

2009 US Lacrosse Game Card

Pregame

Officials

- . Warm up, then stretch.
- . Efficient. Meaningful & Interactive.
- . Address:
 - Team for counts on restarts.
 - Who has timer on sideline OOB?
 - Restart official.
 - Points of Emphasis (POE) for coaches and players,
- . Clean and neat appearance.
- . Required equipment: shirt, hat, shorts, socks, whistle, flags, measure, timer, score card, coin, & ratings cards.

Field & Table

- . On field in a timely manner (20 minutes).
- . Walk field. If you notice a problem, R informs home coach immediately to allow for correction before game.
- . Crew introduce themselves to table.
- . Remind table: they are crew members, acknowledge their tough job assignment, cover dead hall horn if questions, horn if coach asks, etc.
- . LJ or FJ cover table responsibilities.

Coaches

- . Introductions; address coach as "coach" or "coach surname."
- . Player certification: NCAA- Short, NFHS=Long
- . Ask site administrator's name and location.
- . Discuss interaction between the Officials and the Coaching Staff. R is the voice of the crew prior to game start and during timeouts. One head (speaking) coach
- . Points of emphasis,
- . Captains and in-home.
- . Timing: if no special pregame events, captains at 5 minutes.
- . Tell both coaches the same thing.

Captains - Coin Toss

- . Introductions.
- . Briefly slate expectations: leaders on field, POE.
- . Coin toss.
- . Check goals afterward.

Lineup Sequence

- . Introductions: R, U. FJ.
- . Brief expectations: mouthpieces, five yards on restart, quick restart, etc.
- . Goalies-meet.
- . Meet your opponents.
- . Timer on!

Basics

Field Presence

- . Decisive when making calls.
- . Tone of voice and body language are: confident, approachable, calm, no arrogance.
- . Strong, calm, & confident voice when handling situations.

- . Strong, loud whistle.
- . Use BIG and CLEAR signals: noisy,
- . Address players by color and number. No first names!
- . '-Speak slowly, clearly and enunciate.
- . '-Stationary while reporting and signaling, try for table eye contact.
- . Active on the field and hustle.
- . When addressing players and coaches, use positive instructions: "freeze", not "don't move."

Game Management

- . Disarming words: please and thank you.
- . Control game.
- . Two most important calls: first call of the game and first call of 2nd half.
- . Calling technical fouls keep play from escalating to personal fouls.
- . See what you call, call what you see.
- . Make your calls, back up partner(s).
- . Preventive officiating: communicate with players and coaches.
- . Manage the benches.
- . Coaches and penalty boxes clear.
- . Head coach is the only speaking coach.
- . Timer responsibility on OOB and F/O.

Game Play

Face-off Mechanics

- . Timer; table official (3-man) or off ball official (2 man).
- . Face-off Official waits for signal.
- . "Down".
- . Check quickly:
 - Heads centered on the ball
 - Heads vertical.
 - Sticks parallel to line
 - Player's entire body out of neutral one (left of head plastic).
 - Both hands wrapped around the stick with knuckles on the ground.
- . - Step back, say "set"¹¹ (NFHS only), quick whistle, get clear.
- . Motorcycle grip - finger sweeps.

Man Down: Face-off

- . Count ten (10) players per team.
- . Identify hot player(s) on man down.
- . Partner(s) properly located.
- . Watch for early releases.

Quick Restarts

- . 5 yards from players and box area.
- . Visible 5 second count.
- . Check partner(s) for ready signal. Immediate on end line.
- . Goal scored:
 - Correct position when goal scored.
 - Transition from the goal to the face-off handled correctly.
- Non-face-of official starts timer.

Side of End Line Out of Bounds

- . Correct official blows his whistle and raises arm. to signify a dead ball.
- . Only one whistle.
- . Signal the direction of the ball.
- . Who has the beeper?

- . Start 5-second count when ball ready.
- . When substitution allowed, all officials keep their arms up until the substitutions are completed. Beeper starts immediately.

Stalling

- . Not just last 2 minutes!
- . Use if team is not attacking the goal & defense covering.
- . R communicates intention to enforce.
- . Avoid trapping player.
- . All give courtesy warning at 2 minutes.
- . On restart, signal repeated.
- . Loose ball out of box: playon.

Stick Check

Stick Check: All

- . Tell partner number and color.
- . Referee with his back to the bench,
- . Stick checked for depth of pocket, ball rolls out freely, length of stick, and width of the head.
- . Proper mechanics/penalty for illegal equipment

Stick Check: NFHS Details

- . Designate a team for stick check.
- . Full check: helmets, gloves, shoulder and arm pads, mouthpieces, etc.

Stick Check: NCAA Details

- . Before game determine when checks will occur. Vary pattern.
- . Check long poles.

Technical Fouls

- . Crease Violation
- . Goalie Interference
- . Illegal Screen
- . Illegal Procedure
- . Conduct
- . Interference
- . Offside Pushing
- . Offensive Stalling
- . Defensive Stalling
- . Warding
- . Withholding from play

Personal Fouls

- . Cross-check
- . Illegal Body Check
- . Slashing
- . Tripping
- . Unnecessary Roughness
- . Illegal Stick
- . Illegal Equipment
- . Unsportsmanlike Conduct
- . Fighting
- . Expulsion

Foul: Penalty Enforcement

- . Flag down Slow Whistle.
- . Playon.
- . Correct signals & terms used to report foul.
- . Report: Color, Number. Foul, Time,
- . No extras; example, "I've got . . . "
- . Start beeper after reporting foul.

Time Outs

- . Proper mechanics.
- . Time for 1:40, "Timers On," 20-second timer,
- . Watch teams cross to benches.
- . Stand at the center of field.

Goalie and Goal Crease Privileges

- . Goalie is in crease area when any part of his body touches the crease. When reaching out, watch heels.
- . Ball to defensive player outside the attack area if mired in mud or ensnared in the goal netting.
- . Interference: playon & free clear.
- . Goal disallowed, when the offensive player deliberately jumps or dives and lands in the crease.
- . Goalie picks ball up and puts it in his stick is illegal procedure.

Post Game

- . Where to meet.
- . Stretch & cool down properly.
- . Possible situations. What if?
- . Post game debrief,
- . Ejection and other reporting. Verify information for game reports. R files all game reports.