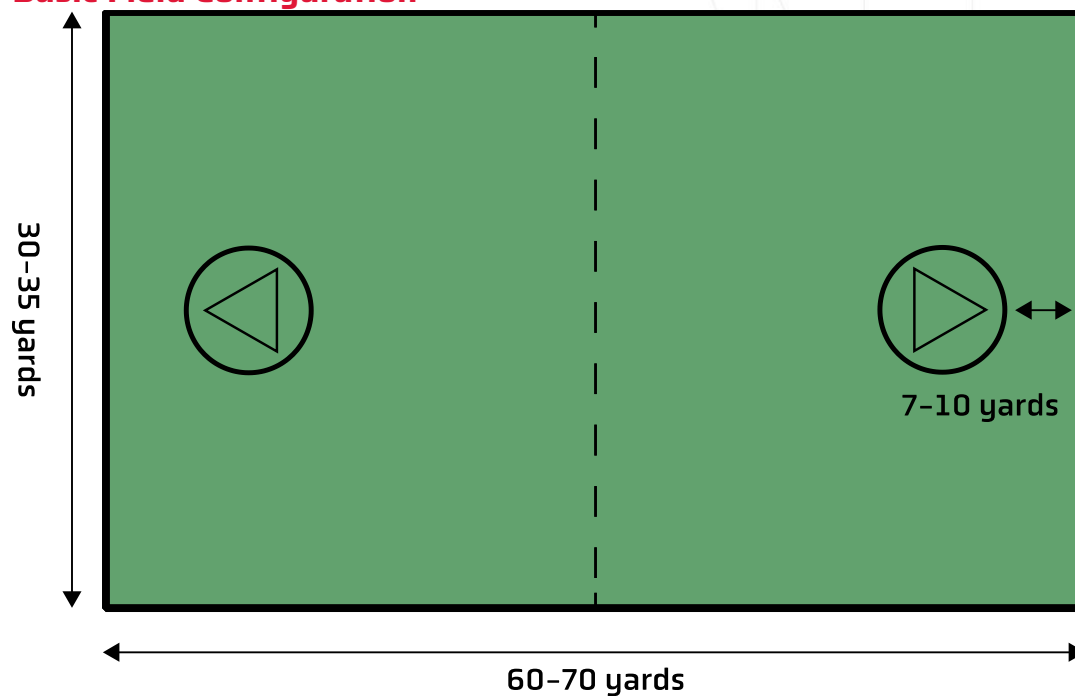


FLEX6 LACROSSE RULES & GUIDELINES

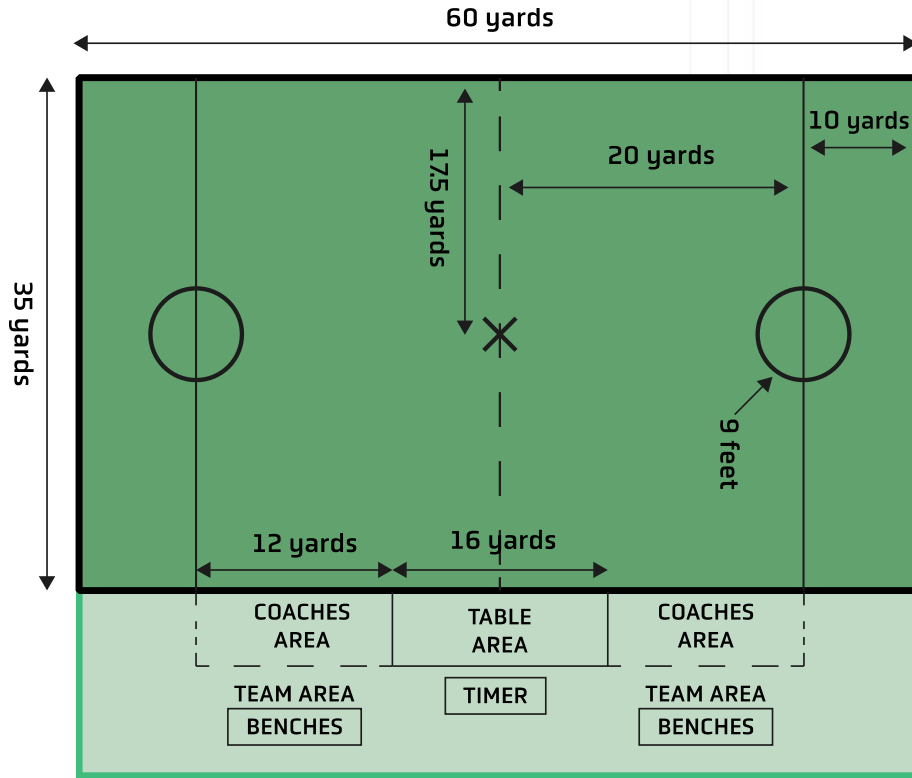
Flex6 represents the foundational small-sided game with no protective equipment needed. As the name suggests, Flex6 is FLEXIBLE. Flex6 Lacrosse can be played by anyone, any age, any gender and anywhere. In this version of the game all that's needed is a small group of players, a space that is about $\frac{1}{4}$ the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball.

