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 min).
- 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 ball horn if questions, horn if coach asks, etc.
- U or FJ cover table responsibilities.

Captains – Coin Toss
- Introductions.
- Briefly state 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!

Basic

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, & 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 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-off 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
  - Players’ entire body out of neutral zone (left of head plastic).
  - Both hands wrapped around the stick with knuckles on the ground.
  - Step back, freeze, say “set” (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 & 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-off official starts timer.
**Game Play (cont.)**

**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-sec. 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 min.
- On restart, signal repeated.
- Loose ball out of box: play on.

**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.
- If using: double check, no substitute.

**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

**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: play on & 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.

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