

## **New Jersey Boys' and Girls' Lacrosse Shot Clock Proposal Addendum**

### **Supplemental Documents**

The following information is submitted to the members of the NJSIAA Advisory Committee to express support and address the concerns raised in our community surveys in relation to the adoption of the shot clock for boys and girls lacrosse.

Documents include: survey data, equipment pricing and availability, staffing and game management, statistical game comparison and analysis, and letters of support from a Group 1 public school Head Coach, a New Jersey Assignor, the NJLOA and NJSIAA State Rules Interpreter, a New York State public school Athletic Director, and the President of the Women's Lacrosse Association.

### **2025 Shot Clock Survey Results:**

The data below is from recent surveys conducted in the fall of 2025, showing strong support among the coaching community, as well as support and concerns from Athletic Directors.

#### **Groups surveyed:**

1. New Jersey Interscholastic Lacrosse Coaches Association - NJILCA (220 programs)
2. New Jersey Women's Lacrosse Coaches Association - NJWLCA (234 programs)
3. New Jersey Interscholastic Lacrosse League - NJILL (101 schools)

#### **NJILCA (Boys):**

- 111 coaches from 220 programs responded to the survey (50% response rate).
  - 86% of these responses voted "Yes" to implementing the shot clock.

#### **NJWLCA (Girls):**

- 116 coaches from the 234 programs responded to the survey (49.5%).
  - 72% of these responses voted "Yes" to implementing the shot clock.

#### **NJILL (Athletic Directors):**

- 80 Athletic Directors from 220 programs responded (36% response rate) to the survey.
  - Of these responses, 48% voted "Yes" to implementing the shot clock.
- 65 Athletic Directors from 234 programs responded to the survey (28%).
  - 42% of these responses voted "Yes" to implementing the shot clock.

**Summary:** Feedback from both the New Jersey Interscholastic Lacrosse Coaches Association (NJILCA), the New Jersey Women's Lacrosse Coaches Association (NJWLCA), and the NJILL supports the implementation of a shot clock at the scholastic level.

Supporting feedback from surveys includes:

- A more consistent game experience.
- Provides officials with consistent rule application across the state.
- Helps to alleviate sportsmanship issues and addresses player safety concerns.
- Helps modernize lacrosse in New Jersey.

Main areas of concern from surveys include the following:

- Cost of equipment & storage.
- Cost of additional staffing.
- Changes strategy for teams that want to play “ball control”.
- Uniformity across conferences.

Addressing Concerns:

**1. Cost of equipment.**

A portable shot clock or pair of shot clocks can be purchased for approximately \$1000.00 to \$3000.00. There are numerous suppliers to help programs find competitive pricing.

These highly visible LED displays contain a control box, all necessary power cables, and a buzzer/horn. These devices offer two instantly resettable preset times.

Wireless and battery operate systems are also available within price range.

Vendors include Microframe, Funtronix, Daktronics, and Bison, providing solutions for practice and game needs.

**2. Cost of additional staffing.**

Member institutions are already required to provide table personnel and/or clock operators for their home games. On average these personnel earn between \$15-\$30 an hour, or a set fee of approximately \$50-\$85 per game.

It is possible to purchase wireless shot clock units that can be operated by the table personnel or potentially a game official wearing the wireless controller.

The adoption of the shot clock adds minimal responsibility to the table personnel. Upon a reset of the shot clock, the officials are trained to provide a visible reset hand signal to the table personnel. The table personnel already involved in the game will be able to respond to the signal and execute and adjustments to the clock.

Prior to the start of each game, in accordance with the 2026 NFHS boys and girls lacrosse rules, under all circumstances on-site event management and table personnel are responsible for confirming clock operation and communication procedure with the officials.

### 3. Changes strategy for teams that want to play “ball control”.

The following is a sample of data and statistics from the three contests between Summit High School and Westfield High School during the 2025 boys season.

These schools were chosen because they are both public schools, are known for their strategic pace of play and for utilizing both man-to-man and zone defenses, and played each other three times last season.

