

# 3-man Pregame 2008

## PREGAME:

### New Rules

#### 1. Face off violations

- Fouls prior to whistle instruct F/O middle to "Go!" Give signal, F/O official has restart
- Fouls at center 'X' trump wing violations
- F/O middle must be substituted for, but can reenter on sub exchange

#### 2. Counts

- No counting on loose ball at F/O prior to possession
- No counting when ball is in box
- Ball comes out of box loose or in possession begin count
- Defense KNOCKS, DEFLECTS, BATS, or KICKS ball out of box onus is still on attacking team (10-second count)
- Shot or pass out of box starts count
- Start at three or four if you did not start count immediately
- Defense gains possession begin 20-second count
- Ball crosses midline begin 10-second count – loose or possessed – must be in contact with player/official or ground
- Ball in air is not a clear
- All officials help with count until taken away by responsible counter

#### 3. Equipment

- 2-inch strings (three fingers)
- Gloves must match, award possession at start of game if not corrected – no further penalties once game begins

### Housekeeping

#### 1. Head Coaches

- Introductions, certification, captains, in-home, new rules
- Balls on end line
- Available for stick checks
- Captains at "5 minutes", clear field at "2" – any pregame ceremonies?

#### 2. Table

- 15 minute periods start/stop every whistle
- Horn on sideline out of bounds only when officials signal and coaches request

- Audible “one minute” at end of period
  - Audible “two minutes” at end of fourth quarter
  - Horn at zero
  - Count down penalty release from 5, 4, 3, 2, 1, “Release”
  - Double horn at next dead ball if penalized player leaves early
3. **Field**
- Line colors
  - Cones
  - Danger items
4. **Coin Toss**
- Referee at midfield
  - Umpire gathers home team at top of box
  - Field judge gathers visiting team at top of box – find speaking captain
  - Check goals at first chance

## Game On

1. **Stick Checks**
- 6 per game
  - F/O middies at start of game = (1)
  - First goal each team = (3)
  - End of Quarter = (4) – grab attack player at your bench
  - First timeout = (5) – same as end of quarter
  - Wing middies at start of second half (6) – shorties only
  - End of 3<sup>rd</sup> quarter or first time out if still in need of Number 6
2. **Face Off Mechanics/Officiating**
- Referee has F/O – stick check/address middies
  - Umpire has bench – clear box, wait for single side signal (20 seconds)
  - Single side – ready to cover lead’s goal
  - **Wing Officials both side** – look for lever then cheat towards goal – FIRST PRIORITY THEREAFTER IS WING VIOLATIONS
  - F/O violation trumps wing violation
  - F/O Middie must sub on violation, can sub back in
  - F/O official on violation: “Go!” Signal. Whistle
  - Single side go to goal on F/O violations and balls toward lead’s goal
  - Bench go to goal if ball towards, go to box if ball’s away
  - Loose ball technical fouls “play on” or whistle - no release if awarding ball
  - **NOTE:** all loose ball whistles (IW, Simultaneous fouls, out of bounds with no idea who) = reface. All loose ball whistles beyond restraining lines = AP
3. **Lines**
- Lead owns end line (has sideline during early settle)
  - Single side owns far sideline (no one behind, players in front)
  - Trail owns near sideline

- **Note:** do not turn back on players when covering your sideline

#### 4. Counting

- Always when ball is outside box, loose or possessed (exception is F/O)
- Single side's responsibility 100% until trail is on the field (2-man game)
- **Notes:**
  1. Someone, *anyone*, pick up count if ball's outside and give it up if called by proper official
  2. You can always start at 3, 4, or 5 if you fall asleep for a moment

#### 5. Settled Play

##### Lead

- Goal line extended – in and out
- Avoid passing lanes
- Get to end line
- Crease violations
- Goaltender interference

##### Single Side

- Counts
- Action in front of net (interference, holding, screens)
- Cover goal if lead is behind GLE
- Help out with goal calls only when necessary
- Watch passer/shooter – penalize late hits
- No one between you and sideline

##### Trail

- Action at top of box and in near alley
- Counts
- Help in front of net if necessary
- Watch passer/shooter – penalize late hits
- Count players always
- Count poles (one shorty on the field = red alarm)
- Fade back to midline as penalties expire
- Open up for late subs

#### 6. Transition

##### Trail

- Becomes lead – GO! Get to goal if fast break
- Back pedal or look over shoulder on slow break
- Check Sub box as you go by
- Pick up 10-count if need be

##### Single Side

- Get to cone – not 5 yards in – get to cone
- Count, count, count
- Go if fast break
- Stay at cone on slow breaks/clear
- Stay until line is no longer challenged
- DON'T LEAVE EARLY IF ACTION AT LINE

### **Lead**

- Becomes trail
- Pump-and-20
- Stay even with ball – turnover cover goal
- Look for late offside – okay to look back
- Get into box without interfering with subs
- Stay in box until subs are done
- Keep box clean

### **7. The Box**

- Keep it clean
- Move players out if no imminent subs
- Time-serving players back at table
- No coaches, fans, table or team personnel in box
- Talk, talk, talk – be a presence

