



LAX BASH SIXES GENERAL RULES OF PLAY - MEN

EQUIPMENT

- Sticks: same as field. Short sticks only. no longer than 42 inches
- Protective equip – same as field

PERSONNEL

- Team: Up to 12 players; minimum 1 GK; Must have 6 (including GK) to start a game.
- GK always required on field and can play anywhere like a field player.

TIMING, Time-Outs and OT

- Four 8-minute quarters: Running time (change ends each quarter)
- 2-minute break between ALL quarters and half.
- No timeouts
- 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 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)



LAX BASH SIXES GENERAL RULES OF PLAY - WOMEN

EQUIPMENT

- Same as field.

PERSONNEL

- Team: Up to 12 players; minimum 1 GK; Must have 6 (including GK) to start a game.
- GK always required on field cannot 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.
- No timeouts
- If OT, play 1v1 Full Field Braveheart plus Goalies.

SHOT CLOCK

- 30 second shot clock shall start when a team gains possession. Referees/table will use 20 second timers and HAND COUNT on field 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 (not counting the goalie who may not cross ½) 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

- After 3 yellow cards, a player is not permitted to re-enter the game.
- No immediate whistle on a defensive foul (minor, major or expulsion) Official will raise arm and hold whistle until stoppage of play.
- **NO** Call in Sixes:
 - 3-seconds
 - Shooting space
 - Empty stick check
 - Hooking
 - Poke checks
 - In the sphere
 - Horizontal stick

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)