

Rules for 6U

US Lacrosse 6U rules (main resource of this document) apply with [YLM modifications](#) (resourced from youth rule documents from UMLOA) in blue listed below.

6U is co-ed.

Note: The End of Season Jamboree is scheduled on the weekend of July 17-18th, 2021 and will now include 6U/8U/10U teams. YLM will schedule registered 6U teams for approximately 6-8 games following the same schedule as 8U/10U.

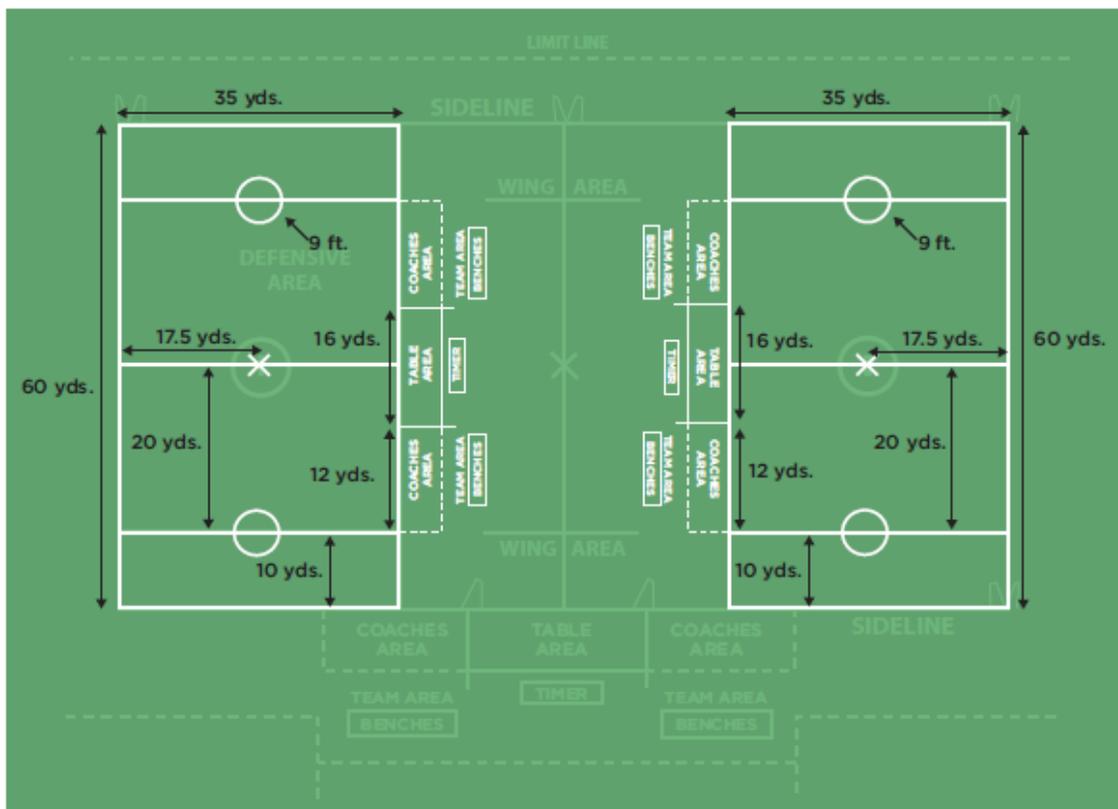
Purpose

The emphasis at this age group should be to instill a love and excitement of playing, while developing fundamental movement skills that will be valuable in any future athletic endeavors. Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and is a place that the athlete will want to come back to again and again, helping to develop physical literacy. With respect to the competition at this level, coaches, parents, and officials should emphasize: a) FUN, b) Simple rules of play, c) Good Sportsmanship, and d) support of the player in their current athletic endeavor.

Field

A small field will be used. No midfield line is required.

The crease circles (9ft goal radius) can be marked with paint, soccer discs, or portable/pop-up creases.



Goals

3' x 3' or 4' x 4' goals. Standard size goals may be flipped to a triangle [as long as they are securely affixed into the ground for safety](#). The goals should be centered in the goal crease.

Game time

(2) 12-minute running time halves with 4-minute halftime. [\(4\) 6-minute quarters may be used due to low team volume/lack of substitute players or during hot/humid days.](#)

Officials, coaches, and timekeepers

Coaches should officiate 6U games. If desired, one official may be used.

When coaches are officiating, one coach may be anywhere on the field or sideline and will assume responsibility for officiating and keeping time during the game.

If at least one official is used, the official will keep time and coaches are not allowed on the field of play, but allowed anywhere along the bench-side sideline except the opposing coaches box.

Squad size and offside

[3 v 3](#) (no goalie).

There is no offside rule.

Equipment

Mouth guard and [gloves](#) are mandatory. Eyewear is optional. Players are not permitted to wear helmets, arm/elbow pads, or shoulder pads. Due to the COVID-19 pandemic, facemasks are also required.

A soft lacrosse ball or tennis ball may be used. Standard lacrosse balls are not permitted at this level. Mini-sticks or lacrosse fiddlesticks are recommended. If a regulation stick is used, it should be cut-down so the entire length of the shaft is less than the distance from the ground to the player's waist.

