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Flex6 Lacrosse is a fun, fast-paced, non-contact version of the game of lacrosse that can be played by any mix of players up to six per team.

About Flex6 Lacrosse

Flex6 Lacrosse is a version of our sport played by an official set of approved guidelines from US Lacrosse. Flex6 Lacrosse is designed to meet the unique needs of communities across the country who want to provide accessible lacrosse play programs for people of any age and skill level.



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Flex6 Lacrosse Overview

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Flex6 Lacrosse guidelines are standardized for safety, however most aspects of play are completely flexible and adaptable in the following areas:



Smaller field (cross-field set-up, can also be played on courts or in gyms)

Up to 6 v 6 (ideal) but as few as 3 v 3 can play, or anything in between



Can be mixed or single gender



Can be officiated formally or self-officiated



A variety of sticks is allowable—men's, women's, fiddle, or PE/soft-stick (with PE ball/soft-stick ball)

Played with a pinkie or tennis ball, or a PE/Soft-Stick ball if using a PE/soft-stick

No other player protective equipment needed

Flexible options for goals and scoring





No stick to stick, body to body, or body to stick contact

Governed by 10 simple "Laws" of the game, violations of laws result in a change of possession

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Get Started with Flex6 Lacrosse

Interested in creating lacrosse play and programming opportunities using the Flex6 Lacrosse guidelines? Contact your local Regional Manager (<https://www.uslacrosse.org/regions>) to discuss options, learn more, and to obtain a complimentary full copy of the official Flex6 Lacrosse Guidelines for Play.

[GET STARTED \(/REGIONS\)](/regions)

[Who Should Play Flex6 Lacrosse?](#)

[Where is Flex6 Lacrosse played?](#)

[Flex6 Lacrosse for US Lacrosse Members](#)

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About US Lacrosse

- [Our History \(/about-us-lacrosse\)](/about-us-lacrosse)
- [Strategic Plan \(/about-us-lacrosse/strategic-plan\)](/about-us-lacrosse/strategic-plan)
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- [Membership FAQ \(/membership/membership-faq\)](/membership/membership-faq)

Who We Are

- JOIN ([HTTPS://WWW.USLACROSSE.ORG/JOIN](https://www.uslacrosse.org/join))**
- [US Lacrosse Foundation \(/foundation\)](/foundation)
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Foundation

- [How We Help \(/foundation\)](/foundation)
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