





# 2016 Preseason Lacrosse Official's Clinic #5 Mechanics 2-Man 3-Man

## Clinic Agenda/Time Management

Mechanics are, in the opinion of many, possibly the most important part of being a good official. If you are in the correct position, watching your zone (primarily defensive players), you will see the foul and have an easier time selling it.

This clinic will spend most of it's time on 2-man game mechanics but we'll start off with a discussion of the concept of consistency as it relates to coaches and a discussion of pre-game procedures.

We'll cover 3-man briefly at the end.

# **Consistency With Coaches**

#### Stay Professional

- Attitude, Demeanor, Tone, Body Language
- His name is "Coach" (regardless of your off-field relationship)

#### What are they saying?

- Is it a question?
- Is he venting?
- When has he stepped over-the-line?

#### Assistants

- Can be helpful (keeping team back, subs, balls)
- May have legitimate questions to help them coach
- In general we chose to talk to head coach
- The Ladder (next slide)

# **Consistency With Coaches**

#### **The Ladder**

- Conduct Foul
  - Loose Ball
  - Change of Possession
  - 30 Second Penalty
- Unsportsmanlike Conduct
  - 1-3 minute nonreleasable (2<sup>nd</sup> one is ejection)
  - Partners help
  - Add players
  - If used too early you put yourself in a box

# Mission of our Mechanics

Mechanics put officials in the best position to make the necessary calls to keep the game safe and fair by using methods that are easily applied in a consistent manner.







# Pre-Game (applies to both 2-man

and 3-man crews)

# Official's Pre-Game Coordination

- EMAIL/PHONE/TEXT (as appropriate)
   partner(s) to confirm meeting time and
   uniform all wear same
- Referee may email coaches (use selectively)
- If you don't hear from Referee, contact him!
- Meet at school/field with sufficient time for pre-game conference.

# PRE-GAME CHECKLIST DOWNLOAD FROM US LACROSSE

#### Lacrosse Pre-Game (2- and 3-Person Crews)

#### Crew Preparation & Game Logistics

- a) Position Assignments (starting positions, rotation)
- Officials Assignments (captains, stick/equipment checks, ball boys)
- c) Coach's Meeting
  - Official introductions
  - Certification (in-home, crew card)
  - Cover new rules & interpretations
- d) Pre-Game Instructions (check field, watch players, check goals)
- e) Coin Toss (determine AP, review player decorum)
- f) Timeouts (officials positioning, timer)
- g) Halftime (clear field, start clock)
- h) Overtime (1 TO/ period. Coin toss for direction only)
- Postgame (approve score, walk off as a crew)

#### Point of Emphasis Review for Current Season

#### 3. Mechanics

- a) Count Players & Check the Clock
- b) Hand Signals
  - Boundaries (one arm up to signal dead ball)
  - Restarts (arm up, backstroke to wind clock)
  - Faceoff (wind arm and yell possession upon possession)
  - In Goal Area (one arm in the air and point to the ground)
  - Fouls (move to open area, relay to trail)

#### 4. Special Situations – NCAA vs. NFHS Rules

- a) Fouls (simultaneous, live/dead ball, releasable, non-releasable)
  - Flag down, everyone echoes
- b) Play-On (permit advantage to offended team, stop play quickly if adv. lost)
  - Midfield, Wing Lines, Sidelines, & End Lines
  - Goalie Interference
- Positioning in Unsettled Situations
  - Loose balls between the restraining lines
  - Man down clear/pressure ride
- d) Stalling (no traps)
- e) Final 2 Minutes (NFHS shot or deflection out of box, use play-on, NCAA put on shot clock if consistent with earlier shot clocks)
- Fighting (differences in 2- vs. 3-person, one official freezes benches)
- g) Crease Coverage (2- vs 3-person)
- h) Restart Requirements
  - NFHS (in bounds, stationary, no player within 5 yards)
  - NCCA (in bounds, rolling restart allowed, players may be within 5)

#### Coverage

- a) Lead (2- or 3-person)
  - Transition (must beat ball downfield)
  - Position (GLE)
  - End lines (responsible for all out of bounds and contested plays)

Do you want to take a flight with a pilot that skipped his checklist?

#### Referee leads discussion –

Use US Lacrosse checklist to ensure key points covered in the time you have.

This is not a one way street. All officials should contribute to the discussion, but the Referee is in charge.

#### Go over major mechanics -

A review of the basics is always important, especially if working with a partner you have not worked with before.

"Newer" partner – Cover any questions and/or uncertainties. Stress positioning. Make sure you are both on the same page.

<u>"Experienced" partner</u> – Team tendencies - if known. Stress positioning. Make sure you are both on the same page.

#### Cover odd situations –

What did each of you see in the last few games that was confusing? Talk about weird scenarios to better prepare yourself for the game ahead.

#### Rules changes for 2016 –

Face off

Leave feet, lose goal (Head=Feet, Back=Body)

4-inch shooting strings

Over and Back

#### **Crew Preparation & Game Logistics**

Position Assignments to start the game

Coin Toss & Face Off Clinic Timing

Team Assignments – Who gets which captains for faceoff, goals to inspect, pregame equip checks

#### **MECHANICS**

- ❖ BE IN POSITION!
- ❖ ALWAYS COUNT PLAYERS & CHECK THE CLOCK
- ❖ COUNTS Who Has?
- HAND SIGNALS
- CREASE COVERAGE (Face = Feet, Back = Body)
- SUBSTITUTIONS
- RESTARTS (Communicate Ready Signal, Visual 5-Second Count)
- FACEOFFS
- ❖ STICK CHECKS How many? When?

