

# 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 2<sup>nd</sup> 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"<sup>11</sup> (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.