

Rules Affected:

- **2.3 Stick Check**
- **5.2 Game Clock Operation**
- **6.8 Over and Back**
- **6.10 Timeouts**
- **6.12 Alternate Possession**
- **6.13 Substitution Procedure**

Rationale

Questions regarding interpretations may be directed to Ruleschair@worldlacrosse.sport.

Key

~~Red with strikethrough indicates where text has changed or been removed.~~

Green with underlining indicates the clarifying language that has been added and/or replaces previous text.

Orange and italics indicates a clarification of the rule, with no change to the existing language of the rule.

Interpretation(s)

Rule 2.3.2 Illegal Stick & Scored Goal

“If an attacking player scores a goal and before play resumes, a stick check measurement is requested and the goal scorer’s stick is found to be illegal, then the goal is disallowed. If the goal is disallowed, the foul will not be imposed.”

If a goal is scored and the scorer’s stick is found to be illegal before play resumes, the goal is disallowed (2.3.2). The goal scorer’s stick will be removed from the game (8.3.6), but the player with the illegal stick does not serve penalty time for an illegal stick major foul. Play will restart at the penalty dot (9.3.3).

Rule 5.2.2 Clock Stoppage

“The stoppage of all clocks will occur:

- On timeouts of any kind, or
- During time-served penalty administration, or
- At the end of a quarter, or
- On the official's whistle whenever there is a dead ball during the last two (2) minutes of the fourth quarter or at all whistles during an overtime period.”



If the ball is awarded by alternate possession due to it going out of bounds off a draw (6.4.5), the clock will continue to run. The officials may take an official's timeout if there is need for them to discuss the awarding of alternate possession or who caused the ball to go out of bounds (6.10.1).

Rule 6.8.1 Over and Back Violation

“Once the ball is in the Offensive Zone, the ball shall not touch or go over the center-line returning to the Defensive Zone through actions of the offensive team. If this occurs, it is an over and back violation.

The result is a change of possession and play shall be re-started 2 m from the nearest boundary where the ball was when play was stopped. The boundary line may also be the center-line.

An offensive Player may legally bat the ball to keep it in the Offensive Zone of the field prior to the ball crossing the center-line, but if it is possessed or touched and their feet are in the defensive half, it shall be a turnover.”

When an over and back violation occurs the official will blow the whistle to stop play, the ball will be awarded to the non-offending team 2 m from the nearest boundary where the ball was when play was stopped (including the center-line as a boundary), and the official will blow their whistle to restart play.

Rule 6.10.5 Duration

“A team shall be limited to one timeout per half. A team timeout shall be 60 seconds long. A timeout taken between halves is charged to the preceding half. A team may call a timeout prior to the start of the game.”

Overtime is not considered a part of the first or second half. They are a stand-alone period(s) of play. Teams are not entitled to a timeout in any overtime period(s).

Rule 6.12.1 Alternate Possession

“When the officials cannot determine which team should be awarded the ball or as dictated by other rule(s), possession shall alternate. The team that wins the opening game coin toss gets the choice of goal to defend or the first alternate possession. For overtime, the team that wins the coin toss gets the choice of goal to defend ~~or the first alternate possession~~. The Head Official and the Official Scorer's table personnel shall keep track of the alternating possessions. In the event of a dispute, the official's position shall prevail.”

The removed text was a copy/paste error from the prior rulebook format and was missed in the update to the 2026-2028 rules. The team who has alternate possession (6.1.4) will maintain alternate possession in overtime play (6.1.4).

Rule 6.13.1 Substitution Procedure

“Substitution may take place at any time through the Substitution Area. When substitution is imminent the substituting Player must wait in the Substitution Area for the Player whom they are replacing to leave the field of play and only then may they enter the field of play. Players may substitute on the fly and they may



do so on either side of the center-line, except for a goalie-to-goalie substitution that must occur in the Defensive Zone.”

Stick exchanges, such as those occurring after a draw are not currently addressed within the Sixes Rules. For all intents and purposes, a stick exchange shall be treated similar to player substitution. The player exchanging their stick must completely leave the field of play through the substitution area before they can exchange their stick for a stick not on the field of play. After the exchange, the player may reenter the field of play through the substitution area. Players may exchange sticks with a teammate on the field, but neither may have possession of the ball when the exchange occurs.