



FLEX6 LACROSSE PROGRAM



**UNIFIED NON-CONTACT
LACROSSE GUIDELINES**

FLEX6 LACROSSE

GUIDELINES FOR PLAY

Guidelines for a flexible, standardized, non-contact, gender neutral, small-sided version of lacrosse play.

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The play guidelines outlined here are designed for community or school-based lacrosse programs desiring to offer an affordable, inclusive and fun version of lacrosse that requires minimal equipment, smaller space, and fewer players than the traditional game. Flex6 Lacrosse also does not require that genders be separated for play. These guidelines assume that there is at a minimum one responsible adult (preferably a coach member of US Lacrosse) present during play to ensure the safety of the players. These guidelines are designed for US Lacrosse members and member programs that operate under the best practices for safety and risk management as required by US Lacrosse.

For more information, visit

[USLACROSSE.ORG](https://www.uslacrosse.org)

Supervised play within these guidelines is included in the liability coverage of the US Lacrosse membership program. US Lacrosse members can play safe and fair knowing the full benefits of membership are included in this version of play. This is a version of the game inspired by the Core Values of US Lacrosse's framework for Athlete Development. Flex6 Lacrosse focuses on the Core Values of: Small- Sided and Free Play; Fun and Player-Centered; and Inclusive and Age-Appropriate.

To learn more about lacrosse Athlete Development, visit

[USLACROSSE.ORG/ATHLETE-DEVELOPMENT](https://www.uslacrosse.org/athlete-development)



HOW TO USE THE FLEX6 LACROSSE PLAY DESIGN MAP

Flex6 Lacrosse is designed to be flexible within the allowable parameters of these guidelines. The Flex6 Lacrosse Play Design Map here helps you define the key components of your Flex6 Lacrosse experience. Follow the arrows and choose the components of play from the map. Once you've defined these you're ready to start.

DESIGN YOUR PLAY

Score goals by moving the ball from your side of the playing space into your opponent's side by cradling, passing, catching, scooping and shooting the ball into the opponent's goal using a crosse

Prevent the other team from scoring on your goal by blocking, intercepting, scooping and causing turnovers (out of bounds etc)

Have fun - Be safe - Play fair - Follow the laws - Everyone participates

WHERE ARE YOU PLAYING?

Outdoor field
Indoor gym
Basketball court
Tennis Court

WHAT'S THE SCORING AREA?

Space to play behind the goal
Endline, no space behind the goal

WHAT KIND OF GOAL?

Netted goals at both ends, any size
Trashcans or buckets
Chairs
Stick TeePee
Other
Crease, half circle crease, or no crease?

HOW WILL WE SCORE?

Ball goes into the goal
Ball hits an object
Ball knocks an object over
Ball goes between something

PLAY!

OTHER CONSTRAINTS?

Win: time-based or first team to a score?
Is a number of passes required before shooting?
Are ground balls only 1v1?
Will we allow timeouts?
Other modifications we want to add?

WHAT BALL?

Pinkie Ball
Tennis Ball

WHAT STICK?

Men's Stick
Women's Stick
Fiddle Stick

PE/Soft-Stick and Soft-Stick Ball

HOW MANY PLAYERS?

12 (6 per side)
10 (5 per side)
8 (4 per side)
6 (3 per side)

Subs or no subs?
Boys, girls, or combination?

WHO ARE THE OFFICIALS?

An official from an association is assigned to our game
An adult-on-site will be the unofficial official
Players will self-officiate
A player will volunteer to be the official

INTRODUCTION

Lacrosse is a game for everyone. In this version of the game, all that's needed is a small group of players, a space that is about $\frac{1}{4}$ the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball. Ultimately, the purpose is to be safe, get moving, and have fun while playing the game of lacrosse. This is a non-contact, gender neutral, small-sided version of lacrosse play meant to be enjoyed by player of all ages.

THE GAME, SPACE, AND EQUIPMENT

The Game

The objective of each team is to score by causing the ball to enter the opponent's goal and to prevent the other team from possessing the ball and scoring. The ball is kept in play by being carried (cradled), thrown and caught, rolled, or batted with the crosse. The ball can also be kicked in any direction as long as the player kicking the ball has a crosse in his or her hands.

General Field Layout

If an athletic field is used, refer to the diagram to the right for optimal lines and spacing. To get started the minimum layout needed is endlines, sidelines, a center line and two goals.

