Men's Lacrosse – Draft Six-a-Side Rules Overview

Note: Where these trial rules are silent to an issue, the current version of the FIL Rules of Men's Field Lacrosse shall apply.

FIELD MARKINGS AND RELATED EQUIPMENT

1. The game shall be played on a field 70 meters (76 yards) long and 36 meters (39 yards) wide. All lines on the field shall be 50 millimeters (2 inches) wide.
    a. The field shall be divided into two halves by a center line; the center line shall be 100 millimeters (4 inches) wide.
    b. The center of the field shall be marked by a four-inch circle, square or X.
    c. The center mark shall be surrounded by a draw circle 5 meters (5.4 yards) in radius.
    d. At either end of the field, centered between the sidelines and 25 meters (27 yards) from the midline, shall be a goal circle 3 meters (3.2 yards) in radius.
        i. Centered within each goal circle and parallel to each end line shall be a goal line 1.83 meters (2 yards) in length.
    e. A substitution box and scorer's table will be located on one sideline centered on the midline and sized according to FIL field specifications.
    f. Team and coach areas will be located on either side of the Substitution/Penalty Area and sized as specified in the field diagram.
2. A metal lacrosse goal 1.83 meters (6 feet) in width and height, with securely affixed netting that will not permit a lacrosse ball to pass through, will be in the center of each goal circle.
3. White lacrosse balls that meet the current NOCSAE ND049 standard shall be used in all games.

GAME PROCEDURES

Team Members

1. The game shall consist of five (5) on-field players and one (1) goalie for each team.
    a. A team may have an additional four (4) players serve as substitutes on the sideline.
    b. Each team will be allowed two (2) coaches, one (1) designated as the head coach.
    c. Each team will be allowed one (1) medical professional, this person may not coach.

Officials

1. The game shall be officiated by two (2) Officials on the field.
    a. One (1) additional Chief Bench Official (CBO) shall be placed in the substitution area and can assist with:
        i. Timing of all time-serving penalties
        ii. Timeouts
        iii. Clock issues or corrections
        iv. Substitution infractions
        v. Bench decorum

Game Structure

1. Game time is four (4) quarters of eight (8) minutes running time.
    a. Two-minute (2) break after the first (1st) quarter and after the third (3rd) quarter.
    b. Five-minute (5) break for half-time between the second (2nd) and third (3rd) quarters.
2. The game time shall begin when the Official blows the whistle to start the first faceoff of each quarter.
    a. The only time game time will stop is:
        i. During timeouts
        ii. During an injury
        iii. At the end of a quarter

iv. During the last two minutes of the 4th quarter if the score is within two (2) goals

3. Each team will be allowed two (2) 30-second time-outs a half.
    a. A team must be in possession or entitled to possession (if during a dead-ball) to call a time-out.
    b. Time outs can be called by either of the team's coaches or the player with possession of the ball.
    c. Time outs can be called during a dead ball, and when a team has possession of the ball in their attack half of the field.
4. Overtime consists of one (1) 4-minute running time sudden victory overtime period.
    a. If the score is tied after regulation time, there shall be a sudden victory overtime.
    b. There shall be a 2-minute break before the start of the overtime.
    c. Each team will receive one (1) 30-second time-out per overtime period.
    d. If game remains tied after the first overtime (i.e., no goal is scored by either side), it is followed by additional 4-minute sudden victory overtime period(s) until a goal is scored and a winner is determined.
5. Start of game and overtime:
    a. Initial ends defending/attacking will be determined via a coin-toss prior to the start of the game. Winner of coin toss chooses first alternate possession or defensive/attacking end to begin play.
    b. Teams will switch ends they are defending/attacking after each quarter and overtime period.
    c. Prior to the first overtime, an additional coin toss will be utilized to determine the end attacking/defending. Alternate possession remains.

EQUIPMENT

1. **Field player's equipment**:
    a. Mandatory player equipment, including the crosse, shall be as per the FIL Rules of Men's Field Lacrosse.
    b. Crosse:
        i. Must be 101cm – 106cm (40"- 42") in overall fixed length
        ii. Other stick specifications are as per the FIL Rules for Men's Field Lacrosse
    c. Mandatory Protective Equipment:
        i. A NOCSAE helmet manufactured for lacrosse
        ii. Gloves
        iii. An intra-oral mouthpiece
2. **Goalkeeper's equipment**:
    a. Crosse:
        i. Must be 101cm – 132cm (40" – 52") in overall fixed length
        ii. Other stick specifications are as per the FIL Rules for Men's Field Lacrosse
    b. Mandatory Protective Equipment:
        i. A NOCSAE helmet manufactured for lacrosse
        ii. Gloves
        iii. Chest protector and throat protector
        iv. Protective cup
        v. An intra-oral mouthpiece

