



Introducing Youth sixes

Preparing for growth

Why the change?

- Professionalise youth games
- To keep it fun, fair and safe
- To prepare players for the adult league
- To prepare for the future of international lacrosse

Sixes

- Allows for more teams more quickly
- Closes the gap between men's and women's lacrosse
- Is the discipline today's youth may one day play at the Olympic Games





YOUTH -sixes- rules

game

6 players on the field

12 player per team

4 x 8 minutes

- every quarter starts with a draw or face-off
- goalie starts with ball after a goal
- subbing is unlimited and continuous

gear

stick

- boys - men's stick
- girls - women's stick
- goalie - goalie stick

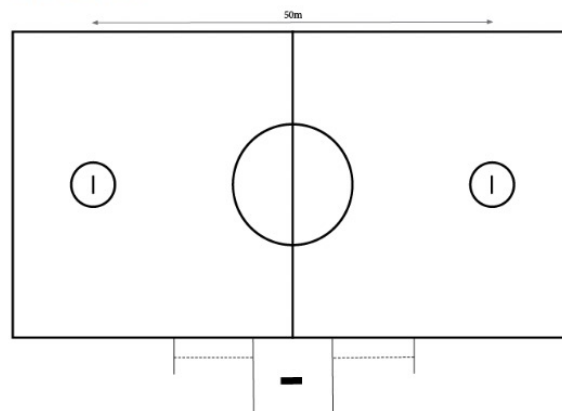
mouthguard

a mouthguard is mandatory

goalie

- helmet with throatguard
- gloves
- chest pad
- cup or padded pants

field



fouls

a foul may be penalised with a time penalty,
the most common fouls are:

30 seconds

minor foul / unfair play

for example:

- interference
- pushing
- illegal block

1 minute

major foul/ dangerous play

for example:

- body check
- slashing
- cross check
- unsportsmanlike conduct
- dangerous propelling or follow-through
- walling

How is it different from sixes?

No shot clock

We want youth players to learn and understand the game. By removing the shot clock we give more time to learn and work together during games.

Boys and girls play together

Youth sixes is non-contact.
To ease transition to the adult league boys play with men's sticks and girls play with women's sticks.
The quarter is started with a draw or a face-off.

Timeouts are longer

Youth players sometimes take longer to get organised.
Timeouts are 90 seconds (in stead of 30s).
Each team has 2 timeouts in stead of 4.



How do you know this will work?

- We got feedback from coaches in [our coaches' webinar](#)
- We ran trial games this summer, with youth players and adult players.

- Some feedback :

“The games is so fast,
there is hardly any time to coach”
(we increased the length of timeouts)

“The clarity is great. No
discussions about how the rule
should be interpreted”

“Players automatically match up with
opponents of similar strength.
That makes it a lot harder to just run to
the other side and score.”

“That was a lot of fun!!”

