



APPALACHIAN SIXES LACROSSE

OFFICIAL FESTIVAL/TOURNAMENT RULES

1.1 Game Duration: The game shall consist of TWO 12-minute periods separated by ONE 3-minute half time. A face-off or draw at midfield begin the Game. There are no timeouts and the Game Clock does not stop in sixes games. In the event that a field is behind schedule, the referee may limit warm-up time prior to game. The Referee has the official time on the field.

1.2 Face-Offs & Draws: Face-Offs and draws will be begin the period of play, including ONE-12 minute regulation period. During the face-off and draw, two players will compete for possession of the ball. Two “wing” players cannot engage the ball until the ball is clearly away from the face-off and draw players. All other players must remain inside the arc until possession. Similar to NFHS rules, a player that “jumps” (moves early) during the face-off must run off the field and the ball is awarded to the other team.

1.3 Substitution: No horns. Player substitution will be on the “fly”. Players must enter and exit the playing field through the designated box.

1.4 Goalie Play: The goalie may double the ball ONLY during the final ONE MINUTE of regulation game time. After goals scored, the goalie will begin play outside of the crease area by clearing the ball.

1.5 Ball Out of Bounds: Change of possession.

1.6 Missed Shot Out of Bounds: Change of possession.

1.7 Shot Clock: A 30 second shot clock with a 10 second clear.

2.1 Goals: A goal may only be scored within the offensive half of the field after the ball breaks the plan of the goal. Goals scored on shots will be awarded ONE POINT.

3.1 Personal Fouls: Personal fouls result in a 30-second, non-releasable penalty. Personal foul examples include slashing, illegal cross-check, tripping, illegal body check and unsportsmanlike conduct. Examples of Unsportsmanlike conduct include, but not limited to, illegal stick (stick will be ejected from the game), unnecessary roughness, high and hard hits, foul language and arguing with Officials.

3.2 Technical Fouls: Technical fouls result in 30-second, releasable penalty. Technical foul examples include over and back, pushing, warding off, holding, interference, screening, stalling (delay of game) and crease infraction.

3.3 Stalling: Team must advance the ball to the goal within FIVE SECONDS of receiving the stall warning from the game Official.



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- 3.4 **Placement of Ball:** The ball will be placed at point of foul.
- 3.5 **Quick Start:** On whistle.
- 3.6 **Extra Man:** 6 on 5
- 4.1 **Fields:** The playing field is 60 yards long by 30 yards wide.
- 4.2 **Substitution Box Area:** Extends 3 feet by 5 feet on each side of the midfield line.
- 4.3 **Goal:** Standard regulation size of 6'x'6'x7'
- 4.4 **Crease:** There is a 9-foot crease area around the goal.
- 5.1 **Team Uniforms:** Teams must provide players with alike uniform jerseys with unique numbers to identify players. Teams must provide players with light and dark color jerseys (reversible accepted). If both teams are wearing similar color jerseys, a coin flip will determine which team must change. In playoffs, the higher seed will have the option.
- 6.1 **Equipment:** All players must wear protective equipment in accordance with high school and collegiate rules.

