

2026 Upstate Laxfest Rules

Key Rules for all Age Groups:

- Each half will be 20 minutes of running time with a 4-minute halftime.
- The clock will be kept by a master horn.
- No Time Outs
- On a flag down, play will stop on turnover or when ball hits the ground.
- Penalty time will be served as 45 seconds and 90 seconds respectively due to running time halves
- Penalty time will be kept on field by the scorer's table staff.
- Over and back rules will be enforced only after ball enters restraining box.
- Teams will have 20 seconds to clear the ball into their offensive end.
- Body Checks will be called tightly for all age groups – NO Body Checking for 2036/37 Division
- No 'keep it in' rule unless officials feel a team is stalling.
- If a team is down by 7 goals they will have the choice be awarded the ball instead of a Face-Off after a goal by either team.
- There will be no overtimes

2036/37 Divisions: Game Rules (NFHS with the Following Revisions)

- No Crosse longer than 54" will be allowed.
- Game is played 10v10 but with a smaller field
- NO Body Checking for 2036/37 Division

After the game: Please text John Welington (716-955-0312) the results!
Please also record the score on your score sheet!!!