

3 Man Lacrosse Pre-Game (2008)

Coaches Certification (“R” conducts with all present)

- Get Captains
- In-Home
- Special Pre-Game or Half-Time activities
- Confirm start of game – synchronize watches.
- Answer any questions “COACHES initiate”.
- Inform available for equipment checks upto Coin toss.

Game Positions (Assignments and Duties)

- Umpire (H) - Game Ball and Instruct Ball Boys, otherwise 4 balls on each end line and one game ball to R.
- Field Judge (V) - Help with Field Mods.(if any). Primary for tracking Alt. Possession and 1:40 Time-Outs.
- Umpire and Field Judge to Check Nets ASAP once on field; do not wait to long to conduct.
- Referee instructs Timer and Scorer of their duties.

Points of Review

New Rules and Review Key Prior Year Ones:

2008 Rule Changes

- 2” String Length (Rule 1-19)
- Pulling Strings after goal (Rule 1-19)
- Faceoff Violation (before whistle) face-off guy goes off (must be subbed for)
- 10 Second Count starts moment ball touches offensive half (regardless of possession)
10 Second Count also starts loose ball coming out of Offensive box.

2007 Rule Changes

- Timeouts can be taken anywhere in Zone 4 – Discuss
- Equipment Checks – what to watch for and new rule.
- Substituting and what is and is not considered off-sides.

2006 Key Rule Changes

- Slow Whistle, Flag down, offense in attack box; stopping play in this situation changes – discuss.
- In above situation, loose ball technicals against defense are now additional flag down, time serving penalties.
- No “Set” on face-offs.

Pre-Game Equipment Checks: U & FJ at X available for equipment checks. Look for problems during warm-ups. Preventative equipment issues – easy to deal with prior to game. Good mechanic to Face each other at X to observe your team (H or V). Check ALL aspects of the equipment. Have ball with you.

Captains & Coin Toss: Quietly collect captains at corner of box. Come out to the X at the same time. Home team **always** faces bench. Instruct speaking captain to stand by “R”. Alert captains of duties of winning toss (what side?). Intros & Hand shakes. Visiting team calls coin toss. Winner gets choice of field side or first alt. possession. Loosing team gets opposite. Reposition or rotate, signal direction, record alternating possession. Umpire and FJ check goals one last time.

Pre-Game Line-Up: Officials 5 yards apart; line-up on officials, confirm count (10). Introductions, Special Instructions, Goalie’s Cross, Get Into Position.

Face-Off Mechanics: Face-off waits for okay from near-side; near side waits for okay from far-side. Down-**NO SET (2006)**-chop & Whistle. Two Non-FaceOff officials check faceoff then, watch restraining line, then D-line. Far-side covers goal initially. Okay to remind face-off, have goal!
ALSO – Discuss **Man down face-offs** and who is to watch the “hot side” and discuss slightly different positioning.

Goals: Lead signals on goal line, far-side does **NOT**. Lead and Center switch. Trial reports number to bench, releases penalties (if needed). Face-off signals “Balls Ready” by holding up ball when he reaches Center-X. Trail then Starts **TIMER** and states “Timer On”. Paperwork to be done **after reaching your positions** for new face-off, new single side. Face-off awaits signal from near-side.

Time-outs and Half-Time: Meet at “X” at all time-outs and at half. Nearest bench Official retrieves game clock time. Officials confirm score, discuss any situations needing discussion. At half, no talking to coaches prior to 4-minute mark and only listen then, no rebuttals. Invite both coaches for any discussions prior to listening to coach initiating discussion.

Full & Random Equipment Check:

Random: Total of 6 Checks throughout game. Individually measure, do not come together (too long). Share ball; one measures pocket while official without ball measures length. Toss ball to other official and measure opposite (pocket or length). Discuss when they will occur; plan for min of 3 in pre-game.

Full Check: Coaches request for stick check is FULL Equipment Check. Top to Bottom. Do in presence of at least one other official – should be Crew Chief.