#### **POINTS OF EMPHASIS (Page 92)**

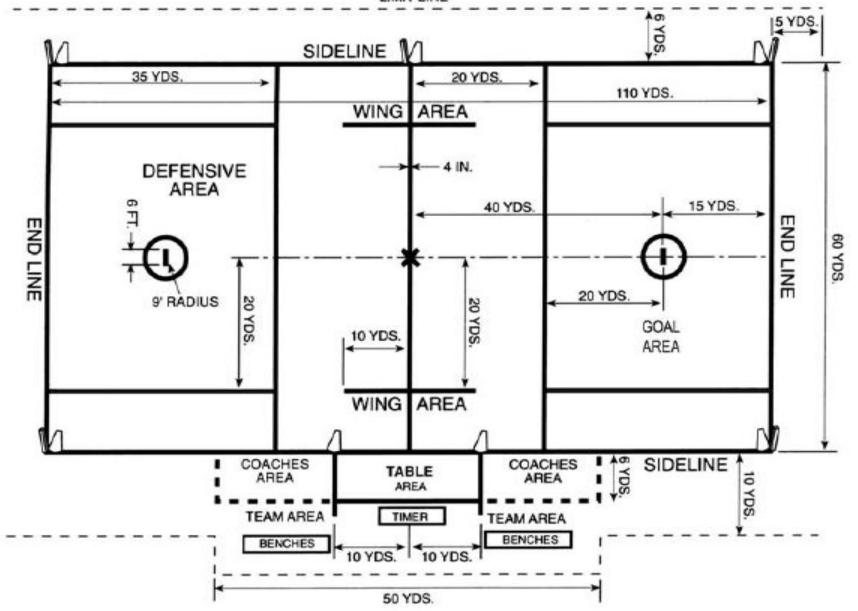
- Contact: Concussion, Hits To The Head/Neck, Vulnerable Player
- 2. Lacrosse Helmet Fitting (coach responsibility)
- 3. Halftime Warm-up (Mechanic: 4-minute warning)
- 4. Helmets During Pre-Game and Practice Time (coach responsibility)
- 5. Defending the Crease Defending the Goal Crease Area (coach responsibility)

#### **SPECIAL SITUATIONS**

- FOULS (Simultaneous vs. Multiple, Live Ball or Dead Ball, Releasable)
- PLAY-ON (Do Not Disadvantage Offended Team, Stop Play Quickly, No Subsequent Fouls)
- STALLING Early and often, R MUST Start it, Try for behind the goal (NO TRAPS)
- FINAL TWO MINUTES (Shot or Deflection Out Of Box, Use Of Play-On Technique)
- FIGHTING (Trail Freezes Both Benches, Lead Control Fight)
- **❖ GOALIE LOOSES EQUIPMENT PLAY IS STOPPED**IMMEDIATELY

# **PRE-GAME PROCEDURES**

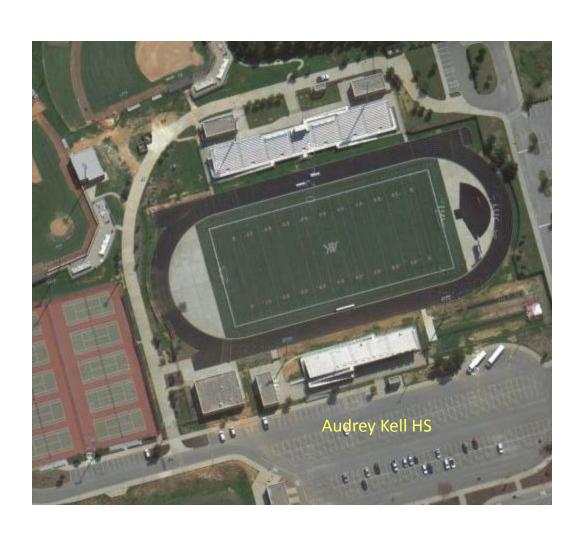
- ❖ Walk on the field 20 minutes before game time
- As you walk on the field look for:
  - ✓ General field condition (grass length, wet/puddles, mud)
  - ✓ Lines are dimensions correct?
     (Can you see them? Which lines are ours on a multisport field?)
  - ✓ Cones/Pylons
  - ✓ Is the track team still practicing?
  - ✓ Is each team warming up on their half of field?
  - ✓ Any safety hazards? (soccer goals, pole vault pits, sprinkler heads, etc)



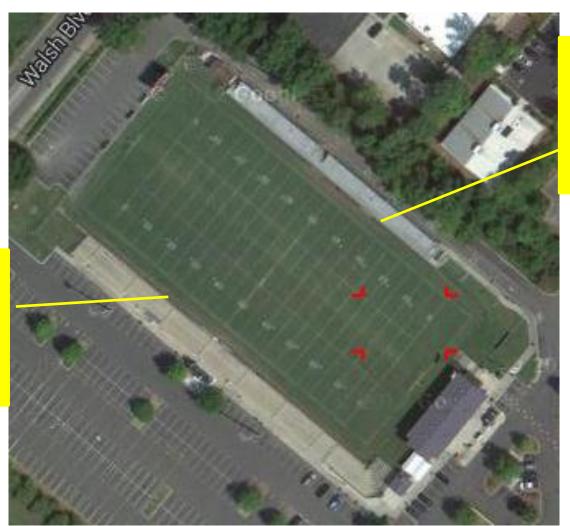
# Your Local High School Standard Multipurpose Field Layout



