



ULAX Men's Lacrosse Rules and Regulations

I. Player Actions

Body Checking

- ❖ Body checking of an opponent in possession of the ball or within 5 yards of a loose ball, from the front or side above the waist and below the neck, is legal.

Targeting the Head/Neck

- ❖ A player shall not initiate contact to an opponent's head or neck with a cross-check, or any part of his body (head, elbow, shoulder, etc.) or stick. Any follow-through that contacts the head or neck shall also be considered a violation of this rule. Violation of this rule will result in a one, two, or three minute non-releasable foul, at the official's discretion. Excessive violation of this rule may lead to ejection from the game.

II. Equipment and Field

Field

- ❖ The size of the field may vary from field-to-field. If the field is deemed too small for 10 on 10 play, the league commissioner may reduce the requisite number of players on the field (this will be determined and announced to prospective players prior to registration).

Goals and Nets

- ❖ An NCAA specification as to construction and color of goals and nets is preferred; however, the color of nets and goals may vary from NCAA Rules. The size of the goal pipes may also vary slightly from NCAA provisions.

Balls

- ❖ Balls will be provided by the league and may be in accordance with NCAA Rules.

Crosses

- ❖ Crosses shall consist of a stick head, which is at least 6 inches wide. However the graduated head widths and the 2013 rule with respect to shooting strings, single sidewall rule, the restrictions on tape on sticks and the required tape on shaft on sticks used for face-offs is not enforced. Only four long crosses may be in the game, not counting the goalie's crosse.

Personal Equipment

- ❖ It is desirable, but not required, that helmets, gloves, shorts and sweatpants colors be consistent with NCAA Rules.

Equipment to be Worn

- ❖ Required equipment includes: helmet (field or box is fine), gloves, elbow/arm pads and stick. Shoulder pads, rib pads, mouth guards and protective cups are recommended, but not required. Goalies are not required to wear Arm Pads or Shoulder Pads; however, goalies must wear all other equipment required for goalies, including but not limited to, Throat Protections and Chest Protectors.

III. Captain/Team Administrator

Captain's Certification

- ❖ The Captain or other person having administrative responsibilities, may make the certification with the officials prior to commencement of each game.

IV. Game Officials and Misc. Rules & Regulations

Game Officials

- ❖ The number of officials may vary from league-to-league.
- ❖ Any of the official(s) may suspend the play of the game and stop the game clock and any penalty clock(s) for any reasons which (s)he deems necessary for the proper enforcement of the rules of the game or the safe conduct of the game – e.g. delays caused by having to retrieve a ball out of bounds.

Minors

- ❖ Guys who are 16 and 17 years of age are allowed to play in ULAX leagues, but they must have a waiver signed by a parent/guardian.

Minimum Number of Players

- ❖ Each team should have at least 9 field players and 1 goaltender.
- ❖ In the event that a team has less than 9 players, a 7 v 7 game can be played for a league win if the opposing team/captain agrees to those terms. If it is not agreed upon, the team without enough players will forfeit and a scrimmage game will be played.
- ❖ In the event that a team does not have any goaltenders, one of their field players is allowed to step in to preserve the game. A goaltender from another team can be used to play for a league win if the opposing team/captain agrees to those terms. If it is not agreed upon or a teammate does not step into goal, that team will forfeit and a scrimmage game can be played.

Times

- ❖ Game time will consist of two 22 minute running halves.
*If games consistently start on time and end early the halves can be upped to 25 minutes at the discretion of the league commissioner.
- ❖ There will be a 5 minute halftime.
- ❖ The game time and penalties will stop for timeouts, injury stoppages, or any other delays in restarting play. The timing of a penalty will begin when the whistle blows to restart play.

Team Timeouts

- ❖ When the ball is dead, any member of either team (on or off the field) may request an official to call timeout. During play, a team timeout may be called for by a player of the team (on or off the field) in possession of the ball.
- ❖ Each team will get a single 1 minute timeout per half. Game time will consist of two 22 minute running halves.

Face-offs

- ❖ Face-offs shall be in accordance with NCAA rules except that the face-off player need not leave the field for a technical faceoff violation.

Restarts

- ❖ The officials shall make an effort to have quick restarts; however, no restart after a penalty shall be initiated within 20 yards of the goal, no player may be within 5 yards of the player with the ball on the restart, and no “running restarts” are permitted.

Penalties

- ❖ NCAA Penalty Rules apply, except as modified by these rules. Goalies need not serve their own penalties unless the penalty time is for Unsportsmanlike Conduct or 2 minutes or more of Personal Foul time is assessed against the goalie during a single play or stop situation. Except in these aforementioned situations, the In-Home shall serve the goalie’s penalty.

