

# **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
- Player Box

### Field Dimensions

- Length: 50 to 60 yards
- Width: 20 to 30 yards
- Approximately the same size as a TSP flag football field.

**Player Box:** Centered at midfield, 10 yards wide (5 yards from midfield line), extending 1 yard out of the field on the player side only

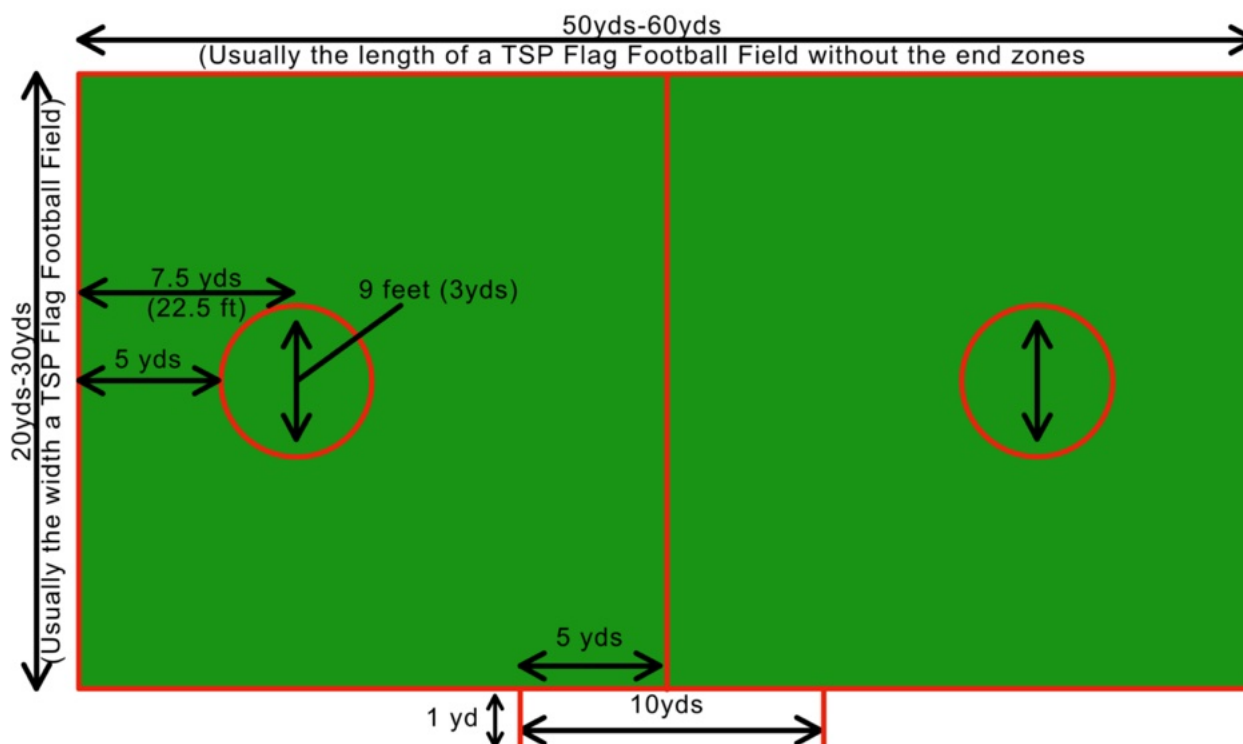
**Crease:** A goal circle on each side of the field.

Dimensions and placement are as follows:

- 3-yard (9 ft) circles in diameter (across)
- Centered 7.5 yards (22½ 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. Divisions and Age Grouping

### 2.1 Age Groupings

Lacrosse at TSP is organized by developmental groupings designed to promote safety, skill progression, and equitable competition.

As a growing program, Lacrosse at TSP does not always operate under traditional two-year age banding (e.g., 6U, 8U, 10U, 12U). Instead, divisions are formed based on enrollment, developmental balance, and player safety.

### 2.2 Divisions

Current Divisions

- **Frontier** – Typically ages 9 to 10 and under
- **Explorer** – An intermediate grouping utilized when enrollment allows
- **Apex** – Typically ages 10 to 11 and older

These divisions are designed to ensure competitive balance while maintaining safe and developmentally appropriate play.

Lacrosse at TSP is working toward a traditional age-banded structure as participation grows. As enrollment increases, divisions may transition into standard age classifications to align with broader lacrosse models.

The league reserves the authority to adjust division structure seasonally to best serve player development and program sustainability.

## 3. EQUIPMENT

### 3.1 The Ball

Flex6 Lacrosse utilizes division-specific balls to support player safety, skill progression, and game development.

#### **Frontier Division:**

A standard tennis ball will be used for all league play. The tennis ball promotes confidence, encourages fundamental skill development, and minimizes impact in the introductory division.

