



# LAX BASH SIXES GENERAL RULES OF PLAY - MEN

## THE FIELD

- 30-35x60 Yards

## EQUIPMENT

- Sticks: same as field. Short sticks only. no longer than 42 inches
- M: Mouthguard, Gloves, helmet with chinstrap, shoulder pads, arm pads are mandatory.
- GK: Mouthguard, helmet w/ facemask and chinstrap, throat guard, chest protector, cup  
Mandatory.

## PERSONNEL

- Team: Up to 12 players; minimum 1 GK; Must have 6 (including GK) to start a game.
- GK is always required on field and may not cross midfield.

## TIMING, Time-Outs and OT

- Four 8-minute quarters: Running time (change ends each quarter)
- 2-minute break between ALL quarters and half.
- 1 time-out per game anytime and anywhere. Clock stops. Time out is 30 seconds.
- If OT, play 1v1 Full Field Braveheart plus Goalies.

## SHOT CLOCK

- 30 second shot clock shall start when a team gains possession. Referees will use 20 second timers and HAND COUNT the last 10 seconds with visible signals and movements.
- Shot clock resets just like in field when:
  1. A shot hits the GK (within the crease) or Pipe
  2. After time-serving penalty
  3. Change of possession
  4. After a goal is scored
  5. Stopped play for a defensive injury
  6. The end of a quarter unless possession is retained due to an extra player situation.

## OFFSIDES AND SUBSTITUTION

- All substitution is done on the fly.
- **There are NO OFF-SIDES** anywhere anytime by anyone (excluding goalie, as they cannot cross) as long as THERE ARE a max of 6 players or less on the field at a time.

## **STARTS, FACE-OFFS AND RESTARTS**

- Alternate Possession used to start after each goal, face-offs to start quarters
- Following a goal: First the GK must retrieve the ball within 5 seconds. Then the official whistles the start of the fresh 30-second shot clock and the GK has another 5 seconds to pass the ball from within the crease. Goalies can step out of crease to avoid a delay of game foul as the shot clock continues.
- Players must stay out of draw circle/area until possession is gained.

## **OUT OF BOUNDS**

- Boundaries are the same as field except for in the instance of a shot that goes directly out of bounds is a turnover. There is no back-up on missed shots like in field.

## **TYPES OF FOULS**

- 30 second time-serving penalties – All Same as Field Lacrosse
- 1-3 minute time-serving penalties – All Same as Field Lacrosse
- Expulsion Game Ejection Fouls
  1. Fighting
  2. Using threatening, abusive language or misconduct towards the Officials/Opponents
  3. Excessive, dangerous, repeated or deliberately body checking in the head, knees, neck area or from behind

## **Unique Sixes Fouls:**

- Walling (Defense players crowding in front of their goal or forming a stack/wall type formation in front of their goal without marking an opponent within a stick's length.
  - Over and Back (Once ball in team's offensive zone it cannot return to the defensive zone through actions of the offensive team)

Note: If a player is ejected, they will be forced to sit out the next game at a minimum. Directors will meet with officials and may decide to remove the player from the tournament completely if the fouls were egregious and/or repeated.