PLAY OF THE GAME

1. **Draw:** Each quarter and the overtime period will begin with a draw at the center of the field.
    a. All players except the two taking the draw, shall be positioned outside of the center circle.
        i. Players outside the center circle must remain outside the circle until possession is gained.
    b. The mechanics for the 2 draw players and the execution of the draw are as per the FIL Rules for Men's Field Lacrosse
2. **Shot Clock:** Upon a team gaining possession of the ball, there shall be a forty-five (45) second shot-clock.
    a. The shot-clock shall reset if:
        i. A shot hits the goal pipe or rebounds off the goalkeeper while standing within the crease.
            1. The head of the players stick must be above Goal Line Extended (GLE) when the ball is released for it to be considered a shot.
            2. The ball must be released from the players stick prior to the shot clock expiring.
        ii. Any penalty by the defense
        iii. Any change of possession by either team
    b. The shot-clock shall not-reset:
        i. If the shot does not come from above GLE
        ii. During a timeout or injured player

iii. If the ball hits the goalkeeper or a defensive player while outside the crease

3. **Goal scored**: A goal is a goal, as defined in the FIL Rules of Men's Field Lacrosse.
    a. If a player is fouled in the act of shooting and scoring, the goal shall count.
4. **Goal Not Counted:** A goal is not a goal, as defined in the FIL Rules of Men's Field Lacrosse.
5. **Restarting Play:**
    a. Quick restarts as per the FIL Rules of Men's Field Lacrosse.
    b. **After a goal**: the team scored upon will be awarded possession.
        i. Play shall resume once the goalie has possession of the ball inside their crease, and the goalie must pick up the ball, pass or run out of the crease within five seconds.
    c. **On an out of bounds**: Following a shot that deflects off the goal, goalkeeper or defensive player and goes out of bounds, the ball is awarded to the inbounds player closest to the ball where it goes out of bounds, when it goes out of bounds. Following a shot that misses the goal and does not deflect off a defensive player or their stick, the ball is awarded to the opposing team. The ball shall be awarded at the point where the ball was declared out of bounds.
        i. The player must have both feet two (2) meters inside the boundary line and cannot get a running start.
        ii. All players must be two (2) meters away from the player restarting with the ball before play may resume.
    d. **After a penalty, timeout or any other stoppage of play:** The team being awarded possession shall start the ball two (2) meters inside the closest boundary line from where the ball was when play was stopped.
        i. If in their offensive half, the closest boundary line may also be the center line
        ii. In in their defensive end, play may resume at the spot of the foul
6. **Advancing the ball:**
    a. The goalkeeper may not remain in the goal circle for more than five (5) seconds when in possession of the ball.
    b. A timeout, taken by the goalkeeper in possession of the ball within the goal circle, shall not reset the (5) five second count.
7. **Once the ball is advanced over midfield:** the offensive team may not bring it back over to their defensive half unless:
    a. The ball was last touched by the defense.
    b. A shot leaves the offensive half of the field.
8. **Picks:**
    a. Picks are allowed as per the FIL Rules of Men's Field Lacrosse.
    b. Incidental contact while trying to avoid a pick is allowed.
    c. Deliberate body contact with a player who has set a pick is not allowed.
9. **Body-checking:**
    a. Body checking is illegal under all circumstances.
    b. Allowable body contact includes legal holds, legal pushes, the use of equal pressure against an opponent to gain possession of a loose ball, defensive positioning to redirect an opponent in possession of the ball, and contact deemed incidental by officials.
10. **Checking with the crosse:**
    a. Checking with the crosse is allowed as per the FIL Rules of Men's Field Lacrosse.

TECHNICAL FOULS

Technical fouls are those of a less-serious nature that do not result in a time-serving penalty.
Penalty: The penalty for a technical foul shall be change of possession and reset of shot clock.

1. Goal circle violation, midline over and back, illegal draw/early entry, charge, illegal screen/blocking
2. Other as per the FIL Rules of Men's Field Lacrosse.

MINOR FOULS

Minor fouls are those less-serious in nature and include all violations except those listed in major fouls.
Penalty: The penalty for a minor foul shall be a 20-second releasable suspension of the offending player from the game (if the team offended had possession), or simply awarding the ball to the team fouled (if the team fouled did not have possession of the ball) and a reset of the shot clock.

1. Push, hold, warding (offensive push), offside, crease violation/goalkeeper interference, withholding the ball from play, illegal substitution, illegal procedure
2. Other as per the FIL Rules of Men's Field Lacrosse

MAJOR FOULS

Major fouls are those of a serious nature.

Penalty: The penalty for a major foul shall be a 40-second non-releasable suspension from the game for the offending player and reset of the shot clock.