#### **Explorer and Apex Divisions:**

A Pinkie or a Tennis Ball will be used for all league play. A Pinkie is a soft, sponge-style lacrosse ball that matches the size of a standard lacrosse ball but at approximately half the weight. A Pinkie begins to introduce players to more traditional size and handling characteristics of regulation lacrosse balls while maintaining reduced impact for safety.

**No other ball types are permitted during league play.**

### 3.2 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.

### 3.3 Player Gear

- Mouthguard - Recommended and encouraged.
- 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.
  - Lacrosse gloves (mens/womens), women's goggles, or women's style helmets are permitted.
  - Mens style helmets **are not permitted**

## 4. GAME PERSONNEL

### 4.1 Players

#### 4.1.1 Number of Players: No more than 3 players on the field per team

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 or loses possession, the referee will declare too many players on the field and award possession back to the offense.

**4.1.2 Uniforms:** The uniform jersey must be clearly visible and worn as the outermost layer of clothing. If an athlete is not wearing their outer most layer then they may not play.

### 4.2 Coaches

- Coaches are not permitted on the field during play.
- Coaches will moderate their team's spectators behavior.

### 4.3 Officials

- Frontier: 1 official per game (*subject to league discretion*)
- Explorer/Apex: 2 officials per game (*as available*)

### 4.4 Spectators

- Turlock Sports Park DOES NOT:
  - Permit drinking on the premises.
  - Allow vulgar, aggressive, or threatening language.
- Talk to your coaches: **DO NOT YELL AT THE REFEREES!**
- Turlock Sports Park reserves the right to ask unruly or belligerent spectators to leave the field.

## 5. Play of Game

### 5.1 Length of the Game

#### Frontier (Team based model)

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

#### Frontier (Camp based model)

- Two 15-minute running-time halves
- 5-minute halftime
- 30 second penalty
- Two 60-second timeout per team per game

#### Apex/Explorer

- Four 10-minute running-time quarters
- 5-minute halftime
- 60 second penalty
- One 60-second timeout per team per half

#### Overtime

No overtime; games may end in a tie.

### 5.2 Game Start

#### 5.2.1 - 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.

#### 5.2.2 - 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.

#### 5.2.3 - Opening Possession

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

### 5.3 Game Flow

#### 5.3.1 - Quarters/Halves: Play will pause at the end of each play period.

- Teams will switch goals at the end of each play period.
- Starting possession will alternate between teams each play period.
- Other than half-time, time between play periods is not intended as a break.
  - 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.

#### 5.3.2 - Calling a Timeout: Timeouts may be called by the offensive coach at anytime.

Defensive coaches may only call a timeout if play has settled.

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

Examples include, 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.
- 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.
- Failure of the defense to provide a stick-length distance will result in an immediate re-award of possession to the offense. Repeated violations may be escalated.
- If a defensive violation occurs during a shot on goal or at the crease the offensive player may self-start on the referee's signal, but **must be at least one stick length of distance** away from the crease.

### 5.3.4 - Substitutions:

- Made freely during live play.
- Must be made through the player box.
- Subbing out of the player box may result in a penalty.

### 5.3.5 - 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 event that the offensive team is unable to initiate a pass or attempt a shot on the goal (after the pass qualification has been met) for an extended duration of time the referee will issue a verbal warning and provide a 10 second countdown.
- A pass must be attempted within normal offensive flow or immediately following a stall warning.
- 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 defensive team.

### 5.3.6 - 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** (*as defined in Section 6.3*) on the offensive end of the field before taking a shot on goal.
  - If possession changes, two new attempts 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.

## 5.4 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.

## 6. Rules of Play

### 6.1 General Conduct

Flex6 Lacrosse is a low-contact, development-focused format. Players are expected to compete aggressively but safely, with emphasis on field positioning, ball movement, and controlled play rather than physical dominance.

#### 6.1.1 Body Contact

- No body checking is permitted.
- Incidental contact may occur during normal play and is not automatically a violation.
- Intentional, aggressive, or forceful body-to-body contact is prohibited.
- Displacement using shoulders, hips, or extended arms is not permitted.

Violations of this section may be enforced under Illegal Body Contact (*Section 7.11*).

#### 6.1.2 Ball Control Restrictions

- Players may not cover the ball with their body or stick to prevent play.
- Playing the ball off the body is permitted (using your body, including the hand, to stop the ball).
- Intentional use of the hands to trap, pick up, throw, or control the ball is prohibited.
- Safe kicking of the ball is permitted.

Violations may result in Illegal Handling or Withholding (*Section 7.3 or 7.4*).

#### 6.1.3 Crease & Goal Area Conduct

- Offensive players may not enter or contact the crease while participating in a scoring play.
- Players may enter the crease only to retrieve a dead ball.
- Defenders may move through the crease area but may not commit Goal Obstruction (*Section 7.7*).
- No player may “camp” in or directly in front of the goal for the purpose of unfair positional advantage.