Starting play

There are no faceoffs at this level. The team winning the coin toss will be awarded possession by sending one player at the center spot of the field with the ball. All other players shall be on their defensive side of the Center Spot, with all players on the defensive team at least 5 yards from all players on the offensive team. No other player from the offensive team may be within 5 yards of the ball carrier. The loser of the coin toss will have the first possession in the event play stops and it is unclear who should get the ball (AP - Alternating Possession).

- **Playing Post-Goal:** A player or coach will remove the ball from the goal and play can resume once a player has possession of the ball outside of the crease and along the goal line extended. The whistle must be blown by the official to resume play.
- **Playing After a Stoppage of Play** (i.e. due to injury, discussion of penalty, etc.): Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within fifteen yards of the goal, it shall be restarted laterally 5 yards from the sideline nearest to the spot of the ball at the time of the whistle.
- **Playing To Start a New Quarter or Half:** The team that is entitled to the ball via AP will start with the ball at midfield.

Teams will not change goals between halves.

Out of bounds/ball possession

Play shall be stopped immediately when the ball goes out of bounds or touches something that is out of bounds. In a standard out of bound situation, the ball is awarded to the team that did not touch the ball last. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to the location of the ball when it went out.

Goals

A goal is scored when a loose ball passes completely over the goal line and into the goal. The scorer may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after the shot.

Crease play

No goalies. No players allowed in the crease area. A player may reach their stick into the crease to play a loose ball.

Substitutions

Only whole-team substitution of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. Exceptions are for injury substitutions or when a team does not have enough players for full-team substitution, in which case the coach may keep one or more players on the field from the previous group. No live ball "on-the-fly" substitutions are permitted.

Timeouts

No timeouts at this level. Coaches or officials should suspend play and stop time in the event of injury or when a player loses his/her mandatory safety equipment.

Scrum ball rule

If 3 or more players are near the ball and no player can pick up the ball within 4 seconds, the ball is awarded by alternate possession.

Raking

Legal as long as the ball is immediately moved and not withheld from play. If a player covers the ball without immediately moving the cross, that is withholding; coaches/officials should then stop play and award AP.

Other rules

No score will be kept.

3-attempted pass rule: in any situation where change of possession takes place or a faceoff would normally occur, the team that ends up with possession must attempt 3 passes before shooting.

If a ball gets stuck in a player's crosse, the coach/official should immediately stop play and award the ball to the opposing team.

Body-to-body or stick-to-body or stick-on-stick (i.e. stick checking) contact is NOT allowed at this level. Crosses are expected to touch each other during ground ball play.

No penalties at this level.

No equipment inspections at this level, but coaches should ensure used equipment is safe (i.e. end caps on sticks, mouth guards are in appropriately, player's crosses are wide enough to prevent balls becoming stuck, etc.)

NOTES: YLM may assign one official for 6U games at the End of Year Jamborees.

Per USLacrosse:

Personal and Ejection Fouls

Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.

PENALTY: (See 7.1 Personal Foul Penalty Enforcement)

- 5.1 CROSS CHECK
- 5.2 ILLEGAL BODY CHECK
- 5.3 CHECKS INVOLVING THE HEAD/NECK
- 5.4 ILLEGAL CROSSE
- 5.5 USE OF ILLEGAL EQUIPMENT
- 5.6 SLASHING 5.7 TRIPPING
- 5.8 UNNECESSARY ROUGHNESS
- 5.9 UNSPORTSMANLIKE CONDUCT RULE

Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY: (See 7.2 Technical Foul Penalty Enforcement)

- 6.1 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE
- 6.2 HOLDING
- 6.3 ILLEGAL OFFENSIVE SCREENING
- 6.4 ILLEGAL PROCEDURE
- 6.5 CONDUCT FOUL
- 6.6 INTERFERENCE
- 6.7 PUSHING
- 6.8 WARDING OFF
- 6.9 WITHHOLDING BALL FROM PLAY RULE

Penalty Enforcement

7.1 - PERSONAL FOUL PENALTY ENFORCEMENT Personal fouls will result in an immediate stoppage of play with an explanation given to the player who committed the foul. The player who fouled must leave the field for a substitute. The player leaving the field may return on the next whole team substitution. At no time should either team be playing with fewer players than their opponent. BOYS' 6U RULES | 11 To restart play after a personal foul, when the ball is in a team's offensive half of the field, the ball shall be given to the team that was fouled and awarded at the

spot where play was suspended. If the ball was within fifteen yards of the goal when play was suspended, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball when play was suspended. If the ball has crossed the end line prior to the penalty occurring, the ball shall be restarted nearest to the spot where it went out of bounds. To restart play after a foul when the ball is in a team's defensive half of the field, the ball shall be awarded to the team that was fouled at the center of the field.

7.2 - TECHNICAL FOUL PENALTY ENFORCEMENT Technical fouls will result in an immediate stoppage of play with an explanation given to the player who committed the foul. The ball is awarded to the offended team. The player that committed the foul may stay on the field. When a technical foul occurs and the ball is in the offended team's offensive half of the field, the ball shall be given to the offended team and awarded at the spot where play was suspended. If the ball was within fifteen yards of the goal when play was suspended, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time the whistle was blown. If the ball has crossed the end line prior to the penalty occurring, the ball shall be restarted nearest to the spot where it went out of bounds. When a technical foul occurs and the ball is in the offended team's defensive half of the field, the ball shall be awarded to the offended team where the ball was located when play was suspended.