Space Behind the Goal

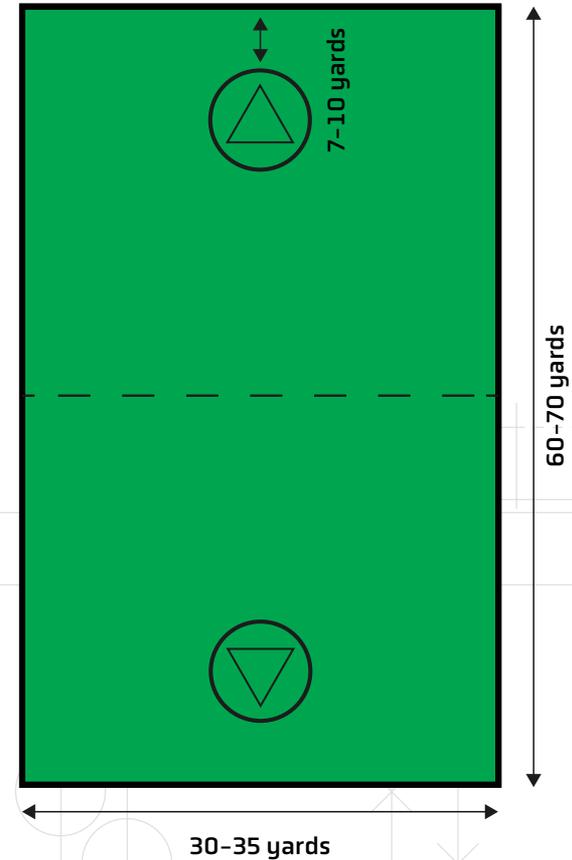
You can have anywhere from 7-10 yards behind the goal where space is permitted. If there is no space for play behind the goal, you can set boundaries like soccer or field hockey where the goal line is out of bounds.

Crease/Goal Circle

The recommended crease/goal circle size around the goal is 9 feet in diameter, however this can be adjusted based on size of goal and space available. If there is no room behind the goal, a half circle starting and ending on the goal line can be used. Flat cones may be used instead of painted lines if necessary to define the crease. The game may be played without a crease,

however this makes scoring not as challenging. These guide lines assume use of some size crease.

BASIC FIELD CONFIGURATION



Other Play Spaces

If an athletic field is not available for use, a smaller field space, a tennis court with no nets and no posts or a basketball court is acceptable for use. The number of players will need to be adjusted based on sizing of the space for game play.

See the Appendix for examples of other field set-ups.

The Ball

A STX PE soft-lacrosse ball (used with a soft-lacrosse PE stick), soft STX pink/orange (aka “Pinkie”) ball or tennis ball will be used in games given players do not wear safety equipment
Do not use standard lacrosse balls.



The Lacrosse Stick (Crosse)

All players will use a lacrosse stick based on preference—men’s, women’s, adult or youth sized, fiddle stick, and PE soft stick are all permitted. However, no long poles or goalie sticks are allowed. Note that the PE soft stick is the only stick in which the orange PE lacrosse ball will fit.



Soft Stick

Women's Stick

Men's Stick

Player Equipment

Players are required to wear closed toed athletic shoes. No other protective equipment is needed given the use of the PE lacrosse ball, Pinkie lacrosse ball, or tennis ball. A mouthguard may be worn if a player desires.

Ideally players should have a jersey, pinney or shirt color similar to their teammates’ but this should not preclude the ability for the game to occur unless in the context of championship-style or tournament play where this distinction is critical for officials to make proper calls. The color should be a color that contrasts their opponent.

GAME PERSONNEL

Number of Players

No more than 6v6 on the field at a time. It is recommended to have no more than 4 players as substitutes to maximize playing time. There is flexibility to adjust the number of players based on the size of the space or the number of players available for game play. 5v5 and 4v4 work just as well, but play may be more strenuous with fewer players on a basic small-sided field. If using a basketball or tennis court, 3v3 is recommended with 1-2 substitutes. All players are considered field players and there will be no goalie position played. A trashcan or similar object can be placed in the center of the goal to act as the “goalie”. If playing with a mixed gender team, consider having a balanced number of boys and girls on the field at one time.

Officials

Officials are optional for this version of play. If there are no officials used, players will call their own foul and are on the honor system. In the event of a dispute that cannot be determined a stick spin, similar to a racquet spin in tennis can be used.

Spin the stick on the handle and let it fall to the ground. Have a representative from the team call face up or face down. If it lands face up, the team assigned up gains the advantage and vice versa.

Other options include Rock-Paper-Scissors or a coin toss. If officials are used, the official will use best practices to ensure a safe and fun game between teams.

For players 17 and under, there should be at least one adult in the vicinity to assist players and monitor player safety.

TIME OF THE GAME

Length of the Game

A game should usually consist of (2) 10-minute running time halves, with a 5-minute halftime period. If there is an

injury during play, time will only stop if the injured player needs assistance from medical professionals to exit the area of play (i.e. paramedics or athletic trainer). Length of the game can be adjusted if both teams agree.