Penalty Calls: (Color, Number, Foul, Type, Time, Direction) Trail ALWAYS Echoes call to bench. If extra call to bench be sure other officials know of the second and/or additional penalty. Other officials should have ball ready for play and prepare for re-start. If two flags down be sure to at least hand signal confirmation if not come together and be sure you all are clear what the flags were for before reporting to bench/table. Trail should report ALL penalties to bench.

Goal Crease Privileges: Discuss the various scenarios with Goal Crease Privileges.

20 Second Timer: Trail at Face-offs after ball is ready. Trail after penalty is reported to box. Defensively on clear. Restart official after 1:40 timeouts.

10-second Counts: Consistent counts, exaggerated signal count, point to the box (45°) when ball enters. If partner started count then Hand Up then point (45°) to box. Single side has initial count and continues to take it until positive trail has it in settled situation. Discuss NEW 2008 10 second counts (loose or possession).

End-Line / Sideline Responsibilities: Lead = End-line Center = Far sideline Trail = Near sideline, Center line and Far end-line. Near side settled, “L” looks to “T” to handle, if not, takes sideline call.

Out of Bounds Signal Mechanics: Whistle, one arm up, then signal direction of ball. Look to trail. Trail faces bench and holds up both arms allowing horn. If not horn, turn to field and signal direction (that is the ball official’s signal). Attempt to make restarts quick without advantaging one team. Goalie gets 5 to set. No Horns on End Lines...

Play-On Technique: Loss ball technicals. Watch for advantage/disadvantage. One arm up and say “play-on”. If offended team picks up ball, state “Play-Off”, otherwise blow whistle and award ball. In sloppier games award ball faster; put it in someone’s stick.

Ball Stuck: Discuss stuck in Stick or Equipment. Discuss players verses goalie. (pg 40 & 41)

Transition Game: Trail becomes lead, speeds downfield; **don’t get beat by the ball**. Center speeds to mid-field cone and parks it, **Center takes initial offsides**. Lead becomes trail; **Trail starts 20 Timer** upon defense gaining possession. Also has 4-second for goalie in crease. Trail should stay even with or just ideally just behind ball. Single-Side begins initial 10-second count and moves down with ball. Trail parks at first cone, checks off-sides, watch substitutions, clears box, ear to that coach (only if needed) and then when subs are complete jogs down to trail position, which is 5-8 yards above box.

Settled Half-Field: Lead and Center keep moving to maintain best and close coverage. Tether with minor talk (if needed). When lead takes ball to end line, center covers goal. Trail watches off-ball action, crease area and shooter for late hits. Trail takes 10 second count when ball comes out of box top or near. Center initiates count on far side.

Game Assignments and Rotation: Ref takes face and runs left, U runs right, FJ (Center) covers face’s goal.

Post-Game: Confirm score, sign book, award game ball, leave field together. Short Post-Game & Discussions. Discuss what went well and what could improve. Sometimes self evals bring about good discussions.

Stalling: Discuss techniques and expectations of possible stall situations.

Emphasis

Lowest impact on the game as possible.
Control from the very beginning.
We wish to be invisible.
Wish crowd to focus on game and not officials.

Technical: Advantage / Disadvantage.
Don't let Personals and Line calls slip by.
Be in position to make the right call.
Run, Jog, and Focus for 60 min

Lacrosse Fouls and Signals

Personal Fouls

Illegal Body Check
Slashing
Crosse Check
Tripping
Unnecessary Roughness
Unsportsmanlike Conduct
Illegal Crosse
Illegal Equipment
Expulsion Foul

Technical Fouls

Interference
Illegal Offensive Screening
Holding
Warding Off
Pushing
Withholding Ball From Play
Stalling
Offside
Crease Violation
Conduct
Illegal Procedure
Substitution Infraction
Illegal Touching the Ball

Procedural Signals

Timeout
Score
No Score
Face-Off
Alternating Possession
Ball in Possession
Release Penalty
Ball Entering Attack Area
Out of Bounds
Failure to Advance the Ball
Loose Ball
Simultaneous Fouls
Non-Releasable Penalty
Counts
Stalling Warning
Reentry of the Crease
Play On
Inadvertent Whistle
Disregard Flag