香港棍網球總會有限公司
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Men's and Women's 6 a-side League 2020-2021 Rules

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6 a-side Men's Lacrosse

The Playing Field

- **The size of the playing field is 60m x 40m, roughly a half court of a standard soccer field.**
- 2 cages (6 x 6 feet) would be setup with 12 meters from the end lines.
- Lines on the field:
    - End lines and sidelines;
    - Midline, with "X" mark at the middle of midline;
    - Goal lines, between the pipes of the cages;
    - Goal crease lines, a circle around the cage with 3 meters in radius;
    - Special Substitution Area lines denote the 13-meter wide Special Substitution Area, on one side of the field, near the middle of midline.
- Team's bench area would be on both sides of the Special Substitution Area, and the timer's table would be at the back of Special Substitution Area.

Equipment

- All players (except goalkeeper), while playing on the field, should equip with:
    - A lacrosse stick with 40-42 inches long, head width 6-10 inches, length at least 10 inches.
    - The pocket of the lacrosse stick with depth not larger than the diameter of lacrosse ball.
    - Protective gear including helmet, gloves, shoes, and mouthguard.
- Goalkeeper, while playing on the field, should equip with:
    - A lacrosse stick with 40-72 inches long, head width 6-15 inches, length at least 10 inches.
    - Protective gear including helmet, gloves, shoes, mouthguard, throat guard, chest protector, and box/cup.

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The Team

- **Each team has 6 players (including goalkeeper) on the field.** 1 goalkeeper must be on the field.
- There are no limits on total number of substitutes in the team.
- Team may have up to 4 coaches in the bench area.
- Team's must keep one player on sides at any given time.

Play of the game

Facing at the center (Face-off)

- Each period will start with facing at the center.
- **Only 1 player per team should participate in faceoff. Other players (except goalkeeper) should stay behind the imaginary goal line extensions; goalkeeper should stay within goal crease.**
- Referee will initiate the face-off by putting the ball at "X" and calling "Down".
- When referee signals "Down", the face-off player should
    - Have both hands on the ground align with the centerline, with both hands holding his lacrosse stick;
    - Have his stick head be vertical facing the ball; the stick head should touch the ground but should not touch the midline.
    - Have his whole body at the left of his stick head, not touching / crossing the midline.
- With all things in position, referee will call "Set", and players should not move before whistle.
- When referee blows the whistle, the players can start moving and contest for the ball.

Scoring

- Goal is scored when the ball completely passes the front plane of the cage with the goal line.
- Goal does not count if referee has blown the whistle (no matter what reason) before scores.
- Goal does not count if the attacking team committed fouls (including offside) before scores.

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- **After goal is scored, the game will restart immediately with goalkeeper's possession.**

Ball Out-Of-Bounds

- Ball is out of bounds when
    - player with possession touches the ground on or beyond the boundary line, or
    - the ball touches the ground on or beyond the boundary line without possession.
- If the ball is out of the bounds NOT caused by shooting, the ball will be awarded to the team not touching the ball last.
- If the ball is out of the bounds cause by shooting, the ball will be awarded to the team with player closest to the ball when it passes the boundary line.

Body-Checking

- Body checking can only be delivered by a player with both hands on their own stick.
- Checks can only be made to opponents:
    - in possession of the ball, or
    - within 3 yards of a loose ball, or
    - to a player within 3 yards of a ball in flight.
- In all cases a body check shall be below the neck, above the waist, and delivered to the front or side of an opponent.
- **Any excessive body check, which the player lowers his head or shoulder with the force and intent to put the other player on the ground, should be penalized as an illegal body check.**

Checking with the Stick

- **Stick checking can only be delivered by a player with both hands on their own stick.**
- A player may check on opponent's stick, or his gloved hand holding the stick, with his own stick.
- Checks can only be made to opponents:
    - in possession of the ball, or
    - within 3 yards of a loose ball, or
    - to a player within 3 yards of a ball in flight.

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- Any excessive stick checks which is not aiming at opponent's stick/hand, or which is with intention to hurt others, should be penalized as slashing.