Violations may result in Crease Violation or Goal Obstruction.

#### 6.1.4 Screens & Picks

- Moving screens are prohibited.
  - No blind or moving picks.
- Stationary screens are permitted.
  - Feet must be set prior to contact.
  - No extension of arms or contact displacement while setting a screen.

Violations are enforced as Illegal Screen (*Section 7.8*).

#### 6.1.5 Dangerous Follow-Through

- Players may not deliver dangerous passes, shots, or follow-throughs that create risk to opponents.
- No stick movement into the “bubble” or sphere around an opponent’s head or neck.
  - The ‘bubble’ extends approximately one stick head (6–12 inches) around the head and neck.
- Reckless stick motion in traffic may be ruled Dangerous Stick Use (*Section 7.9*).

#### 6.1.6 Stick Checks (Division Specific)

Stick checking is division-dependent.

**Frontier Division** (younger divisional play):

Stick checks of any kind are not permitted.

**Apex Division** (older divisional play):

Controlled stick checks are permitted and must meet all of the following conditions:

- Contact must be stick-head to stick-head only.
  - The defender must have two hands on the stick during the entirety of the check.
  - The entire head of the defender's stick must be in front of the plane of the defender's body before the checking motion begins.
  - The 'plane of the body' is defined as an imaginary vertical line extending from the front of the defender's torso.
  - The check must be controlled and directed at the opponent's stick head.
- Legal checks may include pokes, lifts, or controlled downward pressure on the stick head.
- The check must not break the opponent's "bubble."

Violations:

Any stick check that does not meet the above criteria is illegal.

An Illegal Stick Check includes but is not limited to:

- One handed-checks
- Checks initiated with the defensive player stick head behind the plane of the defensive players body
- Any stick contact that that is not head to head and not ruled incidental
- Aggressive or uncontrolled checking motions
- Poorly controlled checks with excessive force

If a stick check involves significant force or illegal contact to the body or hands, it shall be ruled a **Slash (see Section 7.12)**

Penalty enforcement is governed under Section 7.15.

## 6.2 Movement

- All players may travel freely across the entire field at all times.

## 6.3 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.
  - 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).
  - A pass attempt that is clearly directed to a teammate but is deflected or intercepted still satisfies the pass requirement.
  - If the player who attempted the pass regains possession before a teammate gains control, the pass requirement has not been satisfied and another legitimate attempt at a pass must be made.
  - If possession changes, a new attempt at a pass must be made.
  - Referees may provide infield reminders when a pass is still required.
  - If a legitimate attempt is not made and a goal is scored then the referee will declare an unqualified goal.

## 6.4 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

- Once possession is clearly established normal play resumes
- **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 to the team that did not clamp the ball.
- **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 other team.

## 6.5 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 the ball goes out of bounds, possession is awarded to the team that did not last touch the ball prior to it crossing the boundary. Play restarts from the spot where the ball exited the field.

## 7. Violations

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

### 7.1 Delay of Game

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

- 10-second count resets on attempted pass or shot, or clear advancement.

**Penalty:** Standard

### 7.2 Illegally Contested Ground Ball

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

- No more than one player per team may simultaneously engage the same loose ball.
- A player is considered engaged when their stick is within one half stick length of the ball and they are actively attempting to gain possession.
- A player not actively attempting to play the ball with their stick is not considered engaged.
- Teammates may position near the play but may not enter the immediate contest area until possession is established or the ball moves outside the contest zone.

**Penalty:** Standard

### 7.3 Illegal Handling

**Description:** Using hands to touch, pickup, throw, or trap the ball

**Penalty:** Standard

### 7.4 Withholding

**Description:** Trapping or holding the ball to prevent play continuation

Examples:

- Pinning ball against body or ground
- Intentionally preventing play from restarting
- Refusing to release ball after whistle

**Penalty:** Standard

### 7.5 Unqualified/Illegal Goal

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

**Penalty:** Standard - no goal is awarded

## 7.6 Crease Violation

**Description:** A crease violation occurs when an offensive player illegally enters or contacts the goal crease area with any part of their body while involved in a scoring play.

- If pushed into crease by defender, no violation.

**Penalty:** Standard - no goal is awarded

## 7.7 Goal Obstruction

**Description:** A Goal Obstruction occurs when a defensive player positions themselves directly in front of the goal for the primary purpose of blocking the goal opening rather than making a legitimate play on the ball or actively defending an opponent.

Defenders may:

- Move through the goal area.
- Defend an offensive player near the goal.
- Occupy space while actively playing the ball.

