

SIXES GENERAL RULES OF PLAY

THE FIELD

- 35-55(W) x 55-75(L)

EQUIPMENT

- Sticks: same as field (Me: short sticks only)
- W: Mouthguard mandatory, eyewear mandatory
- M: Mouthguard, Gloves, helmet w/ facemask and chinstrap mandatory, other optional
- GK: Mouthguard, helmet w/ facemask and chinstrap, throat guard, chest protector, cup mandatory; shin guards optional

PERSONNEL

- Team: Up to 14 players; minimum 1 GK; Must have 6 (including GK) to start a game. 6 field players and 1 GK per team.
- GK required on field at all times (GK may not cross the mid-field line)

TIMING

- Four 8-minute quarters: Running time (change ends each quarter)
- 2-minute break between 1st and 2nd quarter and 3rd and 4th quarter
- 4-minute half time between 2nd and 3rd quarter

SHOT CLOCK

- 30 second shot clock shall start when a team gains possession
- Resets when:
 - The shot hits the GK (within the crease) or Pipe
 - restarting after time-serving penalty
 - change of possession
 - after a goal is scored
 - stopped play for a defensive injury
 - the end of a quarter unless possession is retained due to an extra player situation

STARTS AND RESTARTS

- Alternate Possession used to start each Quarter (including start of the game)
- “Penalty Dot” Area is used to start Quarters and some penalties during play
- Following a goal; the GK must retrieve the ball within 5 seconds; the official whistles the start and the GK has 5 seconds to clear the ball

OUT OF BOUNDS

- Boundaries are the same as field except for in the instance of a shot that goes directly out of bounds is a turnover

TYPES OF FOULS

- Minor Fouls (Green Card:30 second time-serving penalty)
 - Interference (with stick or body)
 - Pushing
 - Illegal Pick
 - Holding
 - Withholding the ball from play
 - Illegal actions with the stick
 - Illegal action by team official (coach, trainer)
 - Illegal Procedure (leaving penalty area before penalty time, delay of game, etc)
 - Illegal Equipment
 - Offsides
 - Warding
- Major Fouls (Yellow Card: 1 minute time-serving penalty)
 - Illegal Body Check
 - Slashing
 - Cross-check
 - Unnecessary Roughness
 - Illegal Stick
 - Unsportsmanlike Conduct
 - Dangerous Follow-Through (W)
 - Illegal Crease defending
 - Walling
- Expulsion Fouls
 - Fighting
 - Using threatening, abusive language or misconduct towards the Officials
 - Deliberately body checking in the head, neck area or from behind
 - Dangerous Propel that hits a player above the knee
- Player serving penalty time, shall be seated in the penalty area and penalty time will begin once the player is seated