



Men's Box Rules

- There will be three (3) fifteen (15) minute running periods.
- Number of players per team each game: 5 field & 1 Goalie ** we will provide goalies with box equipment. Stick not included.
- No shot clock
- Assuming both teams are ready at the start of the game, games will start on time.
- 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.
- Teams must have a goalie and a minimum of three (3) runners to start play. Anything less will be a forfeit.
- If a team cannot produce a goalie and a minimum of three (3) runners 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 for a 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.
- Penalties: A minor penalty 1 min. for personal fouls (cross-checking, tripping, slashing, holding etc.), a major penalty 3 mins, for dangerous fouls (charging into the boards, butt-ending attempt etc.).
- In the event of a tie score at the end of the game, a single sudden victory period will be played. Sudden victory, no timeouts, play until we have a winner. First goal wins.

- 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 all take their places in the penalty box and teams shall continue 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 respective 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. The ULAX Manager reserves the right to expel such a player from the league.
- Fighting is not condoned in any form. All fighting will result in a major penalty, a game misconduct and immediate expulsion from the league for the rest of the season, and possibly the next.
- Time-outs: each team shall be allowed a maximum of one 30 sec. time-out per game.
- Teams are obliged wear league-issued ULAX jerseys, unless team captains cleared it with the league commissioner 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 (field lax d-poles are welcome to join but you must use a shorty).
- 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.