Defenders may not:

- Station themselves in front of the goal to act as a goalkeeper.
- Form a wall or intentionally use their body to block the open face of the goal.
- Remain positioned in the goal area without making an active defensive play.

Notes:

- A defender actively marking the ball carrier in a one-to-one defensive position is not in violation.
- If no active defensive engagement is occurring, the referee may issue a verbal warning before enforcement.

**Penalty:** A flag is thrown and the offensive team plays with **advantage**.

## 7.8 Illegal Screen

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

- Feet must be stationary.
- No extension of arms.
- No contact displacement.

**Penalty:** Escalated. May be elevated to technical for severity or repetition.

## 7.9 Dangerous Stick Use

**Description:** Dangerous Stick Use occurs when a player swings, raises, or moves their stick in a reckless or uncontrolled manner that creates risk of injury, regardless of whether significant contact occurs.

Includes:

- Wild or uncontrolled stick swings.
- Stick movement near an opponent's head or face.
- One-handed checks delivered in an unsafe manner.
- Over-the-head or cross-body swings in traffic.
- Minimal or incidental contact may still be ruled Dangerous Stick Use if the motion is reckless.

*Intrusion into the head/neck bubble may be ruled Dangerous Stick Use even without contact.*

**Penalty:** Escalated. *Referee may first offer a verbal warning.* May be elevated to technical for severity or repetition.

### 7.10 Unsportsmanlike Conduct

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

- Mandatory substitution for second offense.
- Ejection for severe misconduct.

**Penalty:** Escalated. *Referee may first offer a verbal warning.* May be elevated to technical for severity or repetition.

### 7.11 Illegal Body Contact

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

- No body checking.
- No displacement with shoulders or hips.
- Incidental contact allowed.

**Penalty:** Escalated. *Referee may first offer a verbal warning.* May be elevated to technical for severity or repetition.

### 7.12 Slash

**Description:**

A Slash occurs when a player delivers a forceful, excessive, or uncontrolled stick swing that makes illegal contact with an opponent's body, hands, or stick.

Legal controlled stick checks in older divisions are permitted. A check becomes a Slash when:

- Excessive force is used.
- The motion follows through into the body or hands.
- The swing originates from outside proper legal checking position.
- The contact is retaliatory, reckless, or delivered with disregard for safety.

A Slash is distinguished from Dangerous Stick Use by the presence of significant force and illegal contact.

**Penalty:** Escalated. May be elevated to technical for severity or repetition.

### 7.13 Subbing out of the Box

**Description:** Players subbing not made through the player box. Substitutions in to and out of the field must be made through the player box. Minor technical violations that do not affect play may be managed verbally at the referee's discretion.

- **Offensive Penalty:** Standard/Change of possession.
- **Defensive Penalty:** A flag is thrown and the offensive team plays with *advantage*.

### 7.14 Too Many Players on the Field

**Description:** When a team has more than three players on the field.

- **Offensive Penalty:** Standard/Change of possession.
- **Defensive Penalty:** A flag is thrown and the offensive team plays with *advantage*.

### 7.15 Illegal Stick Check

**Description:** A stick check that violates the defined requirements for a legal controlled check as outlined in Section 6.1.6, but does not rise to the level of a Slash. Most often occurring as a defensive player's stick motion towards an offensive player resulting in illegal stick-to-stick contact.

**Penalty:** Escalated. May be elevated to technical for severity or repetition.

### 7.16 Reckless Play

**Description:** Behavior that creates clear risk of injury but does not fall under a specific listed violation.

**Penalty:** Escalated. *Referee may first offer a verbal warning.* May be elevated to technical for severity or repetition.

### 7.17 Ward

**Description:** Using a free arm, elbow, or body to push, hold off, or create separation from a defender while in possession of the ball.

- A ball carrier may protect their stick using normal body positioning.
- Extending the arm, stiff-arming, or initiating contact to displace a defender is illegal.

**Penalty:** Standard (escalate if excessive).

### 7.18 Cross-Check

**Description:** Using the shaft of the stick held between two hands to forcefully push or displace an opponent.

- Cross-checking is prohibited in all divisions.

<b>Penalty Type</b>	<b>Result</b>	<b>Player Impact</b>
Standard	Change of possession	No time served
Escalated	Change of possession	1-minute penalty (may be releasable)
Technical	Change of possession	Extended penalty (non-releasable)

- Any use of the stick shaft to apply body pressure is illegal.

**Penalty:** Escalated (may be elevated for force).

## 8. Foul Enforcement

### 8.1 Penalties

**Standard:**

- Possession awarded to the opposing team
- Opponents must give a stick's-length of space to ball carrier
- Players are not required to wait for spacing and may self-start immediately.