THE GAME, PLAYING AREA AND SPACE

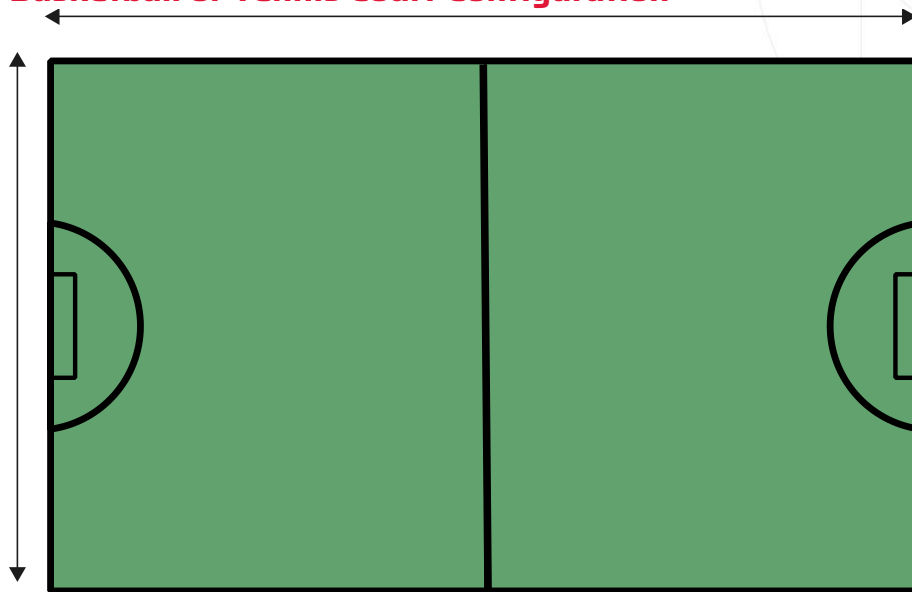
Basic Field Configuration



Cross-Field on a traditional sports field



Basketball or Tennis Court Configuration





EQUIPMENT

The Ball

A soft pink/orange (aka “Pinkie”) ball or tennis ball. Do not use standard lacrosse balls.

The Lacrosse Stick (Crosse)

Girls’, boys’ or unified sticks are permitted for play. No long poles or goalie sticks are allowed.

Player Equipment

A mouthguard may be worn if a player desires.

Ideally players should have a jersey, pinney or shirt color similar to their teammates’ but this should not preclude the ability for the game to occur unless in the context of championship-style or tournament play where this distinction is critical for officials to make proper calls.

GAME PERSONNEL

Number of Players

No more than 6v6 on the field at a time.

There is flexibility to adjust the number of players based on the size of the space or the number of players available for game play. If using a basketball or tennis court, 3v3 or 4v4 is recommended. All players are considered field players and there will be no goalie position played.

Officials

Officials are optional for this version of play. If there are no officials used, players will call their own fouls using the honor system. In the event of a dispute, recommend using an alternate possession system.

For players 17 and under, there should be at least one adult in the vicinity to assist players and monitor player safety.

TIME OF THE GAME

Length of the Game

Recommend game length (4) 6-minute running time quarters, with a 5-minute halftime period and 1 timeout running clock per team. Timeouts are recommended from 30 - 60 seconds. 30 seconds for a timeout makes sense if the players remain on the field and the coach comes to them. If players go to the sideline, consider 60 seconds for the timeout.

Overtime

Determine before the game if overtime will be played in the event of a tie. If overtime is agreed upon, and the game is tied at the end of regulation, recommended practice is one 2-minute period of sudden victory overtime.

PLAY OF THE GAME

Starting the Game and Overtime

The team that won the coin toss shall place one player at center with the ball. All other players shall be on their defensive end of the field to start. There must be one attempted pass before shooting.

The team that loses the coin toss can choose which side they will defend first.

Out of Bounds and Ball Possession

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds.

Goal Scored

Goals count when a ball passes completely over the goal line and into the goal from a player's stick. If a goal circle is used, the player cannot cross into the goal circle on the shot. No goal if a shot originates in the defensive half of the field.

Restarts After a Goal

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their crosse, and either pass or run it out of the goal circle to resume play.

Change of Goals

Teams will change goals between quarters. In overtime situations, teams will change goals after each overtime period.

Substitutions

Substitutions during play are permitted.

Fouls

1. No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
2. No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
3. No covering the ball with your stick or body.
4. No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
5. No entering the goal circle (except to get the ball out of the goal after a shot is scored).
6. No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).

7. No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
8. No dangerous follow through with the stick on a pass or shot.
9. No moving or blind picks.

The penalty for a foul is change of possession.

The player awarded the ball may pass or start running/cradling (self-start). All other players should move a stick's length away from the player in possession of the ball; however, the player with the ball does not need to wait for this to occur.

If a player repeatedly fouls or is putting other players in danger, the player should be removed for a one-minute penalty. Another player may be substituted.

Violation on a Shot

If a foul by the defense occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play. If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should restart at least 10 yards away from the goal (self-start).

Unsportsmanlike Conduct

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures should result in a one-minute suspension from the game and awarding possession of the ball to the offended team. While the player is suspended from the game, another player may substitute in the person's place.

OPTIONAL MODIFICATIONS

- » A minimum pass rule may be added before shooting.
- » Ground balls may only be contested 1v1.
- » One player stays back on defense behind the midline of the area of play.