

SOUTH SUBURBAN GIRLS SIXES LACROSSE 2025 RULES:

1. All Sixes USAL/NHFS rules will govern play unless otherwise cited in this document.
2. Timing: Games will be (4) 10-minute running quarters, 2 minute break between 1Q & 2Q and 3Q & 4Q, a 4-minute half time.
  - a) One (1-minute) timeout per game.
  - b) If score is within two (2) points, stop-time will take place for the last two (2) minutes of half 2.
  - c) If score is still tied at the end of regulation, a tie will be denoted as the result of the game.
3. Players and Set Up:
  - a) 5 field players 1 goalie
  - b) No offsides, all 5 field players play the entire field.
  - c) Draw set up will have the 1 player from each team taking the draw the half. All other players hold in the 8 meter until possession is determined.
  - d) Goalies switched sides every quarter.
  - e) Subbing on the fly through the sub box.
4. Penalties: Penalty time will be stopped during dead ball. (Starts when play restarts and offending player is in the penalty box).
  - a) Disqualifications are for a specified game or number of games. Ejections disqualify for the remainder of the game and next full game.
  - b) If any player receives 2 unsportsmanlike penalties in a single game, the player will be ejected.
  - c) If any player receives 4 unsportsmanlike penalties during a season, the player will be disqualified for the remainder of the season.
  - d) Any taunting or offensive language/gestures to players, coaches, officials, or spectators will result in unsportsmanlike penalties or ejections based on the official's discretion. Future disqualifications are reviewable under elastic power of League Coordinator.
  - e) Unnecessary rough and dangerous play and/or fighting will result in ejections based on the official's discretion.
5. Starts & Restarts:
  - a) Each quarter will begin with a draw at center of the field.
  - b) Following a goal, the GK will grab the ball and the official whistles to start for the GK clear (Not a free clear). Teams can redefend and intercept passes and immediately go to goal if successful.
  - c) Teams may agree to a "free possession" to restart play. The free possession would go to the team that got scored on.
    - i) **This must be agreed upon during the coaches and officials meeting.** If a "free possession" after goals is agreed upon the restart will be given to the team that just got scored on. Any player may take the ball to the top of their 8m and the official will whistle to start play. Defenders must start at least 2 meters away.



## **GIRL'S LACROSSE SIXES LEAGUE RULES & REGULATIONS**

6. Forfeits: If less than 6 players are present within 5 minutes after game time, the opposing team has the option of accepting an immediate forfeit.
7. **Uniform: Each player must wear a South Suburban issued jersey. Home team will wear white, Away team will wear dark.**
8. Protests and complaints: Must be submitted to Hannah Krats at [hkrats@ssprd.org](mailto:hkrats@ssprd.org).  
All protests and complaints must have the rule and section, the date, time and place of the game and all details pertaining to the issue. The League Coordinator has elastic power in determining action regarding protests.

### South Suburban Adaptations:

1. Shooting space will be called
2. Any shot that goes wide of the goal is an automatic change of possession.
3. 3 seconds in the 8m will be called
4. All NFHS high school checking rules applied
5. All NFHS yellow card ruling apply
6. No shot clock
7. No over and back

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