

TURLOCK SPORTS PARK FLEX6 LACROSSE RULES & GUIDELINES



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1. THE GAME, PLAYING AREA AND SPACE

1.1 Basic Field Configuration

Field Must Include:

- End Lines
- Side Lines
- Midfield Line
- Creases
- Goals
- Plater Box

Field Dimensions

- Length: 50 to 60 yards
- Width: 20 to 30 yards
- Approximate size: A TSP flag football field without end zones

Player Box: Centered at midfield, 15 yards wide, extending 1 yard out of the field on the player side only

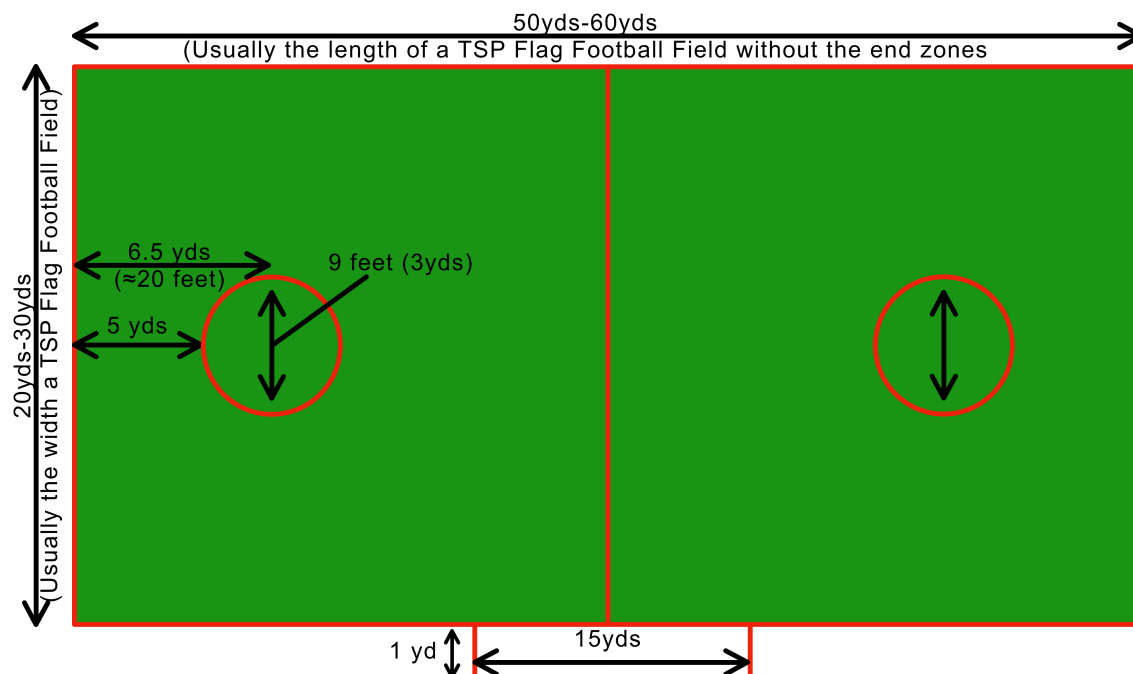
Crease: A goal circle on each side of the field.

Dimensions and placement are as follows:

- 3-yard (9 ft) circles in diameter (across)
- Centered 6.5 yards (approximately 20 feet) from each end line
- Aligned with the midpoint of the field width.

The Goal

- Youth goals with an opening of 4 feet by 4 feet will be used.
- During play the face (opening) of the goal will be placed along the midline of the crease



2. EQUIPMENT

2.1 The Ball

For safety and to encourage development a **tennis ball** will be used instead of a standard lacrosse ball.

2.2 The Lacrosse Stick (Crosse)

- No long poles. goalie sticks, fiddle sticks, or mini sticks are allowed.
- Girls/womens, boys/mens, or unified sticks are permitted for play in all divisions.
 - Boys/Mens sticks are recommended
- Youth sticks with a minimum shaft length of 28" and an overall crosse length of approximately 36" are permitted in 8U and below.

2.3 Player Gear

- Mouthguard - Recommended but optional.
- Cleats (Lacrosse, Football, Soccer, or Rugby) are encouraged.
 - No bladed baseball cleats.
- Uniforms are required for league play.
- Helmets and pads **are not** required, as Flex6 is a low-contact format.

