



PLL Leagues Sixes Rules 2026



SIXES LEAGUES

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

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/WLL Sixes Leagues	Overtime
2 x 16 minute running clock Halves - 5 minute half time - <i>*Officials may stop time at their discretion</i>	There is one (4)-minute, sudden-victory overtime period; no timeouts are permitted in overtime. If no team scores, the game will end in a tie. For playoffs, another period is 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 <i>*Game clock will stop if timeout used with less than 2 minutes in a half</i>	- Not required, generally not needed in youth play - 30 seconds - If unavailable, an official may call “stalling” and the team in possession will have 10 seconds to shoot the ball - Shot clock would only reset after change of possession or contact with the goal or goalie after shot	- 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 automatically applied after goals	- Start of periods will be with a face-off or draw - All other players will start with a foot in their own crease and can approach the ball after the official blows their whistle to start play

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
- Every new period is started with a face-off or draw - Other players start with a foot in their crease - 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, including the goalie, (but not the goal frame) 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 illegal in sixes for both boys and girls.</u> - Any body check will result in a 1 minute major foul	- 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 3/3 Division or younger, 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.	- 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 - [Please consult World Lacrosse for full rule book](#)

Loose Ball Minor	Minor	Major	Expulsion
Result: Stop play and award possession to non-offending team if they do not quickly and 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, refs or staff Note: Officials or League 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 into a new period of play, 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 timeouts if a period has less than 2 minutes.