



Men's League Rules and Participation

NCAA 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
- 30 seconds to touch the ball into the offensive box
- If the score differential is within two goals in the final two minutes of the game, the team in the lead must keep the ball in the offensive box once they have touched it in
 - If the game is being played on a field that is not full regulation size, the offensive team must keep the ball on the offensive side of the restraining line (i.e. players can use the alleys)
 - In the event there is no restraining line, the over and back rule applies
- 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 faceoff
 - 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 faceoff and play 1 v 1 until someone scores.
 - If time does not permit an OT period, a braveheart can be played instead
- 4 long poles maximum on the field
- Faceoffs:
 - Faceoff specialists may line up with one knee down
 - Motorcycle grip is not permitted
- Goal mouth/diving:
 - No goal mouth rules will be enforced
 - Diving is allowed as long as it does not endanger the goalie (per officials' discretion)
- Stick checks must be requested - shooting string rules will not be enforced
- Gloves : Cut out palms are permitted

- Penalties:
 - Technical Foul: 30 seconds
 - Personal Foul: 1 minute
 - Unsportsmanlike Conduct: 2 to 3 minutes and may be full time per officials' discretion
 - Penalty time starts when play resumes
 - Players cannot return to the field from a penalty during a dead ball
 - In Home can serve a goalie penalty if no other goalie is available
- 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 the requisite number of rostered players at the beginning of the game, including a goalie(s) (e.g., 10 for men for full field leagues), 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., 8v8, 7v7, 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 10 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

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