Stick Legality - Gentleman’s Rule (Stick Check Rule)

- ❖ Standard pre-game and half time stick checks will not be performed. Players are asked to keep their sticks legal under the guidelines outlined in section II.
- ❖ Each team can ask for a stick check on one opposing player per half if they feel that players stick head is illegal.
- ❖ If during a stick check a crosse is found to be illegal, a three-minute non-releasable foul will be assessed. The crosse will remain at the scorer’s table until the end of the game to insure it is not used. CAA Penalty Rules apply, except as modified by these rules. Goalies need not serve their own penalties unless the penalty time is for Unsportsmanlike Conduct or 2 minutes or more of Personal Foul time is assessed against the goalie during a single play or stop situation. Except in these aforementioned situations, the In-Home shall serve the goalie’s penalty.

Fighting

- ❖ Fighting will NOT be tolerated. If a fight occurs, both players will be ejected and suspended for the following game. If a player gets in another fight within the same season they will be kicked out of the league. No refunds will be issued.
- ❖ The league commissioner has the authority to ban a player that has been kicked out from all future ULAX leagues.

Stalling

- ❖ It shall be the responsibility of the team in possession to attack the goal. The defensive team is not required to play the attacking team, within or outside the attack area, in order for a stalling warning to be issued.
- ❖ At any time during the course of the game, if in the judgment of the officials, a team is keeping the ball from play by not attacking the goal, the “get it in/keep it in” command may be administered by game officials. (Note: In some leagues/events/facilities, the entire area on the goal side of the Restraining Line serves as the “attack area” for the purpose of these rules.)
 - a) **“Get It In.”** This warning is used when the ball is outside the attack area. An official signals and verbally announces “get it in.” The team in possession must advance the ball into the attack area within 10 seconds and keep it in the attack area.
 - b) **“Keep It In.”** This warning is used when the ball is inside the attack area. An official signals and verbally announces “keep it in.” The team in possession must keep the ball in the attack area.
 - c) Once a stalling warning has been issued it will remain in effect until:
 1. The defensive team gains possession;
 2. A goal is scored by the offensive team;
 3. The period ends, resulting in a faceoff; or
 4. The offensive team causes the ball to go outside the attack goal area and touches the ball before the defensive team gains possession. In this case a stalling violation is called, and the defensive team is awarded the ball.

NOTE: A team in possession of the ball in the attack goal area, after it has been warned to “keep it in,” cannot be penalized for stalling unless it causes the ball to go outside the attack goal area.

- d) Once a warning has been issued, a stalling violation will be called if the ball comes out of the attack goal area in any manner, except for the following:
 1. A shot by the offensive team; or
 2. A loose ball leaves the attack area after last being touched (or deflected) by the defensive team. If the offensive team regains possession, the stalling warning remains in effect and the team shall have 10 seconds to “get it in” and then “keep it in”

Slow Whistle/ Flag Down Rule

- ❖ If a defending player commits a foul against an attacking player, while an attacking player has possession of the ball, and in the judgment of the official a scoring play is in progress or imminent, the official must drop a signal flag, make the verbal signal “flag-down” and withhold his whistle until, in the judgment of the official, the initial or imminent scoring play is over. Thus, if the team loses possession of the ball, the ball touches the ground, other than on shot or pass, or is no longer “going to the goal” on the initial attempt the scoring play, the “slow whistle /flag down” is over. In addition if the official must stop play for any other reason, for example, ball out of bounds, a foul by the attacking team, a player is apparently injured or loses any required equipment in the scrimmage area, etc. the scoring play the “slow whistle / flag down” is over.

NOTE: The rationale for the rule is to prevent a defensive player being able stop an in progress or immediately imminent scoring play by committing a foul and causing an immediate whistle. The slow whistle/flag down situation should only last for a short time and only to allow the attacking team to continue the initial or imminent scoring attempt.

Continued Unsportsmanlike Conduct

- ❖ “Unsportsmanlike Conduct” as used herein is conduct that is deemed to be unfair, disrespectful, and impolite toward other players in the league.
- ❖ The determination of whether certain conduct amounts to “unsportsmanlike conduct” is left to the discretion of the officials.
- ❖ If a player or other person has been penalized for Unsportsmanlike Conduct and continues to act in an unsportsmanlike manner, in addition to any other actions under the rules, the official(s) may banish the player or person from the bench, field, and/or spectator area.