3. GAME PERSONNEL

3.1 Number of Players

No more than 3v3 on the field at a time.

If a team is caught with more than 3 players on the field:

- Offensively the referee will declare too many players on the field and award possession to the defense.
- Defensively the referee will throw a flag and provide an advantage to the offense. If the offense fails to score in their possession tenth referee will declare too many players on the field and award possession to the offense.

3.2 Coaches

Coaches are not permitted on the field during play.

3.3 Officials

- 6U & 8U: 1 official per game (*subject to change*)
- 10U & 12U: 2 officials per game

4. Play of Game

4.1 Length of the Game

8U & Below

- Four 7-minute running-time quarters
- 5-minute halftime
- 30 second penalty
- One 60-second timeout per team per game (max 2 min total)

10U & Up

- Four 10-minute running-time quarters
- 5-minute halftime
- 60 second penalty
- One 60-second timeout per team per game (max 2 min total)

Overtime

No overtime; games may end in a tie.

4.2 Game Start

4.2.1 - Hoedown

Before the game begins, **all** players will line up at midfield in two lines facing each other, with their backs to the sidelines, for the coin toss. Following the toss, players and coaches will shake hands, and those not starting will return to the player side of the field.

4.2.2 - Coin Toss

- Referees will provide a “Coin” and display the “Heads”, and “Tails” side of the coin to the games captains
- Away team captain will make their call (heads/tails) **and then** the referee will flip the coin **letting it land on the ground**.
- Winner chooses either initial possession or which goal to defend.
- Opposing team is awarded the remaining option.

4.2.3 - Opening Possession

- One player starts at midfield with the ball.
- All other players begin on their defensive half of the field.

4.3 Game Flow:

4.3.1 - Quarters: Play will pause at the end of each quarter.

- Teams will switch goals at the end of each quarter.
- Starting possession will alternate between teams each quarter.
- Time between quarters is not intended as a break. declare an unqualified goal.
 - As soon as the offensive players are ready play will immediately resume.
 - If the offensive team is not on the field and the defensive team is ready the referee will call a delay of game and award the ball to the defense.

4.3.2 - Play Restarts: Play may be stopped for a variety of reasons:

- Penalty
- Ball out of bounds
- Goal
- End of quarter

When play is ready to resume the player with the ball will self-start from inbounds:

- For a ball out of bounds the offensive player will begin play by stepping in bounds and either playing the ball or passing the ball.
- For a restart on the field the player with the ball may immediately self start from their current field position by either playing the ball or passing.
- Defensive players **must give at least a sticks length of distance** from the player with the ball on restarts.
- If a defensive violation occurs during a shot on goal or at the crease the offensive player can self start on the referee’s signal, but **must be at least one stick length of distance** away from the crease.

4.3.3 - Substitutions: Made freely during live play.

4.3.4 - Advancement of The Ball: The team with possession of the ball is obligated to advance the ball downfield and make an attempt to place the ball in the goal.

- In the even that the offensive team is unable to initiate a pass or attempt a shot on the goal for an extended duration of time the referee will issue a verbal warning and provide a 10 second countdown.

- If the offensive team has not initiated a pass or attempted to make a shot on goal then a delay of game will be called and possession awarded to the offended team.

4.3.5 - Equitable Play Modification (Mercy Rule) – Modified Offensive Requirements

If a team leads by **10 or more goals**, the following modifications take effect to maintain balance and support player development:

- The leading team must complete **two legitimate passes** on the offensive end of the field before taking a shot on goal.
 - A legitimate pass must demonstrate a clear and genuine intent to advance the ball with a pass (no stick-to-stick handoffs or intentional rolling of the ball to a teammate).
 - If possession changes, two new attempt at a pass must be made.
- The Equitable Play Modification remains in effect until the score difference drops below 10 goals.
- Referees will remind teams of the rule and may stop play briefly to enforce it.
- If the pass requirement is not met and a goal is made the referee will declare an unqualified goal.

Coaches are encouraged to rotate players, emphasize fundamentals, and create inclusive opportunities for all participants during this period.

4.4 Penalties

When a rule violation is committed, a penalty is incurred. For most violations the penalty is change of ball possession. Some violations incur an escalated penalty that results in the offending player becoming ineligible for a short time.