# **Your Local High School**



# Charlotte Catholic Example of "Tight" Field



Benches close to lacrosse sideline

Cement wall close to lacrosse sideline

# William G. Enloe Example of "Tight" Field



# Your Local High School



# **PRE-GAME PROCEDURES**

- Walk on the field 20 minutes before game time
- Referee introduces crew to the head-coaches (crew cards are not required, but are considered professional) and asks for captains, in-home and certifies the coaches.

"Coach, do you certify all players are equipped by rule?"

# PRE-GAME PROCEDURES

Ask coaches if your timing for Coin Toss and Face-Off Clinic works for them. Note: coaches generally prefer you do them earlier rather than later, but not always.

"Coach, we'll do the coin toss now and the face-off clinic immediately following that. Does that work for you?"

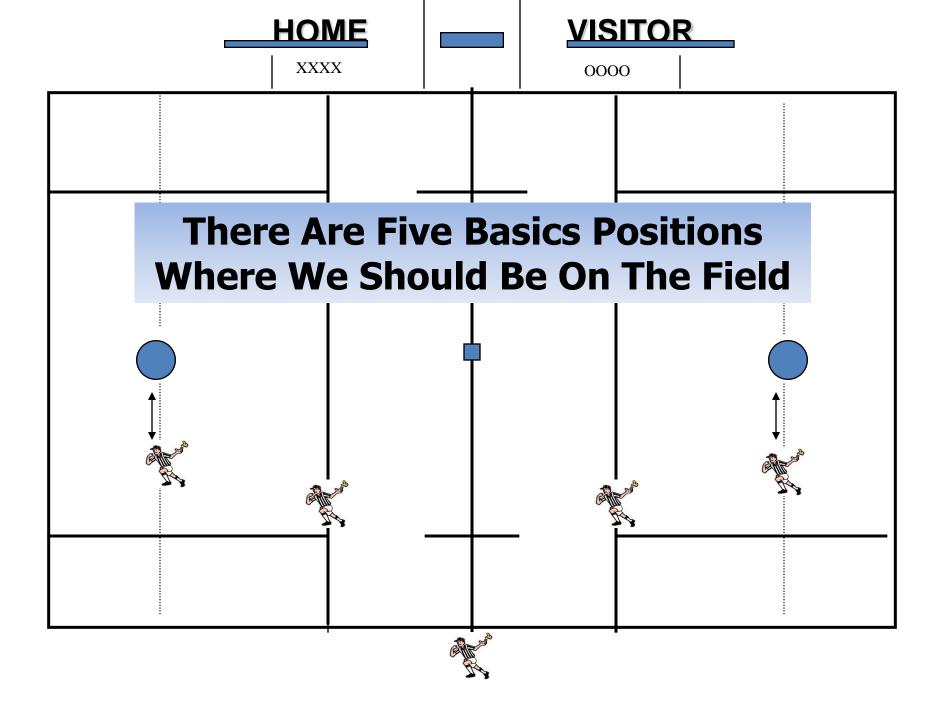
- Give instructions to bench personnel and sign scorer's books
- ❖ Be available for equipment checks.







# 2-Man Mechanics



# Most important responsibilities

- L has the goal
- T has the goal at the other end of the field
- T is responsible for watching the shooter and flagging late hits
- Call Technicals in your zone and personals anywhere.

## **Face-offs**



Down, Adjust, Set, Whistle

# **US Lacrosse 2016 Mechanics Changes: Faceoffs**

#### 2-Man

- •The faceoff official is responsible for the entire faceoff. Wing official stays in his traditional position.
- The ball is exchanged between the Lead and Trail official after every goal.
- The faceoff official backs away to his sideline after the faceoff in a safe manner.



# **US Lacrosse 2016 Mechanics Changes: Counts Following a Faceoff**

#### 2-Man

The Trail is responsible for the initial 10- or 20second count following "Possession." This allows the Lead official to focus on getting into position.



#### **Two-Man Mechanic:**

- One official conducts face off in the following manner.:
   Face off official instructs players to go down <u>and will</u> <u>make all physical adjustments to the faceoff men and their sticks</u>. He should check the neutral zone, player and stick.
- Once the players are in the proper position, the face off official shall place the ball on the ground, in between the head of each Crosse, paying close attention to placing the ball IN THE MIDDLE of the head of each Crosse.

 Once the official is satisfied with the placement of the ball & of the positioning of the players crosses, he shall instruct the players to remain motionless by saying "Set."

#### **MECHANICS NOTE:**

Officials will still have their hand on the crosses of both players when the command of "Set" is given.

 After the "Set" command, the official shall back out and blow the whistle when he is clear of the scrimmage area. The official does **not** have to be stationary, and in all likelihood will still be moving backwards, when he blows the whistle to start play.

The whistle cadence will vary with every faceoff.

