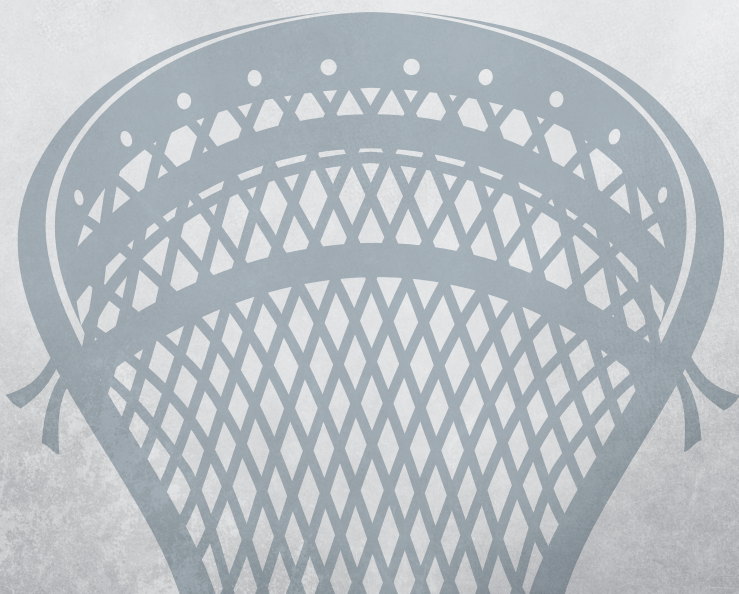




2019 YOUTH 6U
BOYS'
RULEBOOK

OFFICIAL RULES FOR BOYS' LACROSSE





6U BOYS' LACROSSE

Philosophy of 6U Lacrosse

6U lacrosse is the first experience with the sport of lacrosse for many young athletes. The boys entering at this point have a vast difference in their physical and cognitive developments. The game they play should be designed to “level the playing field” and provide opportunity for any and every child that wants to participate. The emphasis at this age group should be to instill a love and excitement of playing, while developing fundamental movement skills that will be valuable in any future athletic endeavors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and is a place that the athlete will want to come back to again and again, helping to develop physical literacy.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Simple rules of play**
- **Good Sportsmanship**



AGE AND ELIGIBILITY

Player must be 5 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when organizing teams. At no time should players younger than 4 years of age be permitted to play at the 6U level. Ideally, players should be playing in single age year classifications.

6U BOYS' GAME SUMMARY AND EQUIPMENT

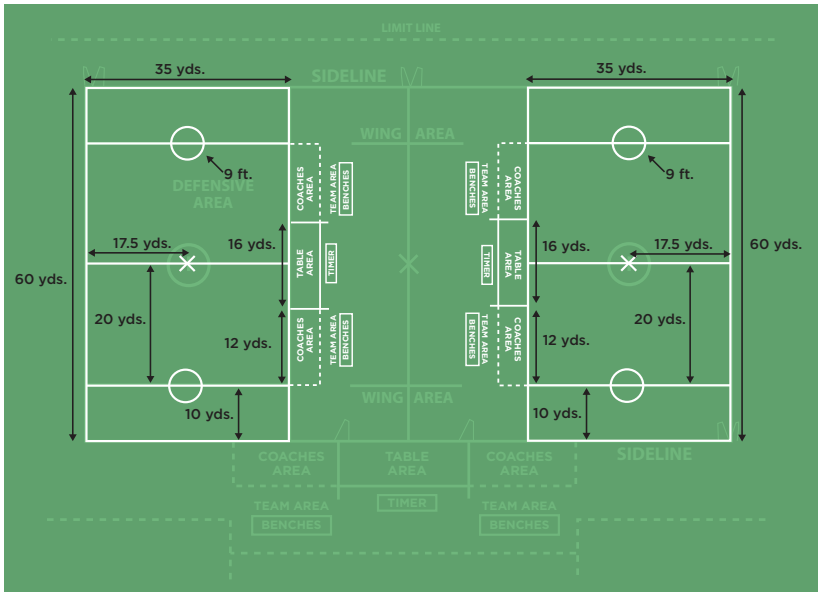
- 4 v 4 play, with no goalkeepers
- 60 x 35 yard field
- 3 x 3 or 4 x 4 goals
- Mini stick type crosses recommended
- Soft lacrosse balls
- Mouth guards are mandatory. Lacrosse gloves and eyewear are optional. Helmets, shoulder pads, and arm guards are not permitted.