5. Rules of Play

5.1 General Conduct

- No body-to-body, stick-to-body, or body-to-stick contact.
- No stick checks.
- No stick movement into the "sphere" around the head or neck.
- No covering the ball with the body or stick.
- No playing the ball off the body (except foot; safe kicking allowed).
- No entering the goal circle, except to retrieve the ball.
- No defending from within the 5-yard crease unless actively marking an opponent.
- No blind or moving picks.
- No dangerous passes, shots, or follow-throughs.
- No interference or obstruction off-ball.
- All screens must be stationary and non-contact.

5.2. Movement

- All players may travel freely across the entire field at all times.
- Stationary picks are legal

5.3 Scoring

- A goal is scored when the ball fully crosses the goal line into the goal.
- Player must remain outside the crease when shooting.

- A pass must be attempted from the offensive half of the field before a shot may count as a goal. If a legitimate attempt is not made and a goal is scored then the referee will declare an unqualified goal.
 - A legitimate pass must demonstrate a clear and genuine intent to advance the ball with a pass (no stick-to-stick handoffs or intentional rolling of the ball to a teammate).
 - If possession changes, a new attempt at a pass must be made.
 - Referees may provide infield reminders when a pass is still required.

5.4 Ground Balls

- **Fair Ground Ball Contest:** Ground balls must be contested 1v1
 - Uneven contests (e.g., 2v1, 2v2) will result in an illegally contested ground ball, and possession being awarded to the outnumbered team
 - Referees may provide reminders prior to enforcement
- **Clamped Ball:** If a player traps the ball under their stick and makes no further attempt to establish possession after 3 seconds, the referee will declare withholding and award possession
- **Illegal Handling:** Players may not use their hands to touch, trap, or control the ball intentionally. If a violation occurs the referee will declare illegal handling and award possession to the offended team.

5.5 Out of Bounds

Out of bounds is declared when:

- The ball goes out of bounds, or any portion of the ball touches the end or side lines.
- Any portion of the ball carrier touches the end or side lines.

If a ball goes out of bounds possession is awarded to the team not responsible for the out of bounds and play is restarted from inbounds

6. Violations

All violations result in a **change of possession** unless otherwise noted. Some may escalate to temporary suspension depending on severity or repetition.

6.1 Delay of Game

Description: Holding the ball without attempt to advance or score; *10-second countdown issued after warning*

Type: Standard

6.2 Illegally Contested Ground Ball

Description: More than one player per team contests a ground ball

Type: Standard

6.3 Illegal Handling

Description: Using hands to touch or trap the ball

Type: Standard

6.4 Withholding

Description: Trapping or holding the ball to prevent play continuation

Type: Standard

6.5 Unqualified/Illegal Goal

Description: Failure to complete a legitimate pass before a goal is scored

Type: Standard - no goal is awarded

6.6 Crease Violation

Description: Occurs when a player violates the area around the goal:

- **Offensively:** If any portion of the offensive player touches the crease line surrounding the goal, or the offensive player enters the crease.
- **Defensively:** When a defensive player enters the crease and blocks the opening of the goal (cams).

Type: Standard - no goal is awarded

6.7 Too Many Players On The Field

Description: More than three players on the field.

Type: Standard - no goal is awarded

6.8 Illegal Screen

Description: Moving screens or contact while attempting to set a pick

Type: At Referees Discretion

6.9 Dangerous Stick Use

Description: Stick movement too close to opponent's face/head, or wild use of stick in any circumstance.

Type: Escalated; *Referee has discretion to offer a warning*

6.10 Unsportsmanlike Conduct

Description: Vulgar language, arguing, obscene gestures, repeated reckless behavior

Type: Escalated at Referees discretion

6.11 Illegal Body Contact

Description: Intentional or reckless body contact often causing displacement, loss of balance, or a fall.

Type: Escalated

6.12 Stick Check

Description: Forward stick motion causing stick-to-stick contact (cannot be caused by player with possession of the ball)

Type: Escalated

7. Foul Enforcement

7.1 Standard Penalty

- Possession awarded to the opposing team
- Player may self-start immediately (no need to wait for spacing)
- Opponents must give a stick's-length of space

7.2. Escalated Penalty

- Player is suspended for 1 minute
- A substitute may take their place

7.3 Violations During Shots

- If a shot **results in a goal**, the goal stands
- If the shot **misses**, fouled player regains possession at least 10 yards from the goal (self-start)

7.4 Penalties When a Team Has Only Three Players Available

If a team has only three players total and one receives an escalated penalty:

- The penalized player must exit the field and serve the full penalty duration.
- The team will continue play **short-handed with only two players**.
- No substitution is allowed during the penalty period.
- Once the penalty expires, the original player may return at the next stoppage or dead ball.

