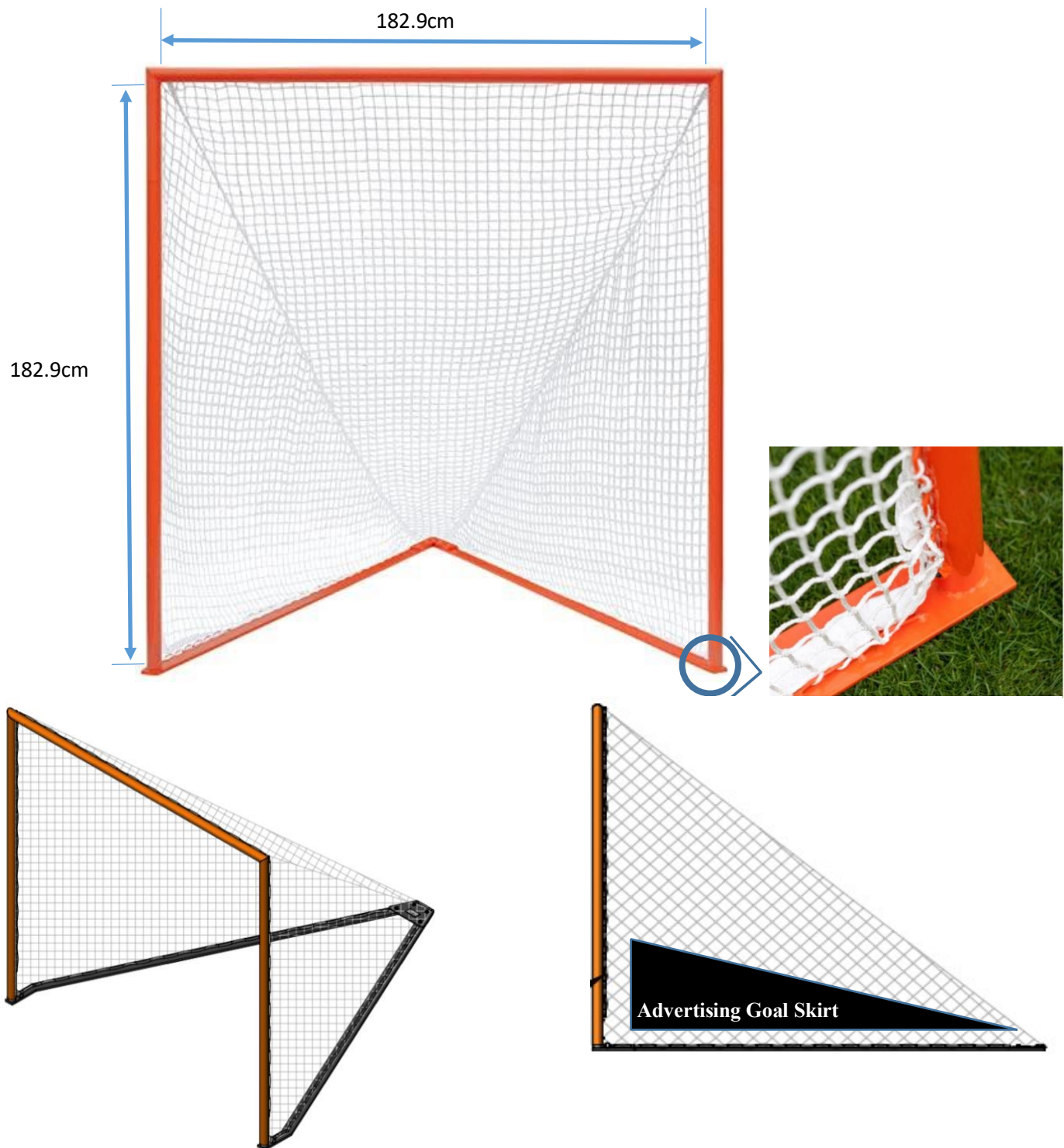


APPENDIX D – OFFICIALS SIGNALS





APPENDIX E - LACROSSE GOALS



Goal Skirts are permissible. World Lacrosse suggests that the goal skirt shall be attached directly to the netting of the goal and can be installed on the inside, outside, or both sides of the netting. The goal skirt shall be roughly triangular in shape following the drape of the goal's netting and the height of the skirt shall be no more than 61cm (24 inches) in height at its highest point.

The goal skirt shall be affixed to the netting a minimum of 15cm (6 inches) from the goal post, and 10cm (4 inches) above the bottom plate running parallel to the ground, thus allowing an obstructed view of the ball within the goal area.

The goal skirt shall be of one solid background color with contrasting writing or logo as illustrated and where feasible, the goal skirt should be semi-transparent, further assisting the ability to view the ball in the goal area

APPENDIX F - DOCUMENT CHANGE HISTORY & DOCUMENT FORMATTING GUIDE

Date	Change/Comment	Changed By
August 2024	Revisions as per the accepted Rules Change Assembly voting. Reference the 2024 Sixes RA papers for specific detail.	WL Staff
March 2021	Sixes Rule Book Version 1.0 Released	D Blacklock
December 20 – March 21	Multiple Rule Edits Made as the Sixes Rule Book was in development. See separate Document for detail: Sixes final rulebook change justification 3 15 21.pdf	D Blacklock
Nov 16, 2020	Change all Reference of “Referee” to “Official”	D Blacklock
Nov 15, 2020	Member Approval of the Sixes Rule Set	Initial Release



