

# **Greater Howard Club Lacrosse Conference (GHCLC) – SPRING 2026**

**All rules of play are based on 2026 NCAA rules with the following exceptions:**

**No Dive** – The dive will be illegal (see “Emphasis” section)

**Shot Clock** – 2030 “Elite” and 2031 “Elite” ONLY

**NO GAIT D HEAD!**

## ***Game Time/Counts***

**10 min start/stop** quarters EXCEPT 2035 and 2036 - **8 min start/stop** quarters

*Games without HCRP staff Scorekeepers will play with the following times:*

*2030-2034: 13-minute running clock quarters, start/stop last 2 minutes of 4th quarter*

*2035-2036: 11 min running clock, start/stop last 2 minutes of 4th quarter*

Sub Horns – **2035-2036 ONLY** and **ONLY** sideline out-of-bounds

Clearing Counts – **All counts are based on 2026 NCAA Rules** – 20 seconds to advance ball across midfield satisfies count and activates the “no over and back” rule.

**Except for 2035 and 2036 (NO COUNTS)**

**\*\* Referees discretion to impose a 30 second count (“clock on!”) and require a legitimate shot on goal if it is determined a team is stalling \*\***

**Shot Clock: 2030 “Elite” and 2031 “Elite” Divisions Only.** Standard 80-second shot clock with a 60-second reset. Once play is stopped in flag down, slow whistle scenarios and the shot clock is at or below 60 seconds while possession remains in the offensive half of the field, the shot clock will be reset to 60 seconds. If the shot clock is above 60 seconds, the clock will reset to 80 seconds. Shot clock begins when a team clearly gains possession.

Regular Season – There will be only ONE (4 minute) overtime period. Once the OT period expires, the game is scored a tie.

If a team is winning by 10+ goals in the second half of a game, the game clock will be set to “running.” Penalty time remains start/stop.

## *Equipment*

**Both NCAA & Federation sticks are legal** if stick measures **less than 6 1/2” across the top of the head**, stick will be checked in all aspects of legality as a NCAA stick. If stick measures **6 1/2” or more across the top of the head**, stick will be checked in all aspects of legality as a Federation stick

**Legal Lengths – 2035-2036:** 36” - 42” & 52” - 60”  
**2034:** 36” - 42” or 52” - 72”  
**2033:** 36” - 42” or 52” - 72”  
**2030–2032:** 40” - 42” or 52” - 72” (NCAA regulation)

## *Goalies*

A goalie is **NOT** given additional time to return to his crease before the restart. (quick whistle rule) **EXCEPT** – goalies for **2035 and 2036 can return to crease** before restart.

**\*NO Defenseman** may establish a position in the crease between the pipes if offense is in possession. QUICK whistle, 1 min Unsportsmanlike penalty to all defensemen involved.

## *Spectators*

NO spectators allowed behind either team bench

NO spectators allowed along either end line

**(1) max official photographer** per team on far sideline  
**NOT** on bench sideline or end line.

**NO ADULTS** inside of fence/playing area without a **visible, original HCRP GHCLC League Badge** with that **individual’s photo on it**.

## *All other NCAA Rules are in effect, including:*

Contrasting tape is **NOT REQUIRED** for face-off players

**NO SHOOTING STRINGS** below 4” (U & V) – **FLAG & PENALIZE!**

Time outs / Flag Down play / “Timer On”

Stalling (includes 2032)

The Substitution box will stretch 10 Yards (Based on NCAA Specs)

## ***EMPHASIS***

Significant hits to the head should be considered for **EJECTION**.

**The Dive is ILLEGAL** – The dive will NOT be implemented at any age group. We have deemed the dive to be an unsafe play in our youth game.

**Defensive Player in Goal mouth is ILLEGAL** – No defensive player other than the designated goalie is allowed to establish a position in the goal mouth. This is an unsafe play in the youth game.

Goalie Penalty – **ROUTINE** time-serving penalty, Goalie stays but a defenseman on the field serves the time.

**VIOLENT OR MALIGNING** – 1 to 2 min NR & **Goalie serves.**

Replacement **allowed 3 minutes to warm up.** Teams may go to benches during warm up.