



## HS Girls' League Rules and Participation

NFHS Rules apply unless noted otherwise

- All players must be registered/rostered on the league website
- Two – 25 minutes running halves (official time may vary slightly)
- All games will begin promptly at the time posted on the ULAX website
- One 30 second timeout per team per half
  - The clock does not stop during timeouts unless the game is within two goals with less than two minutes remaining in the game
- League officials will keep game time
- No shot clock
  - Stalling warning will be left to the officials' discretion
  - If stalling is called the team with possession has 30 seconds to get a shot on goal
- Overtime: In the event of a tie score at the end of the game, a single sudden victory period will be played for five minutes if field time permits
  - OT begins immediately following the end of regulation with a draw
  - Teams will not change ends between the second half and overtime
  - No timeouts
  - No score in overtime will result in a tie
- Playoff OT: A single sudden victory period will be played for five minutes if field time permits
  - If the game remains tied after the five minute period, the game will be decided by a sudden victory braveheart (rules below)
    - Braveheart rules: Each team selects one of their rostered field players and one of their rostered goalies to take the field. The players will begin the braveheart period with a draw and play 1 v 1 until someone scores
  - If time does not permit an OT period, a braveheart can be played instead
- All players are required to wear USA Lacrosse-approved protective equipment at all times during games
- It is the responsibility of each player, as well as their parent(s) and/or guardian(s), to ensure that the player is properly equipped before participating (ULAX does not provide player equipment)
- Fighting will not be tolerated
- Game ejections will be handled by the officials and left to their discretion
- Extended league suspensions/expulsions are handled by the ULAX front office
- Default forfeits: If either (or both) team(s) does (do) not have a minimum of six players at the beginning of the game, the team captains or other representatives will meet and confer to determine whether the game will count towards the league standings
  - The team captains/representatives can agree to play the scheduled game in a different format (e.g., 9v9, 6v6, flipped goal(s), added player(s), etc) and have the game count towards the league standings
  - If an agreement is not reached, the team that has at least six rostered players will be given a forfeit victory and the teams will play an exhibition scrimmage with the players that are present
- Forfeit victory: The score will be based on the winning team's average goal differential in their previous games (if any)

- Score will be capped at 10-0
- If it is the first game of the season or if the winning team has a negative goal differential, the score will be recorded as 1-0
- Forfeit Rule: If a team forfeits two or more games throughout the course of a season, that team may be disqualified from playing in the playoffs in that particular season
- Roster checks may occur at any point during a game. These checks can be initiated by either the opposing team captain/representative or league personnel. When a roster check is called, the player in question will be required to present photo identification. If, during the game, a non-rostered player is found to be participating, the team committing the violation will be forced to forfeit.

### **Weather Protocol**

- ULAX games are played rain or shine
- Only the presence of severe weather (e.g., thunderstorms) and/or unsafe field conditions will result in a postponement and/or cancellation
- If games are postponed/canceled, we will distribute a league wide email to all registered players, notifying them of the postponement/cancellation