

WORLD LACROSSE SIXES

World Lacrosse Sixes brings the excitement and speed of lacrosse to a smaller, faster, more accessible format.

Game Play

- 6** Players on the field per team
- 12** Players per team

- Quarters begin with a draw
- 8**-Minute Running Quarters
- Goalies restart play after a goal and must remain onsidies

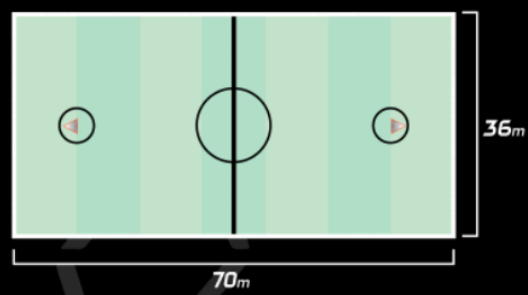
Shot Clock

Teams have 30-seconds to shoot the ball. Shots that hit the goal or the goalie will awarded the ball.

<https://worldlacrosse.thinkific.com/collections>



Field of Play



Equipment



Fouls



Minor Foul



Major Foul



Expulsion Foul or 3+ mins of major Fouls

Dangerous Propel (Women's)

In the Women's Sixes game, shooting the ball in a dangerous way, without a regard for the positioning of an opposing player, is a major foul. It should be noted that the "shooting space" foul of the women's 10-per-side game does not apply in World Lacrosse Sixes. However, defenders are not allowed to form a stack or wall in front of the goal.



Strategy

Coaches and players will find that the pace of World Lacrosse Sixes is very fast. Athletes should be prepared to move up and down the field throughout the game, playing both offense and defense. With smaller rosters and standardized stick lengths, athletes will be challenged to develop a range of technical skills.

Good Luck!

Designed with the future of the game in mind, World Lacrosse Sixes provides athletes with a new way to enjoy the sport.

While this document highlights many of the differences from 10-a-side field play, coaches and players should review the official rulebook before taking the field.