

## 2020 Upstate Laxfest Rules

### **Key Rules for all Age Groups:**

- On a flag down, play will stop on turnover or when ball hits the ground.
- Over and back rules will be enforced only after ball enters restraining box.
- Body Checks will be called tightly for all age groups – NO Body Checking for K-2 Division
- Teams will have 20 seconds to clear the ball into their offensive end.

### **5-6 and 7-8 Divisions: Game Rules (NFHS with the Following Revisions)**

- No Time Outs
- In case of a tie at the end of regulation, a 4 Minute sudden victory overtime will be played. No Time Outs. If still tied at that point it will remain a tie.
- Penalty time will be served as 45 seconds and 90 seconds respectively due to running time halves.
- No “keep it in” rule unless officials feel a team is stalling.

### **K-2 and 3-4 Divisions: Game Rules (NFHS with the following Revisions)**

- No Time Outs
- In case of a tie at the end of regulation, a 4 Minute sudden victory overtime will be played. No Time Outs. If still tied at that point it will remain a tie.
- Penalty time will be served as 45 seconds and 90 seconds respectively due to running time halves.
- No Crosse longer than 54” will be allowed