Note: Players will be in the face-off position longer than in previous years and they MUST wait for the sounding of the whistle.

#### Faceoff Official (face off official in 2-man)

- Will be in charge of conducting all face-offs.
- Will do all speaking & will blow the whistle to start play.
- Hold the ball in his hand as he says "down".
- Adjust players after they initially go "down" into their position.
- Be sure to place the ball EXACTLY in the middle of the sticks. (Never in the throat)
- Be sure to say "set" with your hand still on the sticks
   of both players crosse (don't allow the ball to move).
- Delay & vary your whistle on every face-off.

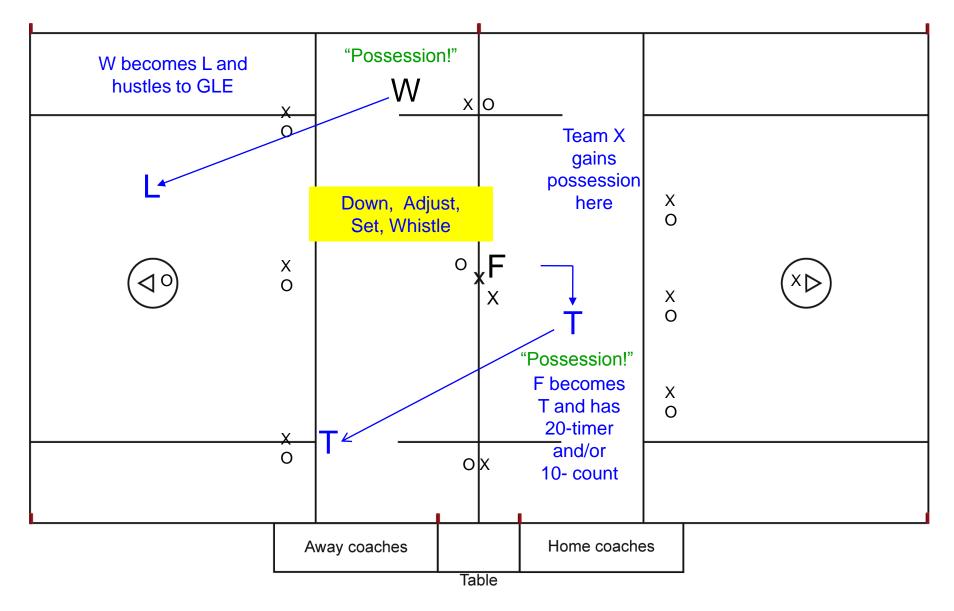
- From rule book (page 32; 4-3-k) it is illegal to kick, step on, or place any other body part to his Crosse or the Crosse of the opponent. It is illegal for a faceoff player to use his Crosse to hold or pin down either player's cross.
- **EXAMPLE:** If the elbow goes to the ground and then comes into contact with the cross of either player, a violation has occurred. This new rule was added to decrease the length of time the faceoff players will be down "scrumming" for the ball. The Committee's intent is to get the ball out quickly to create a ground ball.

- Further clarification even though the example mentions the elbow it relates to any body part that is used to gain an advantage on the faceoff. What is typically happening when this is at issue is the faceoff player is grounding himself in the neutral zone area to prevent movement and in particular forward movement of the opponents stick.
- If a player's first move is into the opponent's body with the intention of not playing the ball this would be a violation and possibly more. If it is deemed that contact was severe enough for a personal foul then the correct ruling would be the following. A faceoff violation has occurred <u>plus</u> a personal foul. Two penalties.

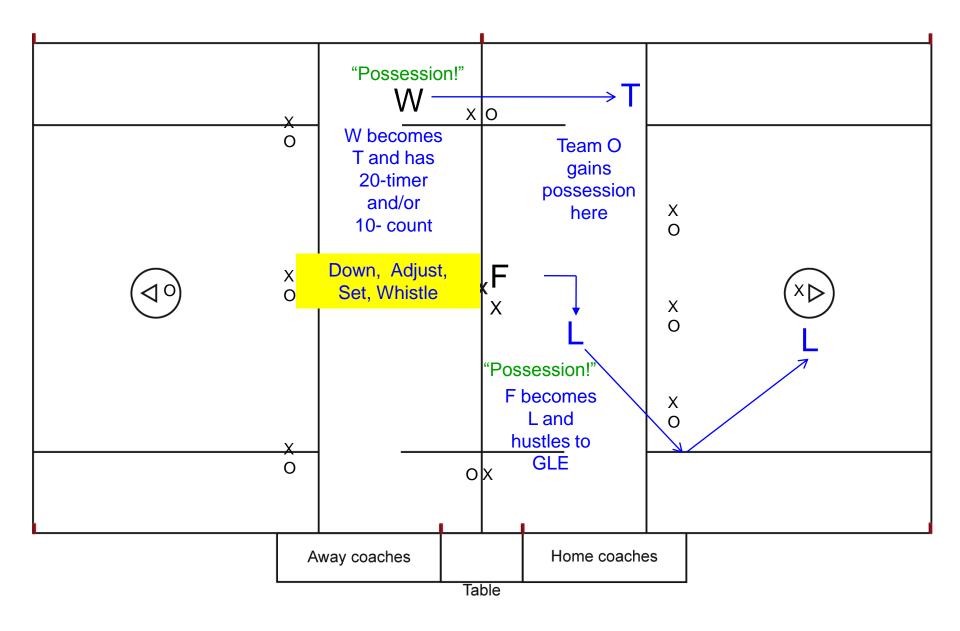
## **Please Note:**

The template depicting field diagrams that follows is not exactly accurate as the Substitution Area/Penalty Box and Coaches Box are now larger.