Substitution

During the play of the game, player can make substitution by

1. The "sub-out" player come out of the field to the Special Substitution Area, then
2. The "sub-in" play come on the field from the Special Substitution Area.

Goal Crease and Goalkeeper

- **The only player that can attempt to block a shot is a legally equipped goalkeeper.**
- Goalkeeper is "protected" within his own crease, so his opponent cannot:
    - Touch the ground of the goal crease area, including the line, with any part of his body;
    - Touch the goalkeeper when he is in the goal crease area, within the imaginary cylinder;
    - Touch the goalkeeper when he is in possession and at least one foot touching the goal crease area.
- The ball cannot be in possession within the crease for more than 4 seconds.
- Player with possession cannot carry the ball from outside of the crease to inside of the crease.

Technical Fouls

Technical fouls are those with impact to the fairness of the game, but not affecting safety. The followings are types of technical fouls with general description of it:

- Interference: interfere an opponent from performing normal action on field
- Pushing: push an opponent from behind
- Holding: hold an opponent's body or stick in a "jamming" manner
- Kicking an opponent's stick
- Handling the ball: touch the ball with his free hand
- Withholding the ball from play: "jam" the ball on the ground / in his stick / in his body to prevent opponent's dislodgement
- Illegal Procedures: e.g. substitutions, delay of game
- Offside: team having more than 4 players in the attacking half, or more than 5 players in the defensive half.

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Personal Fouls

Personal fouls are those of a more serious kind.

- Illegal Body Check: body check an opponent not according to the rules described in "Body Checking" section.
- Slashing: stick check an opponent not according to the rules described in "Check with the Stick" section.
- Cross-Check: check an opponent with the part of the stick that is between his hands.
- Tripping: trip an opponent with any part of his stick or body.
- Unnecessary Roughness: Excessively violent actions on the field.
- Unsportsmanlike Conduct: e.g. arguing with officials, threatening/profane/obscene language or gestures

Execution of penalties

- When foul occurs during loose ball (no possession):
    - If it is technical foul, possession goes to team not committing the foul, no time served penalty.
    - If it is personal foul, possession goes to team not committing the foul, with corresponding play serves 1/2/3 minutes of penalty.
- When attacking team (with possession) commits a foul:
    - If it is technical foul, change of possession (turnover) without time served penalty.
    - If it is personal foul, change of possession (turnover) with the corresponding player serves 1/2/3 minutes of penalty.
- When defending team (opponent with possession) commits a foul:
    - Referee will not blow the whistle immediately, but will throw a flag;
    - The referee will let attacking team finish the "scoring play", then blow the whistle:
        - If it is technical foul, the corresponding player serves 30 seconds of penalty.
        - If it is personal foul, the corresponding player serves 1/2/3 minutes of penalty.
    - Possession goes to team not committing the foul.

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6 a-side Women's Lacrosse

Follow all rules in FIL Women's rule, except the following stated rules:

a) Field size is approximately 60m x 40m.

b) Two 10-minute halves with a 3-minute break in between.

c) Six players a-side on field, with one player designated as goalie.

d) No limits on total number of players in the squad. e) A draw to start the game, the second half or extra time only.

f) Umpire will signal after a goal is scored, then indicate for a defending player to enter the circle and blow the whistle again. Once the whistle is blown, the defending player in the circle must use her stick to play the ball out of the circle within 10s.

g) No timeouts.

h) No stop clock situation

i) There shall only be a maximum of 4 players above the restraining line/half way line when a team is in offense or defense. (2 behind the restraining line/half way line plus a goalie if applicable.)

Special Rules Positioning of Players to Start Play. Play will start with one player from each team taking the draw at the center of the field. 2 players from each team may stand behind the 5 m line, all other players must stand inside the 11m fan. At the draw, players inside the 11m must stay inside the 11m until the official has signaled that possession has been attained.

Checking with Crosse Checking an opponent's crosse must be delivered by a player who has both hands on their own crosse. The check must be down and away from the body. Any check above the shoulder or into the sphere or forcing the opponent's stick into the sphere is considered an illegal check.