6U BOYS' RULES OVERVIEW

- No body contact allowed
- No stick-on-stick or stick-on-body contact allowed
- No faceoff
- No offside

RULE 1: The Game, Field, and Equipment

THE FIELD DIAGRAM



1.1 - THE GAME

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.

1.2 - FIELD MEASUREMENTS

The playing field shall be rectangular, 60 yards in length and 35 yards in width. The center of the field shall be marked by approximately a four-inch circle, square, or x. The goal crease has a radius of 9 feet. Crease can be painted on or portable/pop-up creases can be used if available.

1.3 - GOALS

A 3 x 3 or 4 x 4 foot goal with securely affixed netting is recommend. The goal shall be centered in the goal crease.

1.4 - THE BALL

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (e.g. tennis ball). Standard lacrosse balls must not be used at this level.

1.5 - THE LACROSSE STICK

Mini type lacrosse sticks should be used at this level of play.

Note: It is not recommended that players use a regulation lacrosse stick, but if used they should be cut-down so the entire length of the stick is less than the distance from the ground to the players waist.

1.6 - PLAYER EQUIPMENT

1. Players shall have a jersey or shirt color similar to their teammates and must be a color that contrasts their opponent,
2. athletic shoes or cleats, and
3. a mouth guard. Gloves and eyewear are optional but not mandatory equipment.

1.7 - PROHIBITED EQUIPMENT

Players are not permitted to wear helmets, arm pads, or shoulder pads.

RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

Each team must field 4 players at all times. No goalkeepers are permitted.

2.2 - COACHES

Each team may have one coach roaming the field to instruct ALL the players in the game and serve as officials.

2.3 - OFFICIALS

Officials are not required for this level of play. However if officials are used, then only 1 certified official is necessary per field of play.





2.4 - TIMEKEEPER

If officials are used in a game they shall assume all timing responsibilities. If officials are not used then the head coaches shall designate a timekeeper.

2.5 - SCORE KEEPER

US Lacrosse does not recommend a visual score be kept, but a score book can be utilized to maintain statistics on the game for the purposes of tracking player development.

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

A competition will consist of (2) 12-minute running time halves, with a 4-minute halftime period.

3.2 - OVERTIME

Overtime shall not be played at this age level.

3.3 - TIMEOUTS

There are no timeouts permitted and the clock shall only stop in the event of an injury. Injured players must leave the field until the next scheduled substitution and be replaced by another player.

RULE 4: Play of the Game

4.1 - COIN TOSS

Prior to the start of play the official will call one player from each team and conduct a coin toss. The winner of the coin toss will start the competition with possession of the ball at the center spot. The loser of the coin toss will have the first possession in the event play stops and it is unclear who should get the ball (Alternating Possession). There are no faceoffs at this level of play.

4.2 - POSITIONING OF PLAYERS AND STARTING PLAY

The team that won the coin toss shall place one player at the Center Spot with the ball. All other players shall be on their defensive side of the Center Spot, with all players on the defensive team at least five yards from all players on the offensive team. No other player from the offensive team may be within five yards of the ball carrier.

4.3 - OUT OF BOUNDS AND BALL POSSESSION

Play shall be stopped immediately when the ball goes out of bounds or touches something that is out of bounds. On a standard out of bound situation, the ball is awarded to the team that did not touch the ball last. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out.

4.4 - BALL CAUGHT IN CROSSE OR EQUIPMENT

If at any point the ball becomes stuck in a player's crosse, the official or coach shall stop play immediately and award the ball to the opposing team.

4.5 - GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line and into the goal. An attacking player may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after the shot.

4.6 - BODY CHECKING

Intentional body to body contact is NOT permitted at 6U. Some incidental contact may occur and should not be penalized if contact is minor.