**Escalated**

- Possession awarded to the opposing team
- Player who committed the penalty is suspended for 1 minute.
  - Frontier Division: a substitute may take their place.
  - Apex/Explorer Divisions: the team that has committed the penalty will play short handed.
- Opponents must give a stick's-length of space to ball carrier.
- Once players on the field are set the referee will start play.
- Penalty is releasable upon opponent goal in divisions where early release is permitted (see Appendix C).

**Technical:**

Issued for flagrant and repeated reckless offenses.

- Possession awarded to the opposing team
- Penalties length will be set by referee depending on severity of the offense and are set at 1 minute or longer.
  - In younger divisions a substitute may take their place.
  - In older divisions the team that has committed the penalty will play short handed.
- Opponents must give a stick's-length of space to ball carrier.
- Once players on the field are set the referee will start play.
- Penalty is non-releasable, full penalty time must be served.

## 8.2 Advantage / Delayed Penalty (Flag Down)

- When a defensive violation occurs, the referee may allow play to continue if the offensive team retains an advantage.
- The referee signals the delayed penalty.
- Play continues until:
  - A goal is scored, or
  - The offense loses possession
- If no goal is scored, the penalty is enforced.

## 8.3 Violations During Shots

- If a shot **results in a goal**, the goal stands
- If the shot **misses**, the offensive team regains possession at the site of the foul or 5 yards from the goal, whichever is greater.

## 8.4 Penalties When a Team Has Only Three Players Available

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

- The penalized player must exit the field and serve the full penalty duration, this is not the same as full penalty time. Penalty duration is the period in which a penalty is enforced, e.g. if a penalty is released by goal before a penalty's full time, then the penalty duration is the time frame between the penalty being issued and the penalty being released.
- The team will continue play **short-handed with only two players**.
- Once the penalty expires, by time or goal, the original player may return immediately to the game.

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.
- The opposing team will require two attempted passes before shooting.
- 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.

## 8.5 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 an attempted pass** during that penalty period.
- This exception **only applies while the team is actively short-handed with one player on the field**.

- Once additional players return to the field, the pass requirement (either one or two pass depending on score) resumes.

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

### 8.6 Early Release Upon Scored Goal (Older division play)

If the offensive team **scores a goal** while the defensive team has a player serving a penalty:

- The penalized player may **immediately return to the field**, ending the penalty early.
- If the **short-handed team** scores, the penalty **continues** until time expires.
- Referees may enforce the **full penalty duration** (Technical) for serious violations involving safety or sportsmanship concerns.

## 9. The Referee

### 9.1 Discretion & In-Game Guidance

Referees will prioritize safety, fairness, and game flow, in that order. When in doubt, decisions should favor player safety and continued development.

- 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)
- In the event of conflicting rule conditions, referee safety discretion supersedes all gameplay modifications.

### 9.2 Referee Signals

#### 9.2.1 - 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.

#### 9.2.2 - Stop play / Violation

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

### 9.2.3 - Goal Scored

#### Whistle

One Long Burst

#### Hand Signal

Raise both arms above the head (like a touchdown).

#### Use Case

Confirms legal goal.  
DO NOT USE FOR UNQUALIFIED GOALS

### 9.2.4 - Unqualified Goal / No Goal

#### Whistle

One short burst, followed by the verbal cue  
"Unqualified Goal"

#### Hand Signal

Wave both arms in an "X" across the chest, then point to the defense.

#### Use Case

Used when a goal is disallowed (e.g., no pass made / unqualified goal).

### 9.2.5 - Penalty Called

#### Whistle

Two short bursts

#### Hand Signal

Raise one arm straight up, then point to the sideline with the other hand.

#### Use Case

Used when issuing a time-serving penalty or escalated foul.

### 9.2.6 - Timeout Called

#### Whistle

Two long bursts

#### Hand Signal

Form a "T" shape with both hands (one vertical, one horizontal).

#### Use Case

Signals a timeout by either team.

### 9.2.7 - End of Quarter / Game

#### Whistle

Three long bursts

#### Hand Signal

N/A

#### Use Case

Signals the conclusion of a quarter or the full game.

### 9.2.8 - Possession Change

#### Whistle

One short burst

#### Hand Signal

Point clearly in the direction the team will advance the ball.

