



The Barrel 6s Tournament Rulebook

Field Dimensions

Minimum size: **35 × 60 yards**

Equipment

- **Sticks:** Standard field lacrosse sticks. **6s is short sticks only**
 - **Protective Gear:** Same as field lacrosse — **all equipment is mandatory.**
-

Team Personnel

- **Roster - We recommend having 12 to 14 Players a team**
 - **Minimum to Start: 6 players** (including 1 goalie)
 - **Goalkeeper:** Required on the field at all times; may leave the crease and play as a field player.
-

Game Timing

- **Two 12-minute halves** (running clock)
- **2-minute halftime**
- **4-minute warm-up**

- **No timeouts**
 - **Overtime:** *1v1 Braveheart (plus goalies) — sudden victory*
-

Starts, Face-Offs & Restarts

- Alternate possession used to start each quarter (including game start).
 - All quarters begin at the **Face-Off Dot** area.
 - **After a goal:**
 - Goalkeeper must retrieve the ball within 5 seconds.
 - A new **30-second shot clock** begins once play is whistled in.
 - Goalie has 5 seconds to pass from the crease.
 - Goalie may step out to avoid a delay-of-game violation as the shot clock continues.
-

Out of Bounds

- Standard field boundaries apply.
 - Any shot that goes directly out of bounds results in a **turnover** (no backup possession).
-

Fouls & Penalties

- **30-second penalties:** Same as field lacrosse
- **1–3 minute penalties:** Same as field lacrosse

Game Ejection Fouls

1. Fighting
2. Threatening, abusive language, or misconduct toward officials or opponents

3. Dangerous, excessive, or repeated body checking — especially to the head, neck, knees, or from behind

Note: A player ejected from a game must sit out the next game at minimum.

Tournament directors and officials reserve the right to remove a player from the event for egregious or repeated offenses.