

	6U Rules
Number of players	3 v 3, no goalies
Field size	60 yd x 35 yd
Ball	Soft lacrosse ball or tennis ball
Goal size	3 ft x 3 ft preferred (or flipped standard goal, secured to ground)
Penalties	Players will NOT serve individual penalties; immediate stoppage of play with one-on-one explanation (see detailed summary of fouls)
Scorekeeping	No score will be kept
Jersey numbers	Recommended on front or back
Max # of long crosses (not counting goalie)	None permitted
Body checking	Not permitted (if minor incidental contact occurs player should not be penalized)
Stick checking	Not permitted (incidental contact may occur during ground play and shouldn't be penalized)
Face-offs	None (see coin toss below)
Coin toss	Yes, with one coach from each team. Winner has first possession at center spot and other team gets first AP (alternating possession)
Line-up	All players
Officials	Not required. Coach(es) officiate or 1 certified official may be used
Coaches	One coach may roam field without an official; can roam sideline except opposing coach box (off field of play) if official used
Time factors	2 x 12-min running-time halves; 4-min halftime period
Starting play	Coin toss winner positions one player at center spot with the ball. All other players on their defensive side of center; with offensive/defensive players at least 5 yards from each other. No offensive players within 5 yards of the ball carrier.
OT or tiebreaker	Not permitted
Team timeouts	Stop clock due to loss of safety equipment during play or injury; injured player must immediately leave field until next substitution.
Dead-ball substitution	Whole-team substitution (or partial-team if team volume is low) permitted during a deadball and after a goal. No faceoffs permitted
Stopping play for subs	If play goes on for longer than 2 min with no stoppages, coaches/officials should look for an

	opportunity to stop play and switch out whole-team substitutions (or partial-team if team volume is low)
Offside	None
Scrum ball rule	Award ball by AP if 3 or more player near ball can't pick it up within 4 seconds
Raking/covering ball	Legal (award ball by AP if player covers and withholds ball without movement)
Routine officials equipment inspections	If an official is present, he/she may check protective gear and end caps; no penalties. If cross is too narrow, encourage coach to switch out the player's stick to avoid AP if ball gets stuck.
Coach-requested equipment inspections	No coach requested checks
Stalling rule	None
Game start & restarts	No player allowed within 5 yds of player with possession
Offensive 10-count/ over-and-back	Small field, so rule doesn't apply
Special Rules	NON-CONTACT at this level: No stick-on-stick, stick-on-body, or body-to-body contact allowed. No "guarding the goal". 3- <i>attempted</i> 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 ball gets stuck in a player's crosse, stop play and award ball to opposing team. Prohibited equipment: helmets, arm/elbow pads, and shoulder pads. Optional equipment: Gloves and eyewear.
Short stick lengths	If regulation stick is used, it should be cut-down so the stick length is less than the distance from the ground to the player's waist (without head)
Long stick lengths	None permitted
Goalie stick lengths	None permitted