



## ONTARIO LACROSSE MEMO: M SIXES PLAYING EQUIPMENT

September 27, 2024

Sixes is an incredibly fast-paced, compact version of lacrosse, combining the most exciting elements of the more traditional disciplines. It was created by World Lacrosse in 2018 to accelerate global growth, increase accessibility and approachability, create greater competitive balance, and reduce cost and complexity of participation. It is the next generation version of the game.

A natural evolution of the sport, Sixes is at the intersection of field and box lacrosse, offering an inclusionary opportunity to all existing lacrosse players and an easier entry point for new athletes, which leads to growth.

Sixes eliminates specialty positions that lead to competitive imbalance, features a level of physicality that is equally appealing to all genders, and has reduced equipment needs. When played properly, Sixes lacrosse is approachable, equitable, affordable, flexible, athletic and thrilling.

In the introductory stages of this sport, the OLA has worked diligently to teach and play the game as it is intended, which means following the World Lacrosse rules. In Sixes lacrosse (male), all players are required to wear gloves, shoes and a protective helmet that is equipped with a facemask and a chinstrap.

**2.4.1M EQUIPMENT** All Players are required to wear protective gloves, suitable boots or shoes, and a protective helmet equipped with a facemask and a chinstrap, which must be properly fastened on both sides. The fingers may not be cut out of a Player's gloves, and the entire finger must be encased within, and must be part of the glove. A Player may not play with their fingers outside the glove. A Player may cut the palms out of their gloves.

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When we introduce variations from the way the game is growing in the rest of the world, we create inconsistencies in the way the game is played, which inhibits true growth of this new sector. Furthermore, we create myths about the correct interpretations of the rules, and what is permissible and what isn't. For this reason, we have attempted to play Sixes according to the written rules for the benefit of everyone.

However, we understand that Sixes is still in the introductory stages, and that feedback to World Lacrosse from those who are participating today will help to form the future of the sport. Adjustments to this pilot project season will continue to be made based on the best interests of the participants, including **the permission for players to participate in equipment, effective immediately, for the remainder of this season and including the Provincial Championships**. Officials will continue to apply the same standard for fouls that has been applied to date in the interest of player safety and consistency of the rules, but it is our intention that this modification to the rules will create an environment where everyone involved can continue to learn this new version of the sport together. A review will be completed at the conclusion of the season with the intended goal of playing Sixes under the World Lacrosse Playing Rules in future seasons.

We appreciate everyone's continued support in introducing Sixes to the next generation of athletes. For more information on this new sector, visit the [World Lacrosse website](https://www.worldlacrosse.com).

Sean O'Callaghan  
OLA President

*Sent on behalf of the OLA Board of Directors*