



Women's League Rules and Participation

NCAA Rules apply unless noted otherwise

- All players must be registered/rostered on the league website
- Four – 12 minute running quarters* (official time may vary slightly)
 - *This is a trial for Buffalo & NYC leagues for Summer 2024
 - One minute break between 1st/2nd quarters & 3rd/4th quarters, two minute break at half time
 - Teams only switch sides at half
- 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
- Required Equipment:
 - Stick, goggles & ULAX jerseys (or league approved custom uniforms) are required
 - Use of mouthpiece is strongly recommended
 - Leg and thigh padding is not required for goalkeepers
- Green Card: Modifications to the green card rules under the 2024 NCAA rules do not apply
 - Green cards are only enforced for nonengagement fouls and delay-of-game fouls (see [Green Card 2023 NCAA Rules](#), pg 60)
- Players' sticks may touch the ground over the restraining line on the draw; however, players may not cross the line until possession is established
- The sticks on the draw must be fully parallel and within the vertical plane of the center line
- Stick stringing specifications have moved from a technical standard to performance standard
- Yellow cards are releasable until the 4th card and all subsequent cards which are nonreleasable
 - Team card counts do not apply to play down
 - Individual card counts do apply

- No multiple foul count (green card) for fouls committed by the attack when defense is attempting to clear the ball to their attacking end (goal line to opposing restraining line)
- Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in possession of the ball
 - Defenders within the goal circle may only play the ball if they are wholly grounded (e.g., both feet within the goal circle)
 - Defenders must immediately leave the goal circle when their team loses possession of the ball
- 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 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