



## Bethesda Lacrosse Boys Rec/House League Rules – Spring 2026

Updated 4.8.26

Bethesda Lacrosse House/Recreational League will follow **NCAA Rules** with the following exceptions:

- 1 time-out per half—no time-outs within 2 minutes of the end of a quarter
- 4 quarters running time (1 minute between quarters and 2-minutes for halftime)
  - 12 Minute Running time for K/1
  - 15 Minute Running time for all other divisions
- No overtime (unless in tournament play at the end of the year)
- No shot clock
- Teams have 20 seconds to clear the ball to their offensive end (N/A for K/1 and 2/3 Division)
- If game is within 2 goals- winning team is required to keep it in the box during the final 2 minutes (N/A for K/1)
- Face-Off – normal face offs after each goal, except when a team leading by 5 or more there will be a free clear
- Stick Length –
  - K/1 – 35”- 42” (no long poles)
  - 2/3 –
    - Short – 37”- 42”
    - Long – 45”- 60” (max of 3 on the field at one time)
  - 4/5 –
    - Short – 37”- 42”
    - Long – 47”- 60” (max of 4 on the field at one time)
  - 6/7 –
    - Short – 40”- 42”
    - Long – 52”- 72” (max of 4 on the field at one time)
  - 8 –
    - Short – 40”- 42”
    - Long – 52”- 72” (max of 4 on the field at one time)
- Substituting – on the fly, after a goal, or anytime a time-served penalty is called
- If one team does not have enough players at the start of a game-- the game will be scored as a 1-0 forfeit but the game should be played. The borrowing of players from the other team, as needed in this situation, is strongly encouraged in order to provide players with the chance to play, learn and have fun. If neither team has enough players at the start of the game-- the format (2-3-2 for K/1 and 3-3-3 for grades 2-8) can be modified.

### K/1 Division

- 1 pass attempt originating in offensive end to become "Hot" in order to shoot on goal.
  - Team remains hot until defense clears ball past midline.
- No body checking is permitted.
- Players may screen other players from getting to the ball when the ball is loose.
- Players may play defense with their hands together on the cross and contact the opposing player at hip level without extending their arms or cross checking (using the cross to direct the player with your hands apart).
- In the event of a penalty (slashing, pushing, body checks etc...):
  - The player that committed the foul will come off the field and be replaced by another player. There will be no “time serving” penalties.
  - The team that got fouled will be awarded a “fast break” – 3 on 2 with the other players 5 yards behind the player with the ball.
  - The team that got fouled will be “hot” and able to go right to the goal.
  - The player that got fouled will start with the ball after a penalty



- Ground balls: To promote continued player safety and also speed of play, scrums of multiple players trying to pick up ground balls will have a 4 second count at the official's discretion if the ball is not advancing. If a stoppage of play occurs, possession will be granted via alternate possession.
- Face-off after every goal.
- 7v7 (2-3-2 formation)
- "Hector the Rejector" will be used in place of goalies.
- Substituting – on the fly or at any whistle/stoppage of play.

For a full list of NCAA rules – please visit - <http://www.ncaapublications.com/productdownloads/LC22.pdf>