



## **KING SIXES GENERAL RULES OF PLAY**

### **THE FIELD**

- 35 x 60 Yards

### **EQUIPMENT**

- Sticks: same as field. Short sticks only. no longer than 42 inches
- Mouthguard, Gloves, helmet with chinstrap, shoulder pads, arm pads are mandatory.
- GK: Mouthguard, helmet w/ facemask and chinstrap, throat guard, chest protector, cup Mandatory.

### **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 halves.
- 1 time-out per game anytime and anywhere. Clock stops.
- 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.

### **UNIQUE KING SIXES RULES**

1. A 12 yard 2-Point Goal Arc. 2 points are awarded if a player shoots the ball behind the line. The foot CAN NOT touch the line on the shot. A player CAN follow through and go past the line AFTER the shot is released from the stick. Referee will signal by putting up BOTH hands above the head with 2 fingers on both hands extended in the air to reward a 2-point goals
2. DIVES ARE ALLOWED. A goal is allowed is a diving player scores a goal BEFORE he touches or lands in the crease including the line. If a diving player touches the goalie on his own (not pushed) the goal DOES NOT count. Referee discretion here. Toughest call in lacrosse!
3. There are NO OFF-SIDES anywhere anytime by anyone as long as THERE IS a max of 6 players or less on the field at a time.
4. During the four FACE-OFFS, all players must stay OUTSIDE of the face-off circle. At all times. They can only enter the circle once possession is achieved. If the ball goes outside of the circle it is live for all players.

### **STARTS, FACE-OFFS AND RESTARTS**

- Alternate Possession used to start each Quarter (including start of the game)
- “Penalty Face-Off Dot” Area is used to start all four 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.

### **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

Note: If a player is ejected, they will be forced to sit out the next game at a minimum. Directors will meet with officials and may decide to remove the player from the tournament completely if the fouls were egregious and/or repeated.