#### Use Case

Out of Bounds, violation, etc

### 9.2.9 - Pass Still Required

#### Whistle

No whistle, verbal prompt

#### Hand Signal

N/A

#### Use Case

Team must make a qualified pass before shooting at goal

### 9.2.10 - 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.

## 10. Glossary

Phrase	Definition
Advancement of the Ball	The requirement for the team in possession to actively move the ball toward the opponent's goal and attempt a shot within a reasonable time.
Advantage	A principle allowing play to continue after a minor violation if stopping would unfairly benefit the offending team. The offensive team plays with advantage and unless they score a goal they will be awarded the ball upon a possession change.
Bubble, The	The region immediately around a player's head and neck, into which no opponent's stick may intrude for safety. (See also Sphere)
Camping	When a player remains stationary in or near a strategically advantageous area for the primary purpose of gaining unfair positional advantage rather than actively participating in play. Camping may occur offensively or defensively. Defensive camping, such as positioning in front of the goal to block the opening without actively defending, is enforced under <u>Goal Obstruction (Section 7.7)</u> . Offensive camping near the goal area without active engagement may result in a <u>Crease Violation, Withholding, or Delay of Game</u> .
Check	A defensive action used to disrupt an opponent's possession or control of the ball using the stick or body.
Clamped Ball	When a player traps the ball under their stick and fails to make an effort to play it within 3 seconds, resulting in a withholding violation.
Coin Toss	The pre-game procedure where captains call heads or tails to determine initial possession or choice of defensive goal.
Controlled Check	A deliberate, measured stick action directed at the opponent's stick head using proper positioning and without excessive force.
Crease	A 3-yard diameter goal circle around each net that offensive players may not enter. Defenders may not block the goal by "camping" inside it.
Cross-Check	The act of using the shaft of the stick, held between two hands, to forcefully push or displace an opponent's body. Any use of the stick shaft to apply body pressure is prohibited in Flex6 play.
Delay of Game	A violation called when the team in possession fails to advance or attempt a pass/shot after warning and 10-second count.
Equitable Play Modification (Mercy Rule)	A rule applied when a team leads by 10 or more goals, requiring them to complete two passes before shooting.

Phrase	Definition
Escalated Penalty	A more serious penalty requiring the player causing the rule violation to leave the field for one minute. In older divisions the team will play short handed.
Established Possession	When a player demonstrates clear control of the ball in their stick and the ability to make a deliberate play (pass, carry, or shoot).
Fair Ground Ball Contest	A 1v1 contest for a loose ball. Multiple players per team contesting is considered illegal.
Goal Line	The line marking the front edge of the goal. The ball must fully cross this line for a goal to be scored.
Goal Line Extended (GLE)	An imaginary line that continues horizontally from the goal line across the entire width of the field, used as a reference point for positioning and play.
Goal (Qualified/Unqualified)	A goal counts only if a legitimate pass has been made from the offensive half before the shot. Otherwise, it is deemed “unqualified” and disallowed.
Ground Ball	A ball loose on the field surface, contested by players to establish possession.
Hoedown	The pregame ritual where players line up at midfield for introductions, coin toss, and handshakes before returning to their sideline.
Illegal Body Contact	Intentional or reckless physical contact, resulting in displacement or risk of injury.
Illegal Handling	Using the hand or body (other than the foot) to control or trap the ball.
Illegal Screen	Setting a moving or contact pick. Only stationary, non-contact screens are legal.
Immediate Contest Area	The space within approximately one stick length of a loose ball where players are actively attempting to gain possession.
Incidental Contact	Unintentional and minor contact occurring as a natural result of gameplay that does not create a safety risk or competitive disadvantage.
Marking	The act of a defensive player closely guarding an opponent, particularly near the crease or goal area. A defender “marking” an attacker must stay engaged without using body contact or stick checks, instead relying on positioning and footwork.
Non-Releasable	A penalty that must be served for its full duration, regardless of whether the opposing team scores a goal.
Officials	Referees who enforce the rules, ensure fair play, and manage safety.

Phrase	Definition
Out of Bounds	When the ball or ball carrier touches any sideline or end line. Possession is awarded to the opposing team.
Pass Requirement	The mandate that an offensive possession must include a genuine pass attempt to a teammate before a shot may count.
Penalty	A consequence for violating a rule, which may include a change of possession or a time-served suspension.
Pick	A positioning maneuver where an offensive player sets themselves in the path of a defender to create space for a teammate. In Flex6, only <i>stationary, non-contact</i> picks are legal. Moving picks or picks that involve contact are considered illegal screens.
Pinkie	A soft, sponge-style lacrosse ball that matches the size of a standard lacrosse ball but at approximately half the weight.
Plane of The Body	An imaginary vertical line extending from the front of the defender's torso.
Player Box	The designated sideline area for players to sub on and off of the field.
Possession Change	A referee's ruling that awards the ball to the other team due to a violation, out-of-bounds, or turnover.
Releasable	A penalty that ends immediately if the opposing team scores a goal while the penalized player is serving time.
Referee Signals	Standardized whistle bursts and hand signals used to communicate rulings, penalties, or game status.
Screen	When an offensive player positions themselves in such a way that they block or obscure the defender's or goalkeeper's view or path. Legal screens in Flex6 must be stationary and non-contact. Moving or contact based screens are deemed <i>illegal screens</i> and result in a violation.
Self-Start	The immediate resumption of play by the player awarded the ball, without waiting for a formal restart whistle.
Slash	A forceful or excessive stick swing that makes illegal contact with an opponent's body, hands, or stick. Distinguished from Dangerous Stick Use by the presence of significant force.
Sphere	The region immediately around a player's head and neck, into which no opponent's stick may intrude for safety. (See also Bubble)
Stall Warning	A referee's verbal signal indicating the offensive team must pass or shoot within 10 seconds or risk a delay-of-game call.
Stick Check	A forward motion of the defensive player's stick that causes stick-to-stick contact. Prohibited in some Flex6 play.