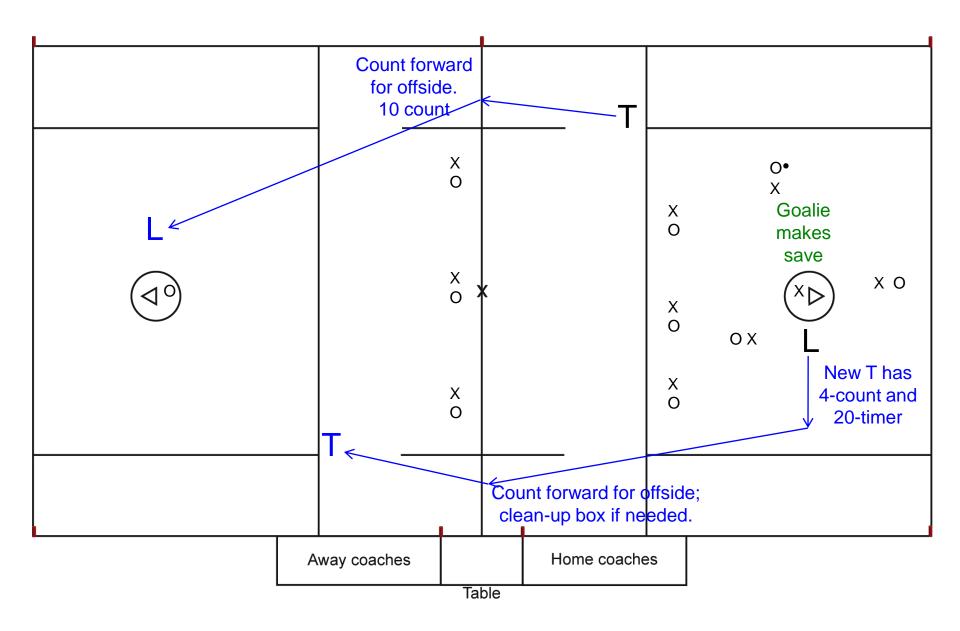
## Face-off — X Gains Possession



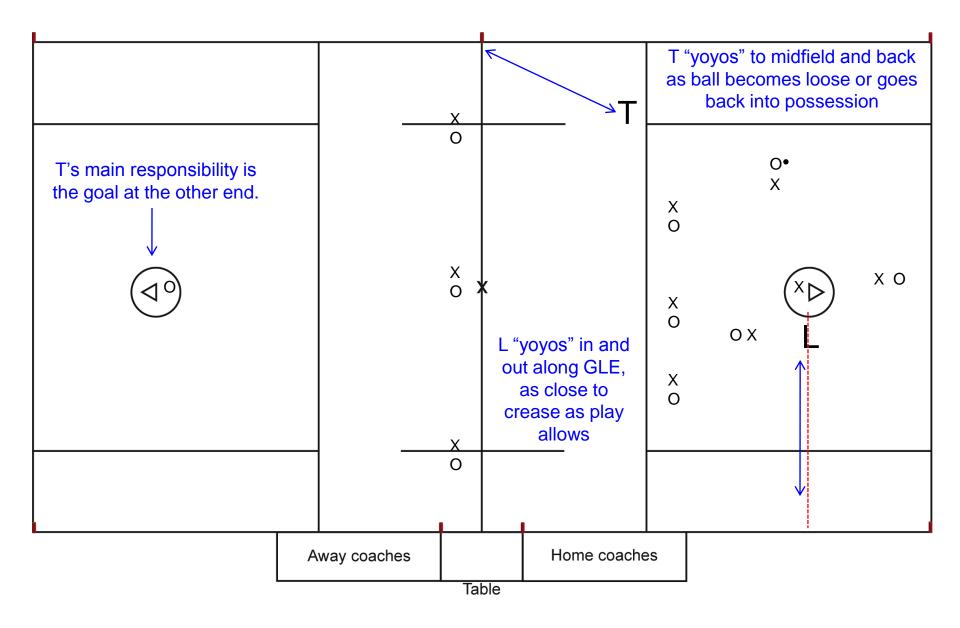
### Face-off — O Gains Possession



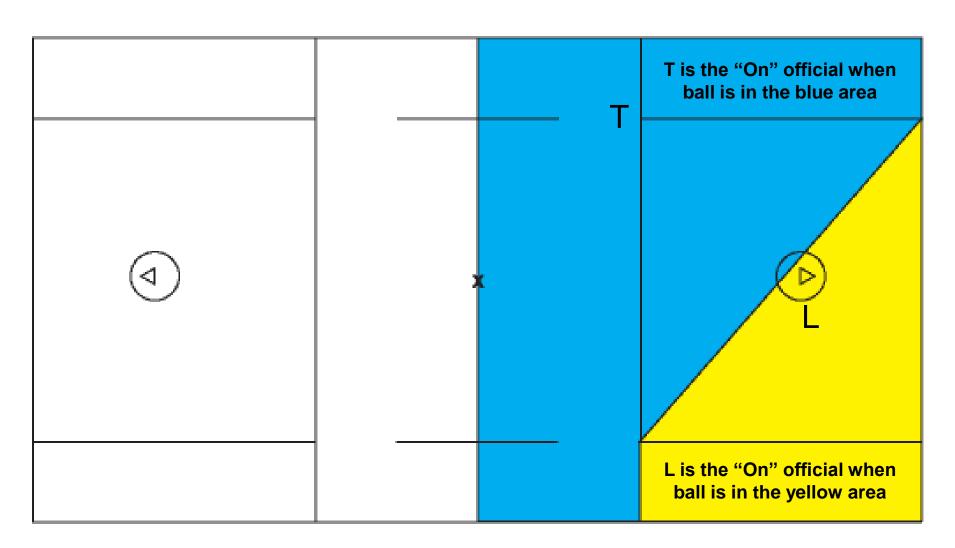
#### **Transition**



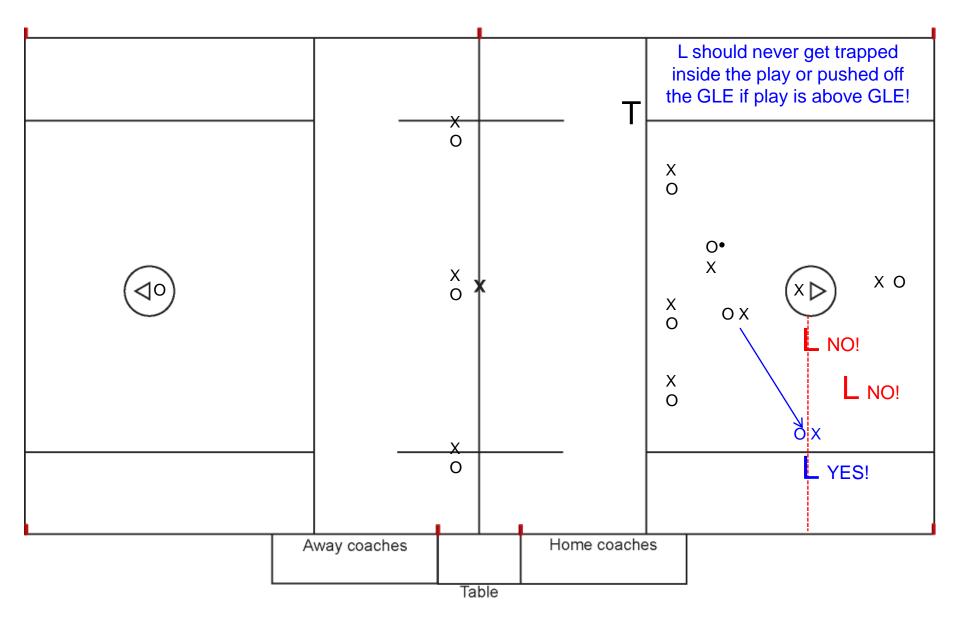
### **Settled Situations I**



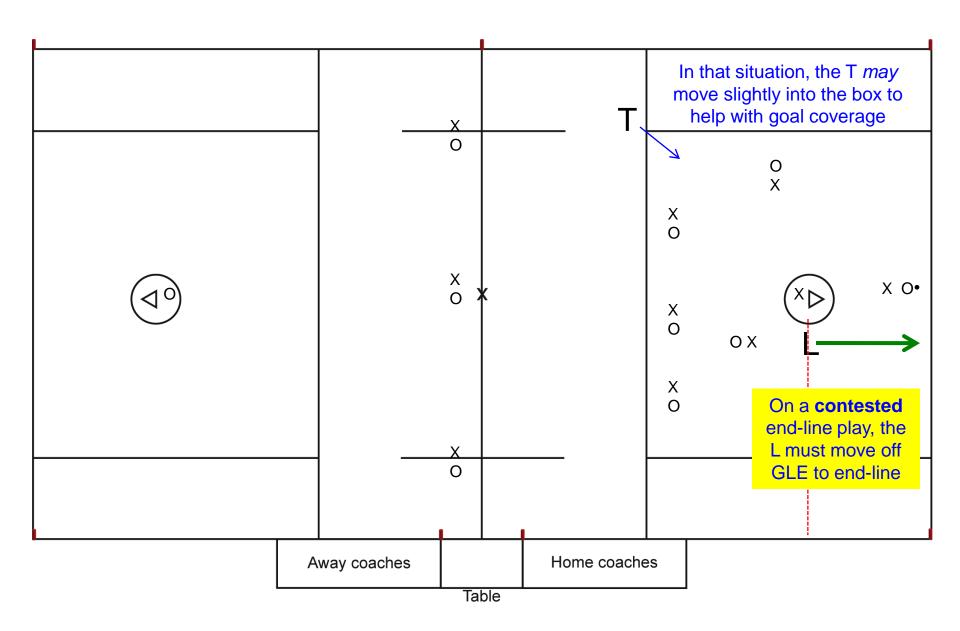