Alternate Consideration: Play to a certain number of goals (ie first team to 5)

Timeouts

Each team may have 1 timeout per game. Each timeout is 30 seconds and will not stop the game clock. If a player is injured, neither team will be charged with a timeout.

Overtime

Determine before the game if overtime will be played in the event of a tie. If overtime is agreed upon, and the game is tied at the end of regulation, there will be one 2-minute period of sudden victory overtime. See below on how to start overtime. The game is over after the first goal is scored during this time or after the 2 minutes has expired. In the event of no goal at the end of overtime, the game will end in a tie. In situations where a game cannot end in a tie (tournament, playoff situation etc) up to 3 sudden victory overtime periods of 2 minutes each may be played. If there is still a tie, teams can spin a stick or can play best of 3 in “Rock, Paper, Scissors” to determine a winner. This should be determined ahead of time.

PLAY OF THE GAME

Starting the Game and Overtime

Team captains or a chosen representative for each team will participate in a stick spin, similar to a racquet spin in tennis. Have a representative from one team choose ‘up’ or ‘down’. Spin the stick on the handle and let it fall to the ground. If it lands face up, the team assigned ‘up’ gains the advantage and vice versa. The team that wins gets the first possession of a ball at the middle of the area of play (equidistant from each goal). The team captain that loses the round picks which side they will defend first.

Other options: Play “Rock, Paper, Scissors or do a coin toss.

Out of Bounds and Ball Possession

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds and are stationary for at least one second.

Goal Scored

Goals count when a ball passes completely over the goal line and into the goal. A ball can be kicked, propelled, or shot as long as a player has both hands on their crosse. If a crease is used, the player cannot cross into the crease on a shot.

Goal Not Scored

- No goal if a shot originates from behind the goal line extended.
- No goal if a shot releases after the end of a period.
- No goal if a shot originates in the defensive half of the field.
- No goal if a player shoots the ball with only one hand on their crosse.
- If using a crease, no goal if the player enters the crease while shooting.

Restarts After a Goal

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their crosse, and either pass or run it out of the crease to resume play.

Change of Goals

Teams will change goals between periods. After halftime, each team will defend the other side of the area of play—thereby scoring on a different goal in the second half of the game. In overtime situations, teams will change goals after each overtime period.

Substitutions

Substitutions on the fly are permitted by players touching sticks. Exceptions are for injury substitutions or when a team does not have enough players on the field when play is ongoing.

10 BASIC SAFETY AND FAIR PLAY LAWS

This game is a gender-neutral version of lacrosse and is intended to be fun and simple. If players adhere to the below 10 laws, play will be safe and enjoyable. In some cases a player may intentionally or unintentionally violate a law and foul another player. Below are the laws all players are expected to abide by and what the penalty is if they are violated.

1. No stick to stick, body to body, or body to stick contact
2. Maintain control of your body at all times
3. No covering the ball with your stick or body
4. Other than using your foot, no intentionally playing the ball off the body
5. No entering the crease with your body (except to get the ball out of the goal after a shot is scored)
6. No defending goal by standing in the 5 yard space in front of the goal (except when playing a stick's length away from an attacking opponent)
7. No dangerous propelling (passing or shooting through someone, or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot)
8. No dangerous follow through with the stick (following your pass or shot)
9. Respect your teammates and opponents at all times—use good sportsmanship
10. Take care of the equipment and the space

Law 1 Point of Clarification: Stick Checking

Stick Checking is NOT permitted. Incidental stick contact may occur and should not result in a penalty. Incidental contact may occur while the ball is on the ground and players are attempting to pick up the ball.

Law 1 Point of Clarification: Defending

Players defending the ball carrier should be a stick length away from the ball carrier and the defender's stick should not be used in a menacing or dangerous way near the ball carrier's body. The stick shall not enter the space around the ball carrier's neck or head. Imagine a bubble an arm-length wide around each player's head. This is the space that a stick may not enter.

Law 1 Point of Clarification: Illegal Touching

Touching the ball with a hand not wrapped around the crosse is a violation of Law 1. Kicking a crosse is not allowable.

Law 1 Point of Clarification: Warding

A player in possession of the ball shall not use their free hand or arm to hold, push, or control the direction of the movement of the crosse or body of the player.

Law 1 and 2 Point of Clarification: Body Contact

Body to body contact is NOT permitted. Incidental contact may occur and should not result in a penalty if the contact is very minor. Defensive players may occupy a space to prevent an offensive player from entering. Any offensive player who deliberately charges directly at a defensive player and makes contact will receive a penalty. This is considered a violation see below).