1. Slashing, tripping, cross check, body check, unnecessary roughness, unsportsmanlike conduct, expulsion
2. Other as per the FIL Rules of Men's Field Lacrosse

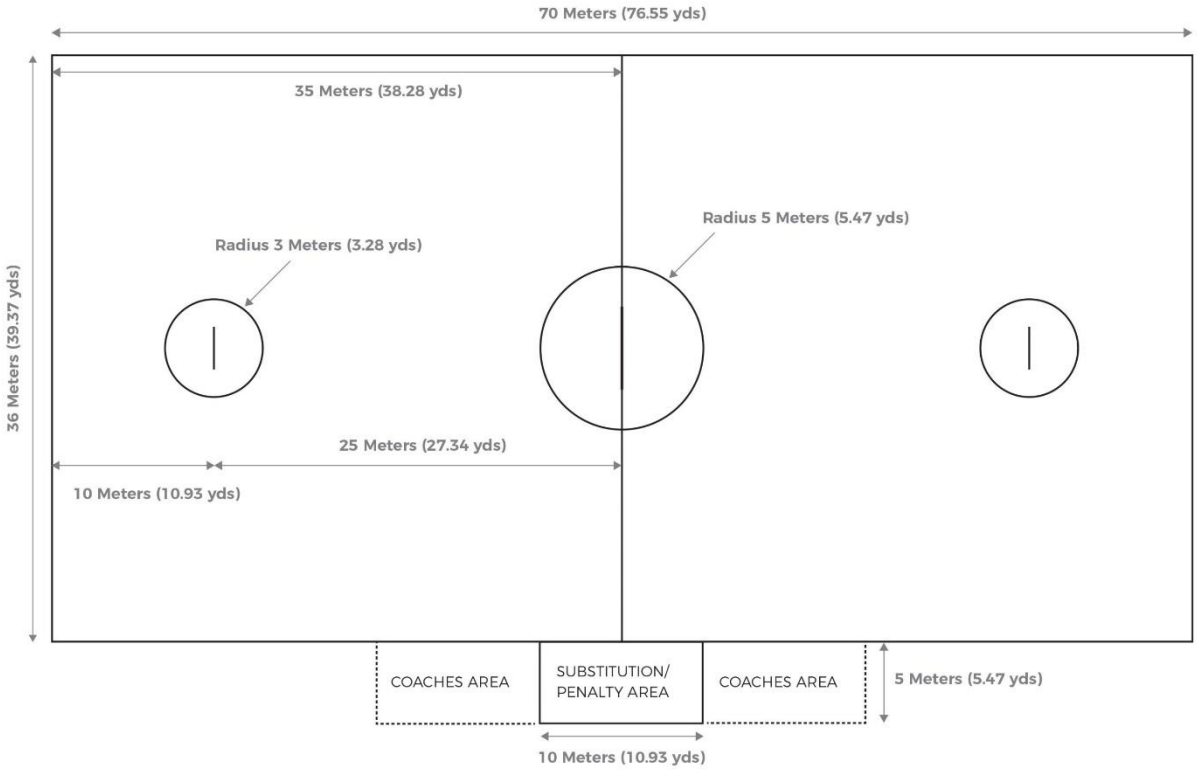
EXPULSION PENALTIES/FOULS

1. As per the FIL Rules of Men's Field Lacrosse
2. Fighting is automatic
3. Reckless, violent play
4. Check with the body or stick to the opponent's head or neck **may** be cause for expulsion

PENALTY ADMINISTRATION

1) **Procedure:**
    a. A player who has committed a time serving penalty the player must leave the field of play at once, report immediately to the substitution area and remain there until the penalty time has expired.
    b. When an official recognizes a violation of the rules they should:
        i. For a foul committed by the team in possession or during a loose ball the whistle is sounded immediately
            1. The ball is given to the team at the spot of the foul, if in their defensive half.
            2. That ball is given to the team at the closest boundary line or centerline if in their offensive half.
        ii. For any foul committed against the team in possession:
            1. The official shall raise their penalty flag signifying a penalty.
            2. The official shall withhold the whistle until:
                a. A goal is scored by the offended team
                b. The ball goes out of bounds
                c. The team loses possession
                d. The attacking team commits a foul
                e. The shot clock or quarter expires, or the attacking team requests a timeout
            3. When the official ends the play with a whistle, they should turn to the bench area and report the penalty quickly.
            4. Once the penalty is reported and the offense is ready to restart play, the official should sound their whistle, regardless if the penalized player is off the field or not.
            5. The official may stop the clock if needed in situations where there are multiple penalties or further explanation is needed to the penalty timer and scorekeepers.

2) **Execution of Penalties**
    a. Official blows whistle, stops play, quickly signals number and infraction to scorer's table, and restart play (clock never stops unless last 2 minutes of the 4th quarter)
    b. Penalty time does not start until player sits at a timer's table and play has resumed
        i. Slow whistle as per the FIL Rules of Men's Field Lacrosse.
        ii. The player must remain seated for the entirety of the penalty time.
        iii. Any player serving a minor penalty shall be released when the penalty time ends or after the scoring of a goal against the penalized team.
        iv. Any player serving a major penalty must serve their entire time regardless if a goal is scored.
    c. If a goal is scored during or before a minor foul is assessed or served the penalty shall be eliminated prior the restart of play.
    d. If a goal is scored during or before a major foul is assessed or served:
        i. The penalty stands, and the player must serve the full-time.

3) **Fouling Out**
    a. Any player that accumulates 2 minutes of penalty time in a game – in any combination (minor and/or major).

FIELD DIAGRAM