



Men's League Rules and Participation

- NFHS Rules Apply unless noted otherwise
- Two – 25 minutes running halves (official time may vary slightly)
- 5 minute half time / 5 minutes between games
- One timeout per team per half.
- Table personnel will keep penalty time, scores, and stats
- League officials will keep game time
- 4 long poles maximum on the field
- No horns
- No mercy rule
- There will be a 10 or 20 second count per NFHS if the box is lined
- Delay of game warning/call will be left to the officials' discretion
- One handed checks are allowed, but not if a slash
- Penalty Time - 30 second technical foul. NOT 45 RUNNING
- Penalty Time - 60 second personal foul NOT 90 RUNNING
- Penalty time starts on the restart of whistle
- In Home can serve a goalie penalty if no other goalie is available

- All games will begin promptly at the time posted on the ULAX website
- 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
- **DEFAULT FORFEITS:** If either (or both) team(s) does (do) not have the requisite number of players at the beginning of the game (e.g., 10 for men, 12 for women (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. Specifically, the team captains/representatives can agree to play the scheduled game in a different format (e.g., 5v5, 6v6, 7v7 with flipped cages) and have the game count towards the league standings. If an agreement is not reached, the team that has more players will be given a 1-0 default forfeit victory and the teams will play an exhibition scrimmage with the players that are present.
- **Forfeit Rule** - If a team forfeits two or more games throughout the course of a season, that team will 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/cancelled, we will distribute a league wide email to all registered players, notifying them of the postponement/cancellation.

Fighting and Ejections

Fighting will not be tolerated. Game ejections will be handled by the officials and left to their discretion. Extended league ejections are handled by the ULAX league manager and left to the manager's discretion.