### Settled Situation: On/Off Official



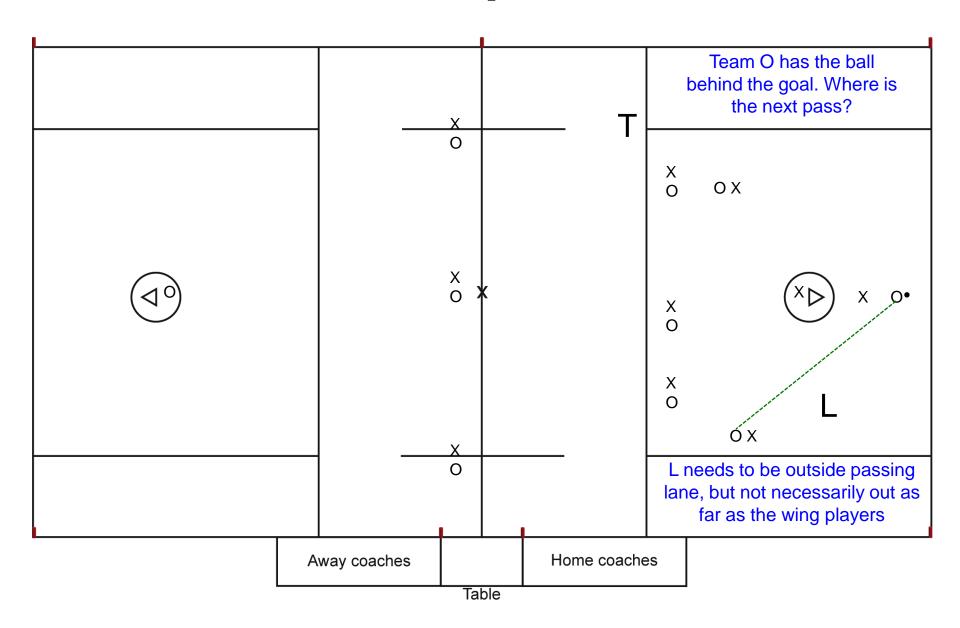
### **Settled Situations II**



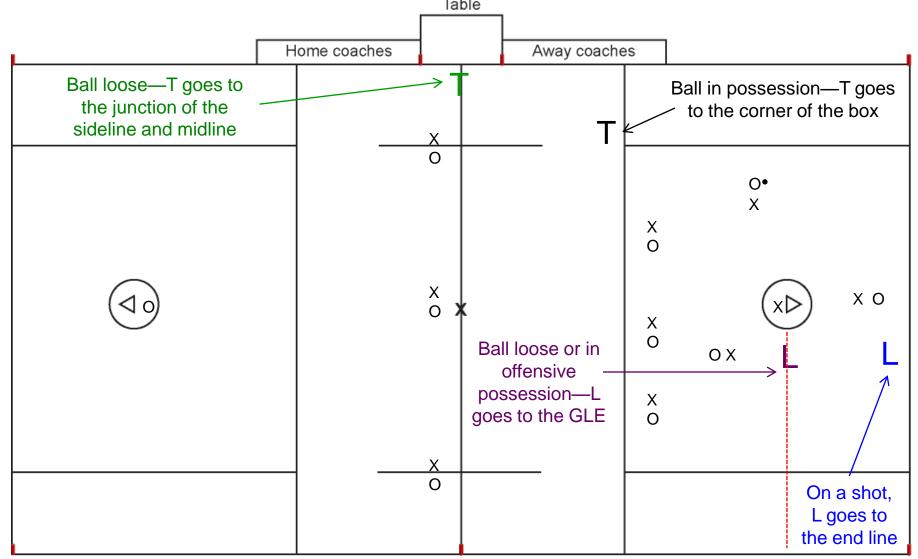
### **Settled Situations III**



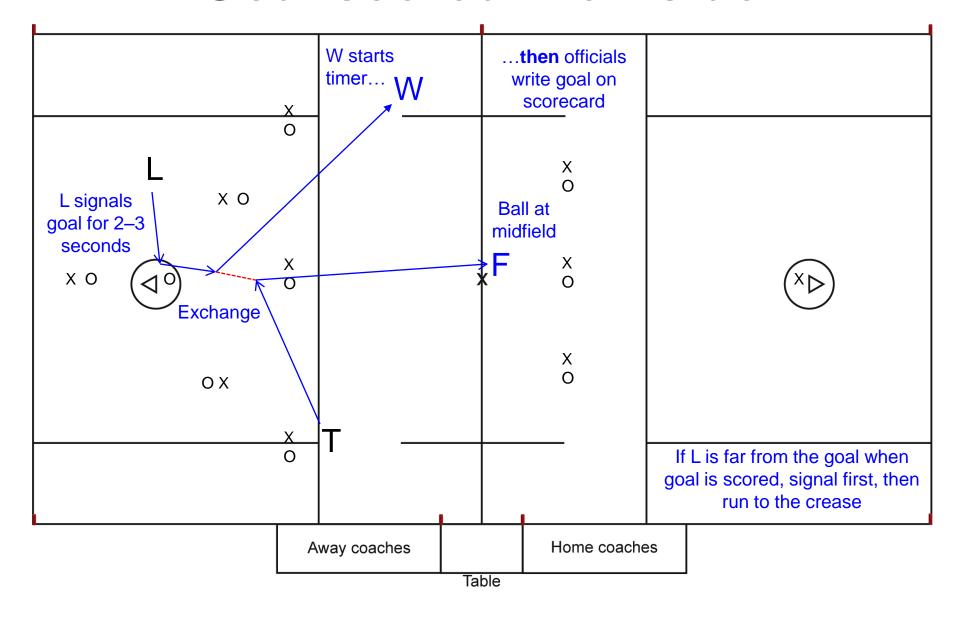
## **Next pass**



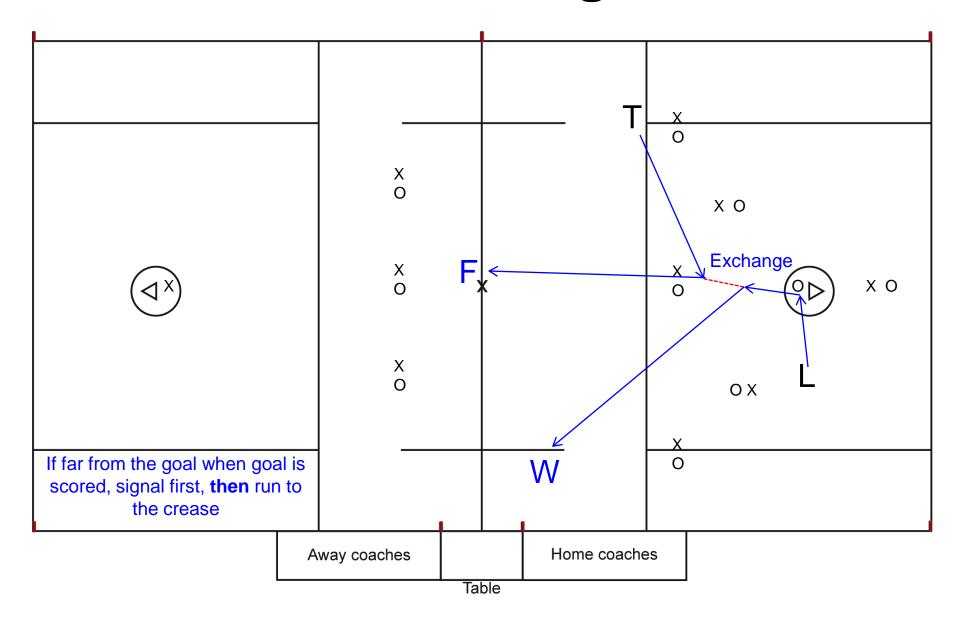
# Key places to go



### Goal scored—left side



# Goal scored—right