

# TRILOGY LACROSSE®

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## 2023 Salt Lake Sixes Rules

**All games will be played under World Lacrosse Sixes Rules with the following modifications:**

### Game Play

1. Playing time will consist of one (1) twenty-five (25) minute running period.
2. **Timeout:** Teams will have one (1) 30-second timeout. Clock does not stop during a timeout, and this cannot be called in the last 4 minutes of the game.
  - a. A team may request a timeout if they are in possession of the ball in their Offensive Zone or entitled to possession of the ball following a dead ball.
3. **Alternate Possession (AP):** The team listed first on the score sheet shall receive the first AP
4. **Overtime:** Tie games at the end of regulation will immediately go into a two (2) minute sudden death overtime beginning with a draw unless either team ends game with possession in an extra player situation, in which case they will receive the ball to start OT. If the game remains tied after the overtime period, a 4v4 Braveheart will immediately follow until a winner is determined.
5. **Braveheart Rules:** Each team will send four (4) players, one of whom HAS to be a goalie. One player from each team must always remain on the defensive half of the field (the goalie). The Braveheart will begin with a draw. No substitutions are allowed during the Braveheart.

### Game Rules

1. 6v6: 1 Goalkeeper & 5 field players
2. **Stick Checks:** Stick length is 100-110cm. One check per game, but none in final 4-minutes of regulation game time or overtime. If stick is found legal, the challenging team will be assessed a major foul. If found illegal, a major foul will be assessed & the goal just scored using that stick will not count.
3. **Offsides:** No restraining lines. A team is offsides when their goalkeeper crosses the center line.
4. **DRAWS:** Each game will begin with a draw.
5. **No Draws after goals** – the goalie shall pick up the ball from the goal within 5 seconds and referees will blow the whistle to restart play.
6. **Over and Back:** Once the ball is in the Offensive Zone, the ball shall not return to the Defensive Zone through actions of the offensive team. If this occurs, it is an over and back violation. The result is an immediate change of possession and a quick restart for the non-offending team.
7. **A shot that misses or hits the goal and goes out of bounds without first hitting a defensive player is awarded to the defensive team (NOT closest to the ball when it leaves the playing area).**
8. **Picks:** The use of the pick by an offensive Player is permitted, provided that the offensive Player is stationary and motionless, and standing in a normal stance, at the time the contact is made.
9. **Defensive Players:**
  - a. When the attacking team has the ball in their opponent's Defensive Zone below goal line extended, defensive Players are permitted to run through any portion of their crease while defending; however, only the defensive Player marking the ball carrier within a Stick's length may remain in the crease while defending.
  - b. When the attacking team has the ball in their opponent's Defensive Zone above goal line extended, the defensive players are only permitted to run through the portion of the crease below goal line extended while defending; however, the defensive Player marking the ball carrier within a Stick's length may remain in any portion of the crease while defending.

\*\*Rules Continued on Next Page\*\*



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## 10. Penalties:

- a. **Minor Foul:** Loss of possession or 30-second penalty
  - i. **Examples:** Interference, Pushing, Illegal Pick, Holding, Warding & illegal procedure
- b. **Major Foul:** 1-minute penalty. 3 major fouls = fouled out of game
  - i. **Examples:** Body Checking, Tripping, Unnecessary Roughness, Illegal Stick, Dangerous Follow-Through, Illegal Crease Defending and Walling (crowding the crease)
- c. **Expulsion Foul:** Offending player is expelled for remainder of game and in-home must serve 2-minute penalty
  - i. **Examples:** Fighting, deliberate body check to head or neck area, or from behind, any dangerous propel and any abusive language or gesture
- d. All penalties will be full time served. Penalty time does stop during a timeout.

11. All Substitutions must be done on the fly

12. There is **no shotclock** or failure to advance infraction

13. Mouth guard and goggles/helmets must be worn at all times

14. **Mercy Rule:** If team A is up by 6 or more goals, then all players must drop back to their defensive zone after a goal and team B is awarded the ball at midfield to restart play.

15. **Rules not used in Sixes that are in 10v10 field play:**

- a. The fan, self start, throw, restraining line rules & penalties, set penalties, and free position

## Sportsmanship Policy

Trilogy Lacrosse has a zero-tolerance policy for the following actions which may result in ejection from the event:

1. **FIGHTING** - player(s) will be ejected immediately and subject to dismissal from the event following review.
2. Any player who leaves the sideline to participate in an altercation on the field.
3. ANY actions or language deemed excessively unsportsmanlike by a player, coach or fan including any discrimination based on gender, religion, race or sexual orientation.

\*The event Director will make the final decision on all disciplinary decisions including ejections. Anyone ejected from the event must leave the venue and no refunds will be granted.

## Venue & General Policies

1. No gum allowed on the field or sidelines.
2. No food or beverages other than water allowed in the field house.
3. No pets permitted in the building other than registered service animals.
4. Please take all garbage with you from the field area to keep the venue clean.
5. Players are allowed to wear cleats or turf shoes.