### **8. Crease Action**

- Attack in crease BLOW WHISTLE – play on is rare exception when ball cannot threaten goal
- Goalie interference – “Play ON!” loose = outside box, possession = free clear
- Play on is over when: 4-second count/successful outlet pass/goalie vacates crease

### **Push Calls around crease**

- Push + Goal + Land in crease = goal – wave flag
- Push + Land in the crease + Goal = wave goal, penalize push 30 seconds
- Player coming at you = watch feet
- Player away (back to you) = watch push
- Lead has goal calls, single side can only offer help

### **9. Shots**

- Lead has crease/goal
- Lead gets to end line
- Single side/trail look for help before awarding if not sure pass or shot

### **10. Goal Scored**

- Lead has goal
- Single side can help
- Single side gets ball in exchange and conducts next face off

- Lead becomes single side
- Trail count players once more so goal is clean – keep head up and dead ball officiate
- Face off official shows trail the ball, trail pumps and puts on 20

#### 11. Sideline out of bounds

- Whistle, dead ball, point, modified TD signal
- Bench side official closest to box takes 20
- Umpire count home team
- Field Judge count visitors
- Relay ready signal – bench to single to bench
- Do not drop arms if your team does not have full complement – change of possession or 30 seconds

#### 12. Restarts

- 5 yards and quick
- Announce if in attack zone
- Goalie gets 5 seconds no matter where he is
- Correct spot on field
- 20 violation = defensive half
- 20-yards laterally from goal
- Free clears in attack half
- Same spot after shot or pass off end line and timeout is called

#### 13. Penalty Calls

- “Flag Down”, slow whistle
- Ball loose at foul kill play
- Ball in possession, slow whistle
- Ball in box – finger whistle off, eye contact, remember GOODIE
- Goal or Ground (outside box)
- Offensive foul
- Out of bounds or box
- Defensive possession
- Injury
- End of period or equipment in scrum area
- Let partners know first – lead inform goalie/single side position ball/trail report foul – color, number, foul, time to be served
- Trail has 20 timed before restart
- DO NOT RESTART WITH TRAIL IN BOX – WAIT FOR HIS SIGNAL

#### 14. Play-ons

- Do not drag out – It’s simply “Play onnnnnn” then whistle
- Kill play on when ball is loose in front of crease
- Kill play on if offended player may be further disadvantaged – danger, sideline, etc.
- **NOTE:** Whistle belongs to play on official – to include goalie interference

## 15. Stalling

- Referee decision only
- “Thinking about it” – be ready
- Delay signal = it’s on. Wait for ball to go behind
- No stall call near a line or if player is going to net
- Stall stays on until goal scored or defense gains possession – Continues after stoppage for out of bounds or penalty administration
- Last two minutes is automatic stall for team with lead
- Ball in, then out equals stall

## 16. Timeouts

- Head coach or player on the field
- Dead ball anywhere
- Live ball only when over attack restraining line – not box
- Head coach must ask again if he gives early indication
- Timeout violation = illegal procedure and “Coach, do you still want that timeout?”
- Get between teams, keep head up, go to card after teams have cleared.

## Game Management

### 17. Coaches

- Treat with respect
- Give quick and easy explanations and GO!
- Tell him to ask referee if he has strange or difficult question (out of the norm)
- If argumentive use the ladder
- Ladder Rung One = verbal warning or two
- Ladder Rung Two = conduct foul while ball is loose (award other team)
- Ladder Rung Three = conduct foul when he has team possession (take away ball)
- Ladder Rung Three = conduct foul when opposing team has possession (“Flag down”, in-home serves 30)
- Ladder Rung Four = unsportsmanlike conduct call/s (in-home serves minimum 1 minute non-releasable)
- Final Rung = ejection – let’s not get to final rung ever
- Assistant coaches coach – seen not heard
- Coaches stay in their box all game (halftime they may leave) – THEY BELONG NOWHERE ELSE!
- Coaches out of box – see the ladder

### 18. Officiating Points and Odd Circumstances

- Make solid calls
- Don’t pass on obvious fouls
- Ref your own area but be aware of the fluke
- Face off official has 99% of middie violations

- Ball stuck in back of crosse help out if obvious
- Watch wing middies for big hits
- Slash or rough away from ball action
- Mouthpiece is a technical only – ask yourself: Playing without? Or came without?
- Talk players out of fouls – “Off the arm!” “Off the back!”
- Use conduct fouls on players if smarmy and necessary
- Big hits – necessary or unnecessary?
- Defender blasting through a screen
- Wards – blatant only
- Goalie breaks or loses equipment kill play – a dropped stick does not = timeout
- Player loses piece of equipment and is in scrum area = whistle he keeps ball
- Player loses piece of equipment and quickly gets rid of ball = no foul
- Player loses piece of equipment and plays on = turnover and/or no goal
- Ball stuck in player's crosse = turnover
- Non-releasable time serves first
- You are where you were – Crease dive no, in and out crease or box
- Player going offside can beat the cone or box
- Play on pass is just a play on – no flag
- Fights – bench side officials – trail especially - freeze the benches