



Men's Box League Rules and Participation

All rules are international ([World Lacrosse](#)) unless otherwise specified below

- All players must be registered/rostered on the league website
- All games will begin promptly at the time posted on the ULAX website
- There will be four (4) twelve (12) minute running quarters
 - One minute break between 1st/2nd quarters & 3rd/4th quarters, two minute break at half time
 - Teams only switch sides at half
- 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
- Number of players per team each game: 5 field and 1 goalie
- ULAX can provide a set of goalie equipment - uppers and lowers only - if needed, based on availability
 - Individuals who would like loaner gear must contact the league at least 3 weeks before it is set to begin to coordinate
- Wooden sticks and large goalie sticks (walls or quads) are permitted
- Goal size is 4' by 4'6" - 4'9" (goal size may vary based on location and availability)
- 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 as field time permits
- 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.
- A match penalty involves the suspension of the player for the balance of the game and the offender shall be ordered off the floor immediately
 - A player incurring a Match Penalty may receive an additional suspension based on the league's discretion
- Over and back will be called as outlined in the [World Lacrosse rules](#) (Section 8, Rule 7.6)
- 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 (six) at the beginning of the game, including a goalie(s), 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., 5v5, 4v4, 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 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
- A roster check can be requested by a team captain
 - Players should always have a photo-ID available in the event of a roster check

Weather Protocol

- ULAX games are played rain or shine
- Only the presence of severe weather (e.g., thunderstorms, blizzards, etc.) 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