

2026 Upstate Laxfest High School Rules

Key Rules for High School Group:

- Each half will be 22 minutes of running time with a 5-minute halftime.
- The clock will be kept by the field general
- The clock will be start/stop under two minutes for games within 2 goals
 - Leading team must “keep it in” under two minutes in a 2 goal game
- One timeout per game per team, can be used anywhere on the field. The clock will stop.
- On a flag down, play will stop on turnover or ball out of play
- 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 field general
- 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.
- “keep it in” can be applied if the officials deem a team is stalling
- Body Checks will be called tightly
- There will be no overtimes

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

Game Time 8:30	Team Name: Score:	Team Name: Score:
Game Time 9:30	Team Name: Score:	Team Name: Score:
Game Time 10:30	Team Name: Score:	Team Name: Score:
Game Time 11:30	Team Name: Score:	Team Name: Score:
Game Time 12:30	Team Name: Score:	Team Name: Score:
Game Time 1:30	Team Name: Score:	Team Name: Score:
Game Time 2:30	Team Name: Score:	Team Name: Score:
Game Time 3:30	Team Name: Score:	Team Name: Score:
Game Time 4:30	Team Name: Score:	Team Name: Score:

Reminder: Text John Welington (716-955-0312) the results as well!