



PLL Juniors Sixes Rules Fall Denver 2025

2025



SIXES LEAGUES

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

EQUIPMENT



Goalie Stick

40-72"



Field Stick

Boys:
40-42"
Girls:
40-43.5"



6'

6'

FIELD DIMENSIONS



GAME TIMINGS

LENGTH OF GAMES

PLL Juniors Sixes Leagues	PLL Juniors Sixes Tournaments
4 x 10 minute running clock Quarters - 5 minute half time	2 x 12 minute running clock halves - 3 minute half time <i>Used in tournament play to enable more games to be played</i>

Timeouts	Shot Clock	Clearing Stall	Start of Play
<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - If available - 30 seconds - If unavailable, an official may call “stalling” and the team in possession will have 10 seconds to shoot the ball 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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
<p>Field Players</p> <ul style="list-style-type: none"> - Mouthguard - Gloves - Helmet and chinstrap - Chest protection - Elbow Pads - Cleats or turf shoes depending on venue <p>Goalkeeper:</p> <ul style="list-style-type: none"> - Mouthguard - Helmet and chinstrap - Throat guard - Chest protector - Gloves - Cup <p>Sticks</p> <ul style="list-style-type: none"> - All sticks must be between 36-42 inches 	<p>Field Players</p> <ul style="list-style-type: none"> - Mouthguard - Goggles or helmet - Cleats or turf shoes depending on venue <p>Goalkeeper:</p> <ul style="list-style-type: none"> - Mouthguard - Helmet with facemask and chinstrap - Throat guard - Chest protector - Gloves <p>Sticks</p> <ul style="list-style-type: none"> - All sticks must be between 36-43.25 inches

IN PLAY

Start of Play	Offside	Over & Back	Chasing Shots	After a goal
<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - The goalie may not cross the midline on the field of play at any time 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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	
<ul style="list-style-type: none"> - <u>Body checking is illegal in sixes for both boys and girls.</u> 	<ul style="list-style-type: none"> - Defensive players are not allowed to purposely step in front of shots or crowd the goal with the intent to block a shot. 	<ul style="list-style-type: none"> - For the 3/3 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 style="list-style-type: none"> - Players may defend the ball carrier in the crease - Off ball defenders may run through the crease. - Stationary off-ball defenders in the crease are illegal. - Defenders have a huge responsibility to keep themselves safe by being active and engaged. 	

FOULS & PENALTIES

Loose Ball Minor	Minor	Major	Expulsion
<p>Result: Stop play and award possession to non-offending team if they do not organically take or retain possession.</p> <ul style="list-style-type: none"> - Hold - Push - Tripping - Crease violation - Interference - Offsides 	<p>Result: 30 second penalty or change of possession if committed by the offense. Waived if offensive team scores while flag is down.</p> <ul style="list-style-type: none"> - Hold - Walling - Push - Tripping - Crease violation - Interference - Offsides - Delay of game - Ward - Moving screen - Illegal procedure - Playing without a stick 	<p>Result: 1 minute penalty. Fouled team gets the ball back if they score while flag is down.</p> <ul style="list-style-type: none"> - Slash - Illegal body check - Unsportsmanlike conduct - Unnecessary roughness - Cross check <p>Note: Players who receives their 4th Major will automatically serve a 2 minutes non-releasable.</p>	<p>Result: Players or Coaches may be removed from a game.</p> <ul style="list-style-type: none"> - For fouls with intent to harm or for an overly egregious foul in the officials discretion. - For verbal abuse of players, coaches or refs <p>Note: Officials or League/ Tournament Directors reserve the right to suspend the fouling player or coach from their next game and future events.</p>

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.