Phrase	Definition
Stick Length Distance	A minimum spacing equal to the length of a player's stick that defenders must give during restarts.
Subbing out of the box	During the act of substitution when a player does not enter or exit the field through the player box.
Substitution	The act of changing players freely during live play. In Flex6, substitutions are "on the fly."
Timeout	A 60-second break in play that may be called by the offensive coach, limited to one per team per game.
Timeout (Team vs. Referee)	Clarify that team timeouts are called by the offensive coach, while referee stoppages may occur for safety, clarification, or excessive violations.
Too Many Players on the Field	A violation when a team has more than three players active at once.
Ward	The act of a ball carrier using a free arm, elbow, or body to push, hold off, or create separation from a defender. While a player may protect their stick using normal body positioning, extending the arm, stiff-arming, or initiating contact to displace a defender is illegal.
Withholding	When a player traps or holds the ball without making an attempt to continue play.
X	The area behind the goal, between the goal line extended (GLE) and the end line, often used as a key offensive position.

## 11. Appendices

### Appendix A: Ref hand signals

Signal	Whistle Burst	Hand Motion	Use Case
Start / Restart of Play	One long burst	Point to player who will start play	After goals, out-of-bounds, or stoppages.
Illegal Stick Check	One short burst	Short downward tapping motion with one hand on forearm	Minor illegal stick action (non-forceful violation of legal check)
Slash	One short burst (emphatic)	Full arm swing across body	Excessive force or dangerous contact with stick
Advantage / Flag Down	Advantage / Flag Down	Advantage / Flag Down	Advantage / Flag Down
Stop Play / Violation	One short burst	Raise one hand straight up	Used for fouls, violations, or administrative reasons.
Goal Scored	One long burst	Raise both arms overhead (touchdown signal)	Confirms legal goal.
Unqualified Goal / No Goal	One short burst + verbal cue	Cross arms in an "X" over chest, then point to defense	Used when a pass requirement was not met.
Penalty Called	Two short bursts	Raise one arm up, point to sideline with other hand	Issuing a time-serving penalty.
Timeout Called	Two long bursts	Form a "T" shape with hands	Timeout by either team.
End of Quarter / Game	Three long bursts	None	Signals conclusion of period or game.
Possession Change	One short burst	Point in direction of play	Ball out of bounds or standard violation.
Pass Still Required	No whistle, verbal cue	None	Referee reminds team that a pass must occur before a shot.
Stall Warning	No whistle, verbal cue	None	Referee issues "Stall warning – 10 seconds!" countdown.

## Appendix B: Quick Reference Penalty Chart

Violation	Type	Consequence
Crease Violation	Standard	Offensive: Possession to opponent Defensive: If a goal is not scored ball goes back to offense after possession change
Cross-Checking	Escalated: May be elevated to Technical for force or repetition	1-minute suspension
Dangerous Stick Use	Escalated: May be elevated to Technical for force or repetition	1-minute suspension
Delay of Game	Standard	Possession to opponent
Goal Obstruction	Flag and offense plays with advantage	If a goal is not scored ball goes back to offense after possession change
Illegally Contested Ground Ball	Standard	Possession to opponent
Illegal Handling	Standard	Possession to opponent
Illegal Screen	Escalated: May be elevated to Technical for force or repetition	1-minute suspension
Illegal Body Contact	Escalated: May be elevated to Technical for force or repetition	1-minute suspension
Slash	Escalated: May be elevated to Technical for force or repetition	1-minute suspension
Subbing out of the box	Offensive: Standard Defensive: Flag and offense plays with advantage	Offensive: Possession to opponent Defensive: If a goal is not scored ball goes back to offense after possession change
Too Many Players on the Field	Offensive: Standard Defensive: Flag and offense plays with advantage	Offensive: Possession to opponent Defensive: If a goal is not scored ball goes back to offense after possession change
Unsportsmanlike Conduct	Escalated: May be elevated to Technical for force or repetition	1-minute suspension (or more at discretion)
Unqualified Goal	Standard	No goal awarded, possession changes
Warding	Standard	Possession to opponent
Withholding	Standard	Possession to opponent

Violation	Type	Consequence
Reckless Play	Escalated	1-minute suspension (or more if severe)
Illegal Stick Check	Escalated	1-minute suspension
Ward	Standard	Possession to opponent
Cross-Check	Escalated	1-minute suspension

