



PLL Play Sixes Rules

2024



SIXES LEAGUES

EQUIPMENT



Goalie Stick

40-72"



Field Stick

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



6'

GAME PLAY

12

Players per roster

6

Players on the field

5 runners + 1 goalie (per team)



Faceoffs and Draws at the start of game + half

2x 16-minute running halves

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



» Foreword

The PLL defers to World Lacrosse Sixes Official Playing Rules ([linked here](#)) as the primary ruleset. Those rules are currently used for all international sixes competitions and will be used for the 2028 Olympics. The following is to be a summary of World Lacrosse rules and additional modifications as endorsed by the PLL for PLL Play Leagues and Tournaments. The ultimate goal of these rules is to ensure a fun and safe environment for all involved. These rules are meant to apply to both boys and girls play and serve as a summary only. Any gender differences will be specifically highlighted in the rule-set as **Girls specific rules** & **Boys specific rules**.



» Index

- 🎯 Pg. 2 Summary
- 🎯 Pg. 3 Foreword + World Lacrosse Sixes Rules
- 🎯 Pg. 5 Game Timings
- 🎯 Pg. 6 Field Dimensions
- 🎯 Pg. 7 Equipment + Roster Size
- 🎯 Pg. 8 Game Play Rules
- 🎯 Pg. 9 Fouls



GAME TIMINGS

LENGTH OF GAMES

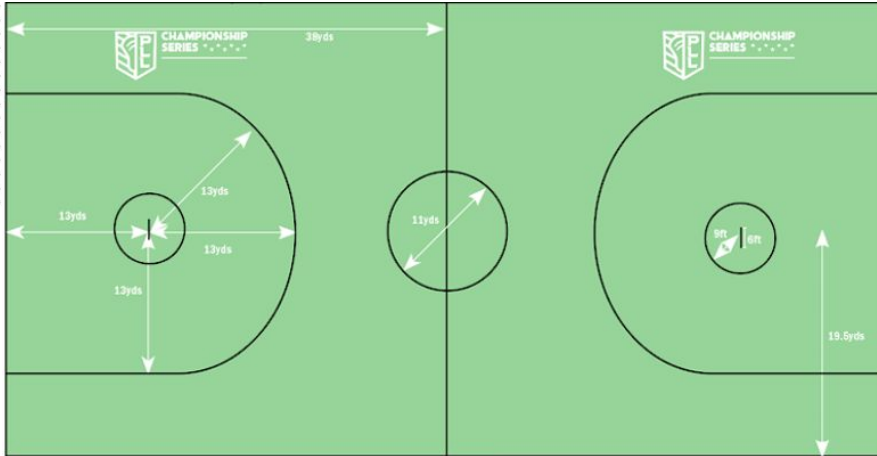
PLL Championship Series	PLL Play Sixes Leagues	PLL Play Tournaments	PLL Play Modified
4 x 8 minute quarters - 2 minute intervals, 12 minute half time	2 x 16 minute running clock halves - 5 minute half time	2 x 12 minute running clock halves - 3 minute half time <i>Used in tournament play to enable more games to be played</i>	2 x 20 minute running clock halves 4 x 10 minute quarters <i>Used when leagues would like to increase the total playing time & only at the discretion of the league. Should only be used if playing a single game in a day.</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 	<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 	<ul style="list-style-type: none"> - Start of game, halves (or quarters) will be with a face off or draw. - All other players will start 10 yards away and can approach the ball after the official blows their whistle

OTHER

FIELD DIMENSIONS

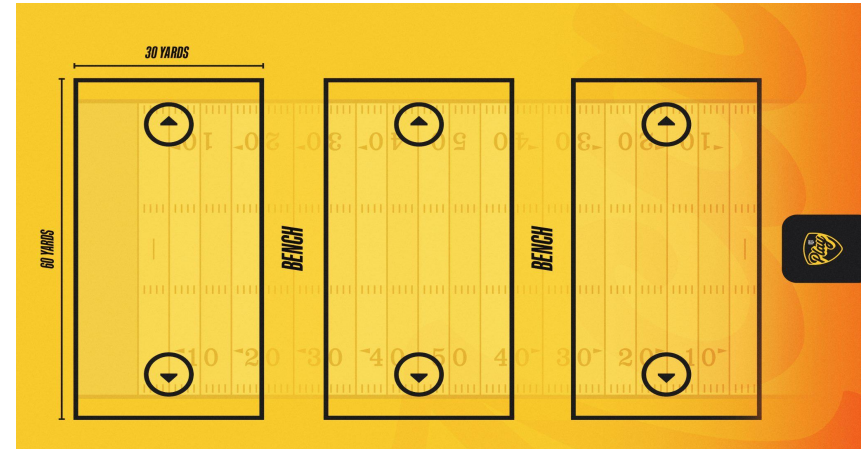
PLL CHAMPIONSHIP SERIES - OFFICIAL

- 76 yards long X 39 yards wide



PLL Play Sixes

- 12u+ may play on official sized fields, age ages below are recommended to play on modified fields
- Modified play for ages should be scaled accordingly with the official PLL Juniors modification 60 yards long x 30 yards long
- Leagues may alter the field dimensions per venue availability at their discretion*



EQUIPMENT & ROSTER SIZE

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

PLL Play/Unleashed Sixes - Roster sizes

- Teams may carry a minimum of 8 players and a maximum of 12 players including goalies

Start of Play	Offside	Over & Back	Chasing Shots	After a goal
<ul style="list-style-type: none"> - Start of game, halves (or quarters) will be with a face off or draw. - 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 or the goal frame, 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.
Body Checking	Walling	Dangerous Shot	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"> - If a shooter hits a player at or above the shin, they will serve a 1-minute penalty. - Anything below the shin is discretionary. 	<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/detaining - 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/detaining - Walling - Push - Tripping - Crease violation - Interference - Offsides - Delay of game - Ward - Moving screen - Illegal procedure 	<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 - Dangerous shot - Dangerous propelling - Walling - Playing without a stick - 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: If the foul occurs late in the game or tournament, officials and Tournament Directors reserve the right to suspend the fouling player from their next game and future events.</p>

Note: For any time serving penalties that extend past the quarter or 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.