During the 2025 season:

- *Summit* averaged 10 goals a game and 4 goals against per game. They finished with a 18-5 record and won the Group 3 State Championship.
- *Westfield* averaged 10.7 goals a game and 6 goals against per game. They finished with a 19-7 record and won the Group 4 State Championship.

Three games:

1. April 2 - Regular season game: Winner - Summit (11-6)
  - a. Summit = 44 possessions
  - b. Westfield = 43 possessions
2. May 10 - Union County Final: Winner - Westfield (6-5)
  - a. Summit = 34 possessions
  - b. Westfield - 32 possessions
3. June 17 - KIRST Cup semifinal WITH shot clock: Winner - Westfield (OT) (8-7)
  - a. Summit = 60 possessions
  - b. Westfield = 46 possessions

Analysis of the impact of the shot clock used during game 3, the KIRST Cup semifinal game on June 17th:

- Total possessions per team and the final score, suggest the pace of play and the use of strategy were not negatively affected by the shot clock in the KIRST Cup semifinal. Both teams exceeded their season average for offensive possessions.
- The Westfield goalie made 18 saves, suggesting the shot clock did not force Summit to take haphazard shots or play at a faster pace. Summit finished the game with 34 total shots and 25 shots on goal compared to Westfield’s 27 total shots and 16 shots on goal. While ranges can vary, a typical high school lacrosse game can expect between 25-40 shots on goal per team in a competitive high school game.
- Face-off’s and team turnovers were also balanced. Out of a total of 20 face-off attempts, Summit won 9, and Westfield won 10. Summit finished the game with 12 turnovers and Westfield finished the game with 13 turnovers.
- The low score is in line with the two previous games played during the season. This suggests that strong defense and strategic possession management resulted in a balanced, competitive, and exciting game between two well-matched opponents.

#### **4. Uniformity and application of rules across conferences.**

Training is minimal. Through a series of online and in-person training sessions, New Jersey officials are already familiar with current officiating practices. Both the NJILOA and Women's Chapters provide annual educational training and review of best practices for their current and new members. National education and certification is available through US Lacrosse and often encouraged in conjunction with local training and certification.

Lacrosse shot clock mechanics adds a hand twirl (men's) or an arm pumo/drop (women's) to start/reset the shot clock on possession. A rasied, vertical arm with a whistle is used to start and stop play. These mechanics are easy to learn and as a result of the adoption of the shot clock by neighboring states/areas, summer club tournaments, and the collegiate game, are already familiar to the officiating community.

The utilization of a shot clock also promotes fairness and consistency by eliminating the variables of stalling witnessed across the state as well as removing other game environments that lead to unnecessary fouls and player injury.

The shot clock enhances player experience, improves safety, and modernizes the game of lacrosse.

Respectfully submitted by:

Matt Kovachik

Head coach, Delbarton School  
[mkovachik@delbarton.org](mailto:mkovachik@delbarton.org)



# Mountain Lakes High School

November 24, 2025

To: NJSIAA Executive Committee

I am writing this letter in complete support of Matt Kovachik's Shot Clock Proposal.

This is a needed, natural progression for our sport on both the girl's and boy's sides. The reasons for the adoption of a shot clock in our sport are outlined very well in Coach Kovachik's proposal. One of the strongest is the fact that, right now, one of the toughest and hence, most controversial calls that a referee must make in a NJ high school game is the "stalling warning". The shot clock eliminates this burden on the referee. It allows for a clear, objective timing rule that promotes fairness and consistency. Safety will also be improved due to the fact that a team will no longer need to keep the ball in the offensive box during the last two minutes of a game. The need to "keep it in" the small area of the offensive zone, creates a situation where a player from the team that is winning is usually hunted down by a double team....body and stick checked repeatedly by members of the team that is losing, in an effort to dislodge the ball and regain possession. Adopting the shot clock rule will eliminate this practice.

I also agree that a shot clock will increase game tempo, cut down stalling, promote skill and strategy and help our hard working referees. We had the opportunity to play with a shot clock in a contest at Rye High School, NY during our 2025 season. I was amazed at how easy it was for our team to adhere to and even benefit from the shot clock rule. One of my assistant coaches made the point that "We only have to play defense for 60 seconds." Mountain Lakes is a small Group 1 public school and we are matched regularly with much larger Public Schools (like Rye) and many Parochial A schools. The realization that if we could hold our opponent scoreless for 60 seconds, they would by rule, turn the ball back over to us, definitely evened the playing field for our team.

