



# EQUIPMENT



# **GAME PLAY**

# Players on the field 5 runners + 1 goalie (per team)

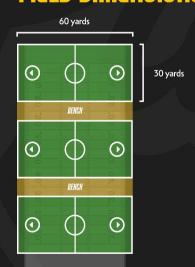


Faceoffs and Draws at the start of game + half

# **RULES**

- Goalies clear the ball after every goal
- No body checking
- No chasing shots
- Offside only if the goalie crosses the centerline
- Substitutions are made on the fly

# FIELD DIMENSIONS







### **LENGTH OF GAMES**

# PLL Juniors Sixes Leagues PLL Juniors Sixes Tournaments 4 x 10 minute running clock Quarters - 5 minute half time Used in tournament play to enable more games to be played

Timeouts	Shot Clock	Clearing Stall	Start of Play
- One per game per team - 30 seconds - Only requested by the teams coach whilst in possession of the ball or during a dead ball *Penalty clock will stop.*Game clock will stop if timeout used with less than 2 minutes in a quarter	- If available - 30 seconds - If unavailable, an official may call "stalling" and the team in possession will have 10 seconds to shoot the ball	- If the official deems the team in clearing the ball is stalling, they will be given an 8-second count from the time of the call to move the ball over the midfield line - This call is up to the official's discretion and is not applied after every goal	- Start of game, halves and quarters will be with a face-off - All other players will start 10 yards away and can approach the ball after the official blows their whistle

### **OTHER**



## **EQUIPMENT**

Men's	Women's
Field Players  - Mouthguard  - Gloves  - Helmet and chinstrap  - Chest protection  - Elbow Pads  - Cleats or turf shoes depending on venue  Goalkeeper:  - Mouthguard  - Helmet and chinstrap  - Throat guard  - Chest protector  - Gloves  - Cup  Sticks  - All sticks must be between 36-42 inches	Field Players  - Mouthguard  - Goggles or helmet  - Cleats or turf shoes depending on venue  Goalkeeper:  - Mouthguard  - Helmet with facemask and chinstrap  - Throat guard  - Chest protector  - Gloves  Sticks  - All sticks must be between 36-43.25 inches

# IN PLAY

Start of Play	Offside	Over & Back	Chasing Shots	After a goal
- Start of game, halves and quarters will be with a face off - All other players will start 10 yards away - Everything that stops on a whistle, starts on a whistle. Officials will start play as soon as the player is ready	- The goalie may not cross the midline on the field of play at any time	- Once the offensive team carries the ball across the midline, the ball may not cross back into the defensive half -If the ball or ball carrier crosses back over into their defensive half, it will result in a turnover	- If a shot misses and goes out of bounds, the defensive team will be awarded possession -Any shot that deflects off a defensive player as the last touch, including the goalie, will return possession to the offensive team	- The goalie without delay must scoop the ball out of the net after a goal The goalie then has 5 seconds to exit the crease or pass the ball. * Free clear is given after a goal differential of 7 goals

Body/Stick Checking	Walling	1 Pass Rule	Crease Defense
- <u>Body checking is</u> <u>illegal in sixes for</u> <u>both boys and girls.</u>	- Defensive players are not allowed to purposely step in front of shots or crowd the goal with the intent to block a shot.	- For the ¾ Division only, 1 pass must be completed in the offensive half before shooting. *Coaches may choose to disregard this rule if both teams agree either before the game or during halftime and alert the referee.	<ul> <li>Players may defend the ball carrier in the crease</li> <li>Off ball defenders may run through the crease.</li> <li>Stationary off-ball defenders in the crease are illegal.</li> <li>Defenders have a huge responsibility to keep themselves safe by being active and engaged.</li> </ul>

# >>> FOULS & PENALTIES

Loose Ball Minor	Minor	Major	Expulsion
Result: Stop play and award possession to non-offending team if they do not organically take or retain possession.  - Hold  - Push  - Tripping  - Crease violation  - Interference  - Offsides	Result: 30 second penalty or change of possession if committed by the offense. Waived if offensive team scores while flag is down Hold - Walling - Push - Tripping - Crease violation - Interference - Offsides - Delay of game - Ward - Moving screen - Illegal procedure - Playing without a stick	Result: 1 minute penalty. Fouled team gets the ball back if they score while flag is down Slash - Illegal body check - Unsportsmanlike conduct - Unnecessary roughness - Cross check  Note: Players who receives their 4th Major will automatically serve a 2 minutes non-releasable.	Result: Players or Coaches may be removed from a game For fouls with intent to harm or for an overly egregious foul in the officials discretion For verbal abuse of players, coaches or refs  Note: Officials or League/ Tournament Directors reserve the right to suspend the fouling player or coach from their next game and future events.

**Note:** For any time serving penalties that extend past the half, players must serve the entirety of that penalty. Teams in possession of the ball at the end of a period of play will retain possession to start the next period. Penalty clock stops during timeout.