



Apex Sixes Rules

1. **GAME FORMAT:**
 - 40 MIN GAME BLOCKS
 - 8 MINUTE QUARTERS
 - 1 MIN BETWEEN QUARTERS
 - 2 MIN HALFTIME
 - SHOT CLOCK FORMAT (30 SECOND SHOT CLOCK)
2. **ROSTER:** Teams comprised of 5 field players + 1 goalie.
 - MAXIMUM OF 12 PLAYERS ALLOWED PER TEAM.
3. **SHOT CLOCK:** Shot clock will restart after the following situations:
 - Change of possession
 - Out-of-bounds
 - Goal scored
 - Goal keeper save
 - Major foul
 - Draw control
4. **SUBSTITUTIONS:** All substitutions are made on the fly.
5. **TIMEOUTS:** There will be NO Timeouts.
6. **OFFSIDES:** There is no restraining line, and no offsides call.
7. **DRAW:** A Draw will ONLY start each quarter.
8. **DRAW SET UP:** All players not on the draw must hold behind the designated line when the draw is being taken.
9. **RESTART:** There will be a Goalie clear after every additional goal after the quarter's starting draw, on the official's whistle.
10. **SHOT WIDE:** A shot that misses the goal without first hitting a defensive player is a change of possession.
11. **FOULS:** All fouls in the CSA will be called per USA LACROSSE/NFHS rules.
 1. We will not be allowing simultaneous whistle.
 2. Shooting space and 3 seconds will be called to ensure player safety.
12. **PENALTIES:** There will be a ONE minute penalty for a major foul.
13. **MAJOR FOULS:** After 3 major fouls, a player is fouled out for the remainder of the game. If a player receives a red card, she is out for the following game.
14. **CHECKING:** Both 7/8 and Varsity divisions will be FULL CHECK.
 - 5/6 Division will be transitional checking. Refer [here](#) for additional clarification.

15. **OFFICIAL SCORE:** The score will be posted and kept by the Field Marshall. Once scores are certified by getting signatures from both coaches and an official. If a coach contests the final score of a game, the coach should immediately bring the concern to the attention of the field coordinator and game referees prior to that score being reported to the tournament directors. Once reported, scores may not be challenged.
16. **INJURY:** Because games are running clock, and injury will not stop time unless EMS is called. In that case, the game will be made up at an available field at a designated time by the Tournament Officials.
17. **SPORTSMANSHIP:** All coaches, parents and officials are expected to protect and promote the safety and well-being of all players. Any player, fan or coach ejected from a game will be prohibited from competing in/coaching/watching his/her team's next game. Ejections are determined by the referees; expulsions by the tournament directors. If a red card is issued to a player or coach, that player is removed from that game and the following game.
18. **SAFETY:** In the event of any inclement weather, extreme temperature, visibility issue and/or dangerous field conditions our on site Head AT and Tournament Director may recommend modifications to game time for safety reasons
19. **NO TOLERANCE POLICY:** Alcohol, drugs, discrimination based on race, gender, religion, or sexual orientation by players, coaches, or fans will not be tolerated. If a player, coach, or fan is proven to be in violation of this, the result will be an immediate ejection from the tournament venue at the discretion of the tournament director.
20. **HAVE FUN!**