

Continental Combine Sixes Rules



Key Points:

- Teams comprised of 5 field players + 1 goalie
- Games are two 12 min running clock halves with a 3 min half time
- No Timeouts
- 30 second shot clock that starts “once possession is gained”
 - Teams have 10 seconds to cross the midfield line
- All substitutions are on the fly
- Draw to start each half. Goalie clears after goal on official’s whistle
- Only two players allowed in center circle on a draw until possession is gained
- When ball goes out of bounds, a whistle start is needed every time to restart play.
- When the quarter ends with a man/women-up or man/woman-down (player(s) serving penalty time) and a team is in possession of the ball that team will maintain possession at the start of the next quarter.

Shot Clock Reset Scenarios

- Ball hits the pipe or rebounds off goalkeeper while standing in the crease. Ball must be released before shot clock expires
- Any loose ball technical foul (play-on) by defense will reset the shot clock if the offended team gains possession
- Time-serving penalties are administered
- Change of possession
- Play is stopped for a defensive injury
- After scoring a goal when the Official whistles to restart play
- At end of half, unless possession is retained due to an extra player situation

Penalties:

- After 3 yellow cards, a player is not permitted to re-enter the game
- No immediate whistle on a defensive foul (minor, major or expulsion) Official will raise arm and hold whistle until stoppage of play.
- NO Call in Sixes:
 - 3-seconds
 - Shooting space
 - Empty stick check
 - Hooking
 - Poke checks
 - In the sphere
 - Horizontal stick

Unique Sixes Fouls:

- Walling (Defense players crowding in front of their goal or forming a stack/wall type formation in front of their goal without marking an opponent within a stick’s length.
- Over and Back (Once ball in team’s offensive zone it cannot return to the defensive zone through actions of the offensive team)