



Men's Box League Rules and Participation

- All rules are international (WL/FIL) unless otherwise specified below. International rulebook can be found at:

<https://d2axmwxxyhrv2a1.cloudfront.net/2020/05/World-Lacrosse-Indoor-Lacrosse-RulebookFinal-2020-2022.pdf>

- There will be three (3) fifteen (15) minute running periods. The break between periods are 2 minutes.
- 5 minute half time / 5 minutes between games.
- One timeout of :30 second duration per team per game.
- Table personnel will keep penalty time, scores, and stats. League officials will keep game time.
- Number of players per team each game: 5 field and 1 goalie (ULAX will provide a set of goalie equipment. Stick not included).
- Teams are obliged to wear league-issued ULAX jerseys, unless the league commissioner grants permission before the start of the league.
- Per international rules, wooden sticks and large goalie sticks (walls or quads) are NOT allowed. Field players: short sticks only.
- Goal size is 4' by 4'6" - 4'9".
- In the event of a tie score at the end of the game, a single sudden victory period will be played for (5) five minutes. Sudden victory, no timeouts, first goal wins. No score in overtime will result in a tie.
- Time-Served Penalties: A minor penalty one (1) minute for personal fouls (cross-checking, tripping, holding, etc.), a major penalty three (3)

minutes for dangerous fouls (charging into the boards, butt-ending attempt, etc.).

- **Time-Served Penalty Releases:** In the case that a penalty which impacts the manpower on the floor expires during a dead-ball situation (due to the running clock), the player may not exit the penalty box until live play is whistled in (i.e., penalty time starts on the restart of the whistle).
- **Coincidental minor/major penalties:** when coincidental minor penalties or coincidental major penalties of equal duration are imposed against players of both teams, the penalized players shall take their places in the penalty box and teams shall continue to play man down. Such penalized players should not leave the penalty box until the first non-technical stoppage of play following the expiry of their penalties.
- **A match penalty** involves the suspension of the player for the balance of the game and the offended shall be ordered off the floor immediately. The “in home” player is to replace the penalized player for the full three minutes of playing time regardless of the number of goals scored. A player incurring a Match Penalty shall automatically receive a game suspension.
- All games will begin promptly at the time posted on the ULAX website.
- Be ready on time - the game will start no later than five (5) minutes after the scheduled start time regardless if teams are ready to play.
- As the league is also a promotion of the game of lacrosse to the public we ask all players to play fair and within the rules and spirit of sportsmanship.
- **DEFAULT FORFEITS:** Unless the captains agree otherwise prior to the start of the game, if a team cannot produce a goalie and a minimum of three (3) players by ten (10) minutes after the scheduled start time they will forfeit and the game will be considered a scrimmage. Players from another team can only step in to play for a team that has less than five (5) runners present and if the opposing team captain allows it to count as a

valid game win. Otherwise a scrimmage game can be played. Players who are not registered and not on the roster will not be permitted to play, even as fill-ins.

Fighting and Ejections

Fighting is not condoned in any form. All fighting will result in a major penalty, a game misconduct and immediate expulsion from the game with the possibility of expulsion from the league per the commissioners' discretion. Game ejections will be handled by the officials and left to their discretion. Extended league ejections are handled by the ULAX commissioners and left to the commissioners' discretion.