Law 2 Point of Clarification: Illegal Screen

No offensive player, while in motion, shall move into and make contact with a defensive player. The player setting the screen must be stationary to be legal.

Law 3 Point of Clarification: Withholding

A player shall not lie on the ball, trap it with their crosse longer than is necessary for them to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner

PENALTIES

The penalty for violating any of the Laws is the ball is awarded to the offended team (Change of Possession). The

player awarded the ball may pass or start running/cradling (self-start). All other players should move five stick lengths away from the player in possession of the ball, however the player with the ball does not need to wait for this to occur.

If a player repeatedly violates the laws, particularly Laws 1 and 2, or it is deemed he or she is putting other players in danger, the player should be removed for a one minute penalty. Another player may be substituted.

Violation on a Shot

If a foul occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play. If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should restart at least 10 yards away from the goal (self-start).

Unsportsmanlike Conduct

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures or abuse of equipment or the space in violation of Law 9 and 10 should result in a one-minute suspension from the game and awarding possession of the ball to the offended team. While the player is suspended from the game, another player may substitute in the person's place.

Too Many Players on the Field

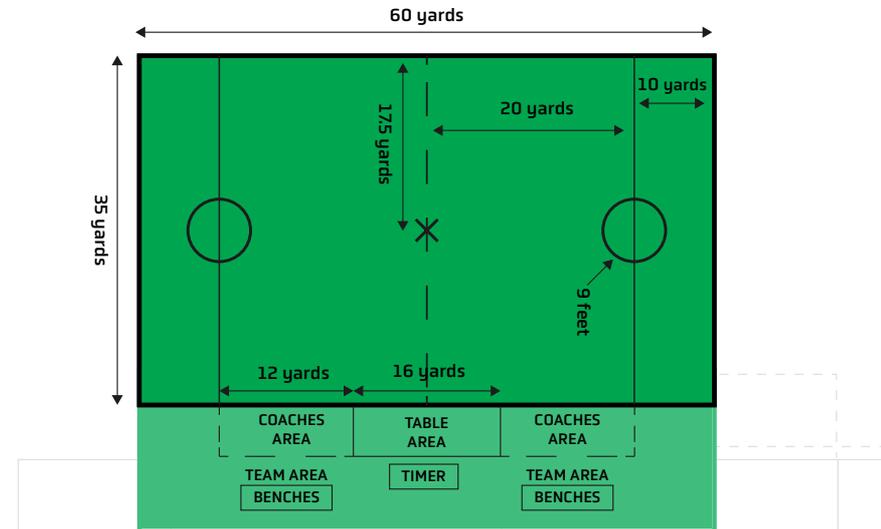
The first time this occurs, pause play and have the additional player(s) leave the field, then resume play. If the same team violates again, this may result in a change of possession and the additional player(s) must leave the field.

OPTIONAL MODIFICATIONS

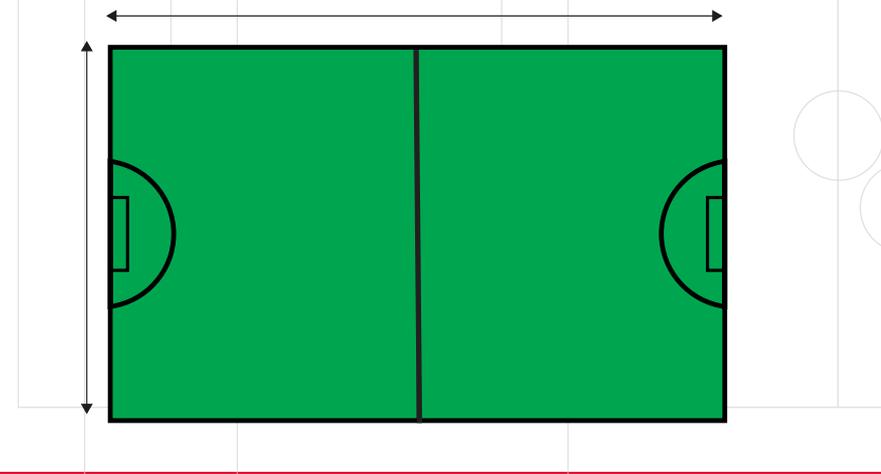
1. A minimum pass rule can be added before scoring (i.e. two passes before scoring).
2. Ground balls can only be 1v1.
3. One player stays back on defense behind the midline of the area of play.

APPENDIX

CHAMPIONSHIP STYLE CONFIGURATION (ACROSS HALF A LACROSSE FIELD)



BASKETBALL OR TENNIS COURT CONFIGURATION





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