If a team has only two players available and a penalty is assessed:

- The penalized player will still exit the field.
- The team will play **with one player** for the duration of the penalty.
- At the referee's discretion, the game may be paused or adjusted for safety or sportsmanship.
- Coaches and officials are encouraged to work together to maintain equitable and safe play, especially in 6U or 8U divisions.

7.5 One-Player Offensive Adjustment (Pass Requirement Exception)

If a team is reduced to **only one player on the field**, the pass-before-shot requirement is temporarily waived:

- The solo player **may shoot without a completed pass** during that penalty period.
- This exception **only applies while the team is actively short-handed with one player**.
- Once additional players return to the field, the standard pass requirement resumes.

Referees should clearly announce this exception when applicable and remind players when normal conditions return.

7.6 Early Release Upon Scored Goal

If the non-offending team **scores a goal** while the opposing team is serving a penalty:

- The penalized player may **immediately return to the field**, ending the penalty early.
- This early release applies to **one goal only**. Additional goals scored during the same penalty do not alter its length.
- If the **short-handed team** scores, the penalty **continues** until time expires.
- Referees may enforce the **full penalty duration** for serious violations involving safety or sportsmanship concerns.

8. The Referee

8.1 Discretion & In-Game Guidance

- Incidental contact may occur and is not always penalized
- Referees may pause play briefly for safety or instruction
- Referees may:
 - Remind teams when a pass is required before shooting
 - Warn for uneven ground ball contests before calling a violation
 - Clarify fouls, restarts, or rules when necessary
 - Issue stall warnings prior to calling Delay of Game

- In the event of excessive unsportsmanlike conduct, excessive repeated violations, or excessive dangerous play a referee may use their discretion and apply a more severe penalty. Some potential examples are:
 - Extended penalty time (2 minutes, 4 minutes, etc)
 - Non releasable penalties (If a team is playing short handed)

8.2 Referee Signals

8.2.1 - Start of Play / Restart

Whistle	Hand Signal	Use Case
One Long Burst	Point to player who will start / restart play	Used after goals, out-of-bounds, or stoppages. Players self-start.

8.2.2 - Stop play / Violation

Whistle	Hand Signal	Use Case
One Short Bursts	Raise one hand straight up	Used to stop play for fouls, violations, or administrative reasons.

8.2.3 - Goal Scored

Whistle	Hand Signal	Use Case
One Long Burst	Raise both arms above the head (like a touchdown).	Confirms legal goal. <u>DO NOT USE FOR UNQUALIFIED GOALS</u>

8.2.4 - Unqualified Goal / No Goal

Whistle	Hand Signal	Use Case
One short burst, followed by the verbal cue "Unqualified Goal"	Wave both arms in an "X" across the chest, then point to the defense.	Used when a goal is disallowed (e.g., no pass made / <u>unqualified goal</u>).

8.2.5 - Penalty Called

Whistle	Hand Signal	Use Case
Two short bursts	Raise one arm straight up, then point to the sideline with the other hand.	Used when issuing a time-serving penalty or escalated foul.

8.2.6 - Timeout Called

Whistle	Hand Signal	Use Case
Two long bursts	Form a "T" shape with both hands (one vertical, one horizontal).	Signals a timeout by either team.

8.2.7 - End of Quarter / Game

Whistle	Hand Signal	Use Case
Three long bursts	N/A	Signals the conclusion of a quarter or the full game.

8.2.8 - Possession Change

Whistle	Hand Signal	Use Case
One short burst	Point clearly in the direction the team will advance the ball..	Out of Bounds, violation, etc

8.2.9 - Pass Still Required

Whistle	Hand Signal	Use Case
No whistle, verbal prompt	N/A	Team must make a qualified pass before shooting at goal

8.2.10 - Stall Warning (10-second count)

Whistle	Hand Signal	Use Case
No whistle; verbal cue: "Stall warning – 10 seconds!"	N/A	Encourages ball movement; whistle follows only if delay persists.