I urge the Executive committee to adopt the shot clock proposal as written. It will help promote fairness and sportsmanship, and will help grow the game. I have coached Lacrosse in New Jersey for 47 years. During that time I have been witness to the NJSIAA adopting many changes to our game that helped make it a better, safer and more exciting sport. Please make the adoption of this shot clock rule another win for the NJSIAA and girl's and boy's lacrosse in New Jersey. Thank you for your time and consideration in this matter.

Respectfully Submitted,

Tim Flynn  
Head Lacrosse Coach

**Subject:** Support for Shot Clock Test in NJ High School Lacrosse (2027 Season)

I am writing to provide input on the proposed test period for a shot clock in New Jersey high school lacrosse for the 2027 season. I bring 25 years of experience as an official, assigner, and NCAA shot clock operator.

Implementing a shot clock will modernize boys' lacrosse in New Jersey, align it with other Northeast lacrosse hotbeds, and make the game faster, cleaner, and safer.

**Officials' Perspective:** A shot clock reduces variables such as stalling and the "keep it in the box" rule during the final minutes, which can lead to unnecessary fouls or injury. Stalling is subjective and can at times be inconsistent, while a shot clock is clear and concise, removing questions or controversy regarding excessive possession. Officials can focus more on non-timing-related calls, improving game flow and safety.

**Assigners' Perspective:** Faster-paced games help develop officials more quickly. Experienced officials stepping away from on-field duties can remain involved as shot clock operators, providing valuable support. As an assigner, this is not a burden to assign. The shot clock can even be operated by an on-field official if necessary.

**Operator's Perspective:** Training is minimal, adjustments to on-field mechanics are straightforward, and any errors are easy to correct by scoreboard recall. Training would be provided by experienced shot clock operators along with experienced NCAA officials who are accustomed to using it.

In summary, a shot clock is a clear win for New Jersey lacrosse. It enhances player and official development, improves safety, modernizes the game, and aligns the state with other leading lacrosse programs. This change would leave a lasting positive impact on New Jersey lacrosse.

I support this proposal as submitted.

**Jack Lally, Assignor**

---



# Implementation of the Shot Clock

Letter of Support  
Keith Glock - NJILOA & NJSIAA  
State Rules Interpreter

## To the NJSIAA Executive Committee:

Typically, my job as the state rules interpreter is to provide education and guidance to all the high school boys' lacrosse officials in New Jersey regarding the safe and fair implementation of rules which have already been written and instituted. Regarding the potential implementation of a shot clock for high school boys' lacrosse, I have had to analyze *IF* our officials would be able to be educated sufficiently to safely implement this trial rule.

I can say confidently, and without reservation, I support the implementation of a shot clock in boys' lacrosse for high school games in the state of New Jersey.

**Education:** The rationale for my support comes from my close working relationship with NFHS boys' lacrosse committee member Walt Munze, who has spearheaded the trial implementation of the shot clock in the state of New York, as well as David Seidman, who was the chair of the NFHS committee for many years, and still serves on the committee in a recently appointed role.

Both Mr. Munze and Mr. Seidman have consulted with me personally throughout the implementation and revision of the NFHS trial regarding both on-field logistics for game officials as well as logistics for member schools. The feedback from Year-1 of the trial was overwhelmingly positive, and tweaks have been made to the on-field process to make it even simpler.

Additionally, I have no fears about training all our NJILOA officials on the implementation of the shot clock. My confidence is related to having been an on-field NCAA official when the shot clock was implemented at that level. I have personally lived through that once already and know the places in game play which are toughest to grasp for officials unfamiliar to a shot clock.

My decades-long career as an educator at Montgomery High School and The College of New Jersey give me the experience necessary to ensure I use best practices in teaching this to our officials.

