

# Major Rule Differences

## Box Lacrosse

Floor is 60m by 25.

Stick length is 40-42in.

Teams of 18 runners + 2 Goalies

3 Periods ranging in length from 12 to 20 minutes

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Faceoffs restart play after each goal.

Playing area enclosed by "dasher boards" go keep ball within playing area.

Ball going out of bounds result in a possession call.

Defenders can occupy space and use body contact to limit offence.

Shots can be taken when defenders are in shooting lanes.

Outlines body checking.

## Men's Field

Field is 110m by 60m.

Stick length is 40-43/52-72in.

Teams of 23 players.

Game played in four, 15-min quarters.

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Faceoffs restart play after each goal.

Ball out of play due to a shot is awarded to team closest to the ball when it leaves the playing area.

Restraining line rules and penalties apply.

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Outlines body-checking.

## Women's Field

Field is 110m by 60m.

Stick length is 90-110cm.

Teams of 18 players.

Game played in four, 15-min quarters.

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Draws restart play after each goal.

Ball out of play due to a shot is awarded to team closest to the ball when it leaves the playing area.

Restraining line rules and penalties apply.

Defenders cannot occupy space that denies an attacker the opportunity to shoot safely.

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Field is 70m by 36m.

Stick length is 100-110cm.

Teams of 12 players.

Game played in four, 8-min quarters of running time.

After gaining possession, a team has 30 seconds to shoot the ball.

Draws only occur at the start of each period. After a goal, the goalie restarts play.

A shot that misses or hits the goal and goes out of bounds without first hitting a defensive player is awarded to the defensive team.

No restraining lines. A team is offside when their goalkeeper crosses the center line.

Any shot taken without regard for an opposing player is a major foul.

Defenders cannot form a wall or stack to block the goal.

All body checking is illegal.

## SIXES SUMMARY VIDEO

<https://www.youtube.com/watch?v=nCYOhh7e0EY>