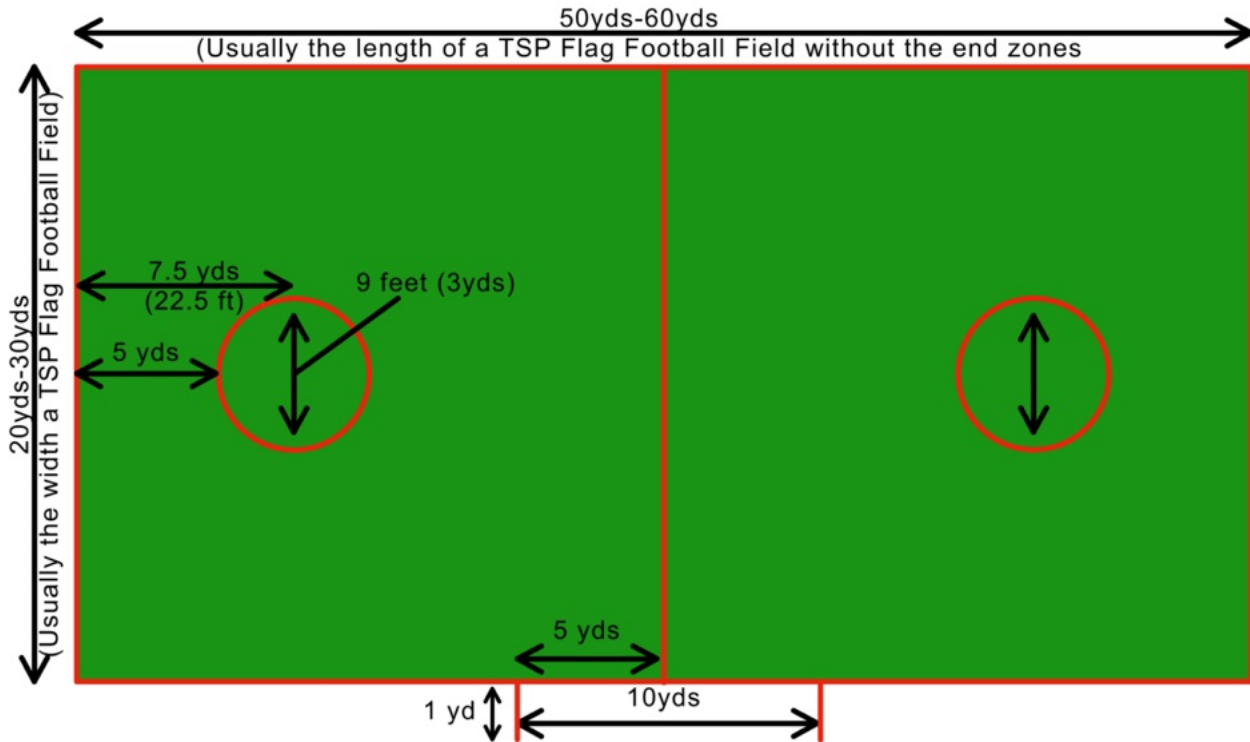
### Appendix C: Division-Specific Modifications

*\*Game times may be adjusted to accommodate seasonal registration.*

Category	Frontier	Explorer (When Available)	Apex
Quarters	4 × 7 min (Team) 2 × 15 (Camp)	4 × 10 min	4 × 10 min
Penalty Time	30 seconds	60 seconds	60 seconds
Officials	1 or 2	2	2
Ball	Tennis Ball	Tennis Ball or Pinkie	Tennis Ball or Pinkie
Stick Checks	Not permitted	Controlled checks allowed (see 6.1.6)	Controlled checks allowed (see 6.1.6)
Short-Handed Play	Substitute allowed	Substitute allowed	Team plays short-handed
Early Release on Goal	No automatic release	No automatic release	Releasable
Referee Emphasis	Instruction and safety.	Skill Development	Control and accountability.

### Appendix D: Field Layout Diagram (Text Description)

- **Field Dimensions:** 50–60 yards long by 20–30 yards wide.
- **Player Box:** Centered at midfield, 10 yards wide, extending 1 yard out on the player side.
- **Crease:** A 3-yard circle around each goal, centered 7.5 yards from the end line.
- **Goals:** Youth-sized goals, 4'x4', placed on the crease midline.



### Appendix E: Sportsmanship Guidelines

- **Players:** Show respect to teammates, opponents, and referees. Play hard but fair.
- **Coaches:** Lead by example. Encourage learning and inclusion over winning at all costs.
- **Spectators:** No drinking, vulgar language, or aggressive behavior. Support all players positively.
- **Referees:** Have final say during play. Yelling at referees is prohibited. Concerns should be raised through coaches.