**Game Play:** The implementation of the shot clock in NCAA lacrosse has been the most positive rule change of my 26-year officiating career. One of our goals as a part of this sport is to grow the game of lacrosse to those not currently involved. The shot clock provides a better experience for both players on the field as well as fans consuming it. While this is also my personal opinion, anecdotally I can state there is support for that same opinion from all stakeholders of the sport.

(see reverse side)

**Addressing Potential Concerns:** Detractors to the implementation of a shot clock, from a game-play standpoint, cite the potential for lopsided scores and a potential for smaller programs to be disadvantaged given the pace of play. I do not believe either of those fears carry significant risk. Regarding the potential for lopsided games, there is already a mechanism in the rulebook which institutes a running game clock in those situations.

Regarding smaller programs being disadvantaged: “smaller” programs, while literally referring to the number of participating athletes, is often synonymous with “newer” or “inexperienced” programs. In reality, watching “newer” or “inexperienced” programs actually play lacrosse, it is a rarity for those teams to hold and possess the ball during any one possession for longer than 80 seconds (the duration of the shot clock). It is, in actuality, a rarity for those programs.

And, for the experienced and skilled programs which are simply of smaller size (NJSIAA Group I and Group II schools), the players on those programs are already used to this type of tempo, as often times out-of-season events use a shot clock. Additionally, the pace of play in club lacrosse is often much faster, with players reporting that NFHS rules slow the game down quite a bit compared to what they are used to.

**In conclusion:** The shot clock provides a better, more exciting, overall experience for the student-athletes on the field, which is always our primary concern. I feel strongly that officials can and will be educated for the safe implementation of this rule and will be flexible and work with member schools regarding the off-field logistics of that same implementation.

Finally, while we know that most of our student-athletes will end their formal athletic careers when they graduate high school, New Jersey is one of the top three states in the country in terms of the number of student-athletes who graduate and move on to play NCAA lacrosse. The implementation of a shot clock certainly prepares those student athletes better for what is to come, but in no way does it detract from the experience of the players whose careers will end upon graduation.

I look forward to this very positive change and the continued growth of the sport of boys’ lacrosse.

Sincerely,

A handwritten signature in black ink that reads "Keith Glock". The signature is fluid and cursive, with "Keith" on the top line and "Glock" on the bottom line.

Keith Glock  
NJILOA / NJSIAA State Rules Interpreter  
[kglock@njiloa.org](mailto:kglock@njiloa.org)



Matt Kovachik <mkovachik@delbarton.org>

---

## Fw: shot clocks

1 message

**John Svec** <jsvec@shp.org>  
To: Matt Kovachik <mkovachik@delbarton.org>

Tue, Nov 25, 2025 at 9:58 AM

See below from AD at Niskayuna HS in NY.

Get [Outlook for iOS](#)

---

**From:** Lawrence Gillooley <[lgillooley@niskschools.org](mailto:lgillooley@niskschools.org)>  
**Sent:** Tuesday, November 25, 2025 9:36 AM  
**To:** John Svec <[jsvec@shp.org](mailto:jsvec@shp.org)>  
**Subject:** shot clocks

Mr. Svec,

I am writing to support the shot clock rule in high school lacrosse. Last year we successfully implemented the rule for girls varsity, boys varsity and boys jv lacrosse. The pace of play was increased and more importantly the end-of-game times were cleaner and less contentious. Under the old rules teams that were ahead would stall and would accumulate a large number of penalties, some of the more violent variety. With the shot clock there were more possessions at the end of the game and less need to foul to get the ball back.

It did take some time to install shot clocks on our JV grass field and we had to train more people in the operation of the clocks but overall the new rule was a success.

Thank you for your consideration,

**Larry Gillooley**

Director of Health, PE & Athletics

[1626 Balltown Road](#)

[Niskayuna, NY 12309](#)

518-382-2511 ext. 21760

518-382-1964 (Fax)

To the NJSIAA,

Thank you for the opportunity to submit this letter of support. I'm unable to attend in person today due to my responsibilities as the Varsity Girls Basketball Coach at Morristown High School, but I remain fully committed to this important conversation. Earlier this year, Matt Kovachik and I met to explore how to build a unified statewide girls' lacrosse association, with the goal to strengthen our collective voice and drive meaningful progress for the sport we care so deeply about.