4.7 - CHECKING WITH CROSSE

Intentional stick checks are NOT permitted at 6U. Some incidental contact may occur while the ball is on the ground and players are attempting to pick up the ball. If this type of incidental contact occurs it should not be penalized.

4.8 - PLAY IN CREASE AREA

No player from either team may enter the crease at any time at 6U. A player may reach their stick into the crease to play a loose ball.

4.9 - SUBSTITUTIONS PROCEDURES

Only whole-team substitution of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. Exceptions are for injury substitutions or when a team does not have enough players for full-team substitution, in which case the coach may keep one or more players on the field from the previous group. No live ball "on-the-fly" substitutions are permitted.

4.10 - RESTARTING AFTER A GOAL IS SCORED

(A) Post-Goal: A player or coach will remove the ball from the goal and play can resume once a player has possession of the ball outside of the crease and along the goal line extended. The whistle must be blown by the official to resume play.

(B) After a Timeout: Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within fifteen yards of the goal, it shall be restarted laterally 5 yards from the sideline nearest to the spot of the ball at the time of the whistle.

(C) To Start a New Quarter or Half: The team that is entitled to the ball via alternating possession will start with the ball at midfield.

4.11 - CHANGE OF GOALS

Teams will not change goals between halves.

4.12 - OFFICIAL'S TIMEOUTS

An official may suspend play at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

4.13 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball or when play is stopped while the ball is loose, possession shall alternate. The referee shall keep track of the alternating possessions.

4.14 - SCRUM SITUATION

In the event that a loose ball cannot be quickly picked up due to 3 or more players in a “scrum” or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.

Note: Officials should give approximately 4 seconds for players to pick up the ball.

RULE 5: Personal and Ejection Fouls

Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.

PENALTY: See 7.1 Personal Foul Penalty Enforcement



- 5.1 CROSS CHECK
- 5.2 ILLEGAL BODY CHECK
- 5.3 CHECKS INVOLVING THE HEAD/NECK
- 5.4 ILLEGAL CROSSE
- 5.5 USE OF ILLEGAL EQUIPMENT
- 5.6 SLASHING
- 5.7 TRIPPING
- 5.8 UNNECESSARY ROUGHNESS
- 5.9 UNSPORTSMANLIKE CONDUCT

RULE 6: Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY: See 7.2 Technical Foul Penalty Enforcement

- 6.1 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE
- 6.2 HOLDING
- 6.3 ILLEGAL OFFENSIVE SCREENING
- 6.4 ILLEGAL PROCEDURE
- 6.5 CONDUCT FOUL
- 6.6 INTERFERENCE
- 6.7 PUSHING
- 6.8 WARDING OFF
- 6.9 WITHHOLDING BALL FROM PLAY

RULE 7: Penalty Enforcement

7.1 - PERSONAL FOUL PENALTY ENFORCEMENT

Personal fouls will result in an immediate stoppage of play with an explanation given to the player who committed the foul. The player who fouled must leave the field for a substitute. The player leaving the field may return on the next whole team substitution. At no time should either team be playing with fewer players than their opponent.

To restart play after a personal foul, when the ball is in a team's offensive half of the field, the ball shall be given to the team that was fouled and awarded at the spot where play was suspended. If the ball was within fifteen yards of the goal when play was suspended, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball when play was suspended. If the ball has crossed the end line prior to the penalty occurring, the ball shall be restarted nearest to the spot where it went out of bounds.

To restart play after a foul when the ball is in a team's defensive half of the field, the ball shall be awarded to the team that was fouled at the center of the field.

7.2 - TECHNICAL FOUL PENALTY ENFORCEMENT

Technical fouls will result in an immediate stoppage of play with an explanation given to the player who committed the foul. The ball is awarded to the offended team. The player that committed the foul may stay on the field.

When a technical foul occurs and the ball is in the offended team's offensive half of the field, the ball shall be given to the offended team and awarded at the spot where play was suspended. If the ball was within fifteen yards of the goal when play was suspended, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time the whistle was blown. If the ball has crossed the end line prior to the penalty occurring, the ball shall be restarted nearest to the spot where it went out of bounds.

When a technical foul occurs and the ball is in the offended team's defensive half of the field, the ball shall be awarded to the offended team where the ball was located when play was suspended.



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