**Master Game 2023 Men’s, Women’s & Mixed’s Format and Rules**

**Game Format**

 Teams will play 1 round-robin game, just for fun.

**Rules**

Modified World Lacrosse Sixes 2023 – 2024 Rules

Duration:

All the regular and playoff games will be 4 quarters of 8 minutes of running time, with stopped time for the last 2 minutes of 4th quarter. Halftime will be a 5-minute intermission and quarter breaks for men will be 2 minutes.

Timeouts:

A team shall be limited to two timeouts 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 prior to the start of the game.

Overtime (OT):

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

**Rules for Mixed Division**

Team Composition:

a. Mixed sixes lacrosse teams consist of both male and female players.

b. Each team must always have 3 male and female players on the field.

Physical Contact:

a. Mixed sixes lacrosse typically follows the same minimal contact rules as in men's and women's lacrosse sixes.

b. Body checking or excessive physical contact is not permitted.

c. Stick checks and legal defensive plays are allowed but with consideration for player safety and fair play.

Face-Offs or Draw Controls:

a. The method of possession at the start of each quarter (face-offs for men, draw controls for women) can be adapted to accommodate mixed sixes lacrosse.

b. It's important to establish a fair and inclusive method that allows for both male and female players to participate in gaining possession.

Substitutions:

a. Substitutions in mixed sixes lacrosse can be made at any time, following the standard substitution rules of lacrosse.

b. When substituting, teams must maintain the required gender balance on the field.

Scoring:

a. Goals scored by any player, regardless of gender, count towards the team's total score.

b. The scoring system remains the same as in traditional lacrosse, where each goal is typically awarded one point.