



香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong
Tel: 852-2114 3405 Fax: 852-2580 5322 Email: info@hklaa.org Website: www.hklaa.org

Men's, Women's, and Youth 6 a-side League 2023-2024 Rules

Please note that the modified rules for this league are as follows, and all other rules not mentioned will follow World Lacrosse Sixes' rules.

Game Length

- Men's and Women's regular playing time is a Total of 32 minutes.
- 4 quarters of 8 minutes running time.
- Youth regular playing time is a Total of 24 minutes.
- 4 quarters of 6 minutes running time.

Quarter Breaks

There shall be a **2-minute** interval between the first and second quarters and between the third and fourth quarters. During these intervals, all Rules governing the play of the game shall remain in force.

Half Time

For **Men and Women's games**, between the second and third quarters, there shall be a **3-minute** intermission or half-time.

For **Youth**, between the second and third quarters, there shall be a **2-minute** intermission or half-time.

Teams may leave the bench areas during half-time.



香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong
Tel: 852-2114 3405 Fax: 852-2580 5322 Email: info@hklax.org Website: www.hklax.org

Stoppage Reasoning

The stoppage of the clock will only occur Whenever the ball becomes dead during the last two minutes of the fourth quarter and anytime in an overtime period the clocks will start and stop on the Official's whistle.

Shot Clock and Timeout

No Shot Clock situation, A team shall be limited to one timeout per half and one timeout for every four-minute overtime period. A team timeout shall be 30 seconds long. A timeout taken between periods is charged to the preceding period. A team may not take consecutive timeouts without resumption of play. A team may call a timeout before the start of the game.

Overtime (OT)

No OT will occur for the Round Robin Games. For playoff games, the OT format will be a 4-minute OT period after a 1-minute break. If it is still a draw, then a 4-minute Sudden Death OT will take place, repeating until a goal.

Weather Cancellation Arrangement

A game shall be canceled and rescheduled when any of the following weather hazard warnings is hoisted within 3 hours before the match. The final decision will be discussed with the coaches.

- Red/Black rainstorm warning
- Thunderstorm warning
- Typhoon signal no. 3 or above

The Playing Field

The size of the playing field is **70m x 36m**, roughly a half court of a standard soccer field.

<https://worldlacrosse.sport/sport-development/playing-rules/>



香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong
Tel: 852-2114 3405 Fax: 852-2580 5322 Email: info@hklaa.org Website: www.hklaa.org

Forfeit Policy

To maintain the integrity of the league and ensure fair play, any team that forfeits a game without providing at least 1-day notice will be required to pay a fee of \$500. This fee is intended to cover the expenses of the officials and helpers who are involved in organizing and managing the matches.