

Lacrosse Regulations

GNSK 2025

Team composition and eligibility

1. Per Overkoepelende Studenten Sport Organisatie (hereinafter: OSSO)/city, several men's and women's teams can be registered. A team consists of a minimum of 6 and a maximum of 12 people. The first registered team per OSSO/city is always entitled to participate. Depending on the number of teams registered, it will be decided whether the other teams can participate. Should there be too many teams for the remaining places, participation will be in order of registration.

2. The registered participants of an OSSO/city may only consist of students who meet the conditions as stated in chapter 1 of SSN's event regulations. If this rule is violated, the team loses all competitions. If an unauthorised participant competes in the GNSK, a fine of €200 will be charged to the OSSO/representing organisation in the city for which that participant competes.

3. Teamrosters should be submitted during the entry for the GNSK.

Match provisions

4. The teamroster must be handed in to the tablehands before the start of the respective team's first match.

5. Poule allocation is based on a draw. The winning team receives 1 point. In the event of a tie in the poule, mutual result counts. If this does not give a result, the goal difference (goals for minus goals against) will be considered.

6. Games will be played according to the World Lacrosse sixes official playing rules 2024-2025 (https://worldlacrosse.sport/wp-content/uploads/2024/09/2024_SixesRules_FINAL.pdf):

6.1. Field dimensions are as follows: 70 x 36 metres.

6.2. A maximum of five regular players and a goalkeeper are allowed on the field.



6.3. The game consists of four 8-minute quarters with a 30-second shot clock and running clock. The shot clock resets at change of ball possession.

6.4. Time stops at a timeout, end of a quarter, injury or during a dead game situation during the last two minutes of the fourth quarter.

6.5. There is a two-minute break between the first and second quarters and between the third and fourth quarters. There is a five-minute break between the second and third quarters.

6.6. Draws and face-offs occur only after each quarter and at overtime. The goalie has five seconds after each goal to put the ball back in play.

6.7. The goalie remains behind the centre line throughout the game.

6.8. Both teams have two timeouts of 30 seconds per half. And 1 timeout per overtime period.

6.9. Longpoles are not allowed. Goalie, men's and women's sticks remain subject to the same requirements as field lacrosse.

6.10. In men: body checking is strictly prohibited.

6.11. In women: it is allowed to use the shaft when making contact in on man defence. It is strongly recommended to wear eyewear during matches.

7. When the score is tied at the end of regulation playing time, play shall continue with sudden-victory overtime.

7.1. Periods are four minutes of stopped time until a goal is scored.

7.2. There shall be a two-minute break prior to the start of the first sudden-victory overtime period and between all subsequent periods of sudden-victory overtime.

7.3. If a game remains tied after the first sudden-victory overtime period (i.e., no goal is scored by either side), there shall be a two-minute break followed by a second four-minute sudden victory overtime period. This procedure will continue until the first goal is scored.



Closing provisions

8. Unless an exception is made in the above points or sixes rules, the regulations of a regular match (as used in the competitions of the NLB) shall apply.
9. Two referees will be present. Teams do not have to provide their own umpires, but this is allowed. Protests will not be accepted as far as refereeing decisions are concerned.
10. Non-playing teams should provide players to table at matches according to schedule.
11. Teams should wear like-coloured shirts with unique back numbers.
12. White match balls will be provided, practice balls must be brought along.
13. The organisation bears no responsibility for accidents or damage to third parties before, during or after the match. Participation is at your own risk.
14. The organisation bears no responsibility for theft before, during or after the competition
15. Participants must behave honestly and sportingly and according to the rules of the sport; fair play
16. Participation under the influence of alcohol, drugs, etc. is strictly prohibited.
17. In all cases, the committee reserves the right to make a binding decision.