It has been an honor to begin this work alongside Matt, and the response from coaches across New Jersey has been overwhelmingly positive. Our first statewide initiative has been advocating for the implementation of a shot clock in both girls' and boys' lacrosse. To ground this effort in data, we conducted a comprehensive survey shared with coaches and athletic directors across the state. The results are included here: [Shot Clock Survey, Data Interpretation.](#)

At a glance, the numbers are clear: approximately **72.4% of coaches** (82 yes votes out of 116) support adopting a shot clock, while 35.4% of athletic directors (23 yes votes out of 65) are also in favor. I understand both sides of the argument, and the great news is that the concerns are easily correctable with the right funding, training, and rollout.

We respectfully ask for your support in advancing this conversation. From the girls' lacrosse perspective alone, here is why this matters:

**1. Faster, More Exciting Play**

- a. The game immediately becomes quicker, cleaner, and more engaging.
- b. It eliminates long, stagnant possessions. Especially in championship games when it comes down to the wire.
- c. It keeps both offenses and defenses active and involved every play and ensures that every possession has a purpose. Everyone benefits from more meaningful touches on the ball and more opportunities to impact the game.
- d. The result: Games are more exciting to watch, better to coach, and more appealing to the high-level athletes who are increasingly choosing lacrosse.

**2. Eliminates Stalling and Preserves Competitive Integrity**

- a. Stalling strategies, which ruin game flow and undermine the spirit of competition, disappear almost entirely.
- b. Teams must actually play lacrosse by running offense, making decisions, and executing, rather than sitting on a lead.
- c. It rewards skill and strategic execution within the allotted time instead of possession-management tactics.
- d. Games feel fairer, especially late in tight matchups where stalling has historically dictated outcomes.

**3. Better Prepares Athletes for College Play**

- a. Both NCAA men's and women's lacrosse have used a shot clock for years; without it, our top athletes graduate high school at a developmental disadvantage compared to players from states that already utilize one.

December 10th, 2025

- b. Players develop decision-making at college speed.
- c. Attackers learn to initiate sooner and finish under time constraints.
- d. Defenders learn to pressure and recover with urgency while working within the team's goal of drawing 90-second shot-clock violations in their favor.
- e. This has genuinely become a major recruiting advantage for states already using shot clocks. Our college-bound athletes are entering college play fundamentally behind their counterparts.

**4. Improves Player Development Across Positions**

- a. A shot clock forces ALL players to be active contributors on every possession.
- b. Midfielders must transition the ball quickly and with purpose.
- c. Attackers develop creativity and efficiency in generating high-quality shots within the allotted 90-second shot clock timeframe.
- d. Defenders are trained to apply consistent ball pressure and force turnovers.
- e. Goalies see more live-action, game-speed reps.
- f. Lacrosse IQ rises because the pace demands quicker adaptations and communication.

**5. Enhances Safety (Especially in the Girls' Game)**

Reducing extended "chase-down" situations (common in stalls) helps keep play cleaner and safer.

- a. Eliminate emotionally charged plays that often result in unnecessary, egregious contact.
- b. Help the refs maintain the integrity of the game and game play until the very last whistle
- c. Reduce messy, end-of-game stick contact from repeated fouls out of attempts to reapply pressure.

**6. Elevates the Entire State's Quality of Play**

- a. This will result in an improvement across statewide competitiveness, coaching strategy, and overall experience. A shot clock will immediately increase the overall pace and quality of high school lacrosse.

For these reasons, we respectfully urge the NJSIAA to adopt a shot clock for both girls' and boys' lacrosse in New Jersey. The overwhelming support from coaches, the clear developmental and safety advantages, and the opportunity to enhance the game's pace and fairness make this a pivotal step forward. By implementing a shot clock, New Jersey can ensure our lacrosse games are competitive, and our lacrosse programs continue to grow and thrive for years to come.

I appreciate your consideration of this request, and I welcome the opportunity to participate in any follow-up conversations.

Thank you so much,

Allie Ferrara

*Morristown High School Girls Lacrosse Coach  
(973) 647 - 4519  
allison.ferrara@msdk12.net*