side



### 10-second count mechanics I

- L has first 10-count across midfield except on face off
- A hand count is used, from navel to 45 degrees past vertical
- No verbal count: use visual count only



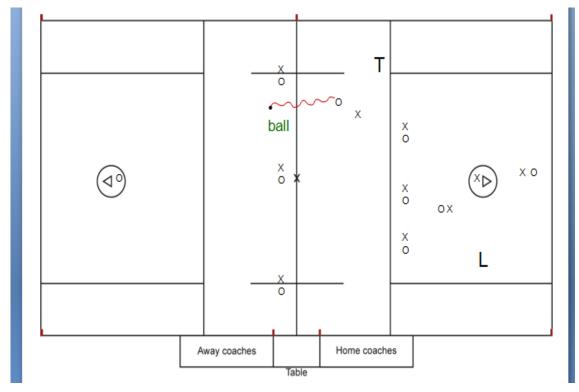
### 10-second count mechanics II

 Use "reset" signal to indicate new count on change of possession

If you have the count and it ends, simply stop counting

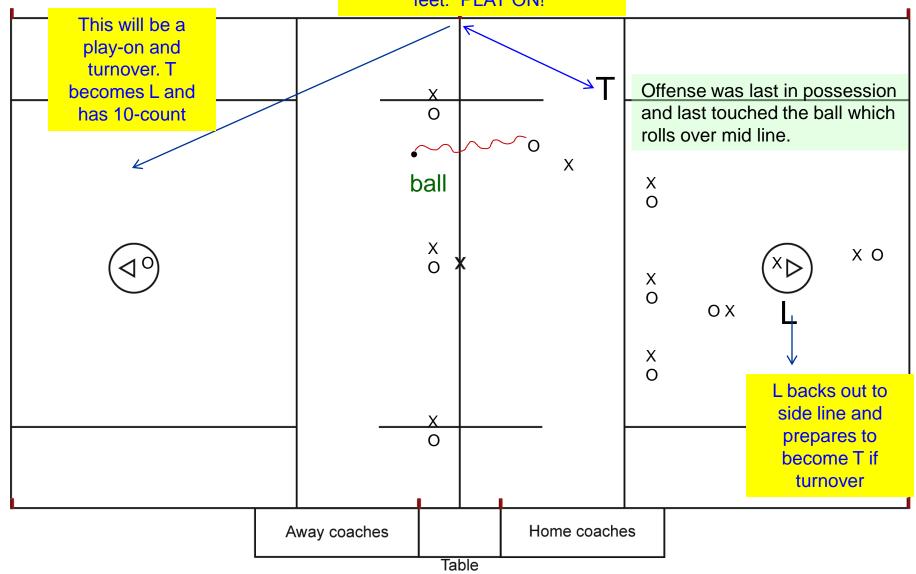
 If you do not have the count and the ball goes into the box in your area, put your hand up for 1-2 seconds, then point into the attack area. (Especially important on "Domed" fields.)

# Ball crosses the midline after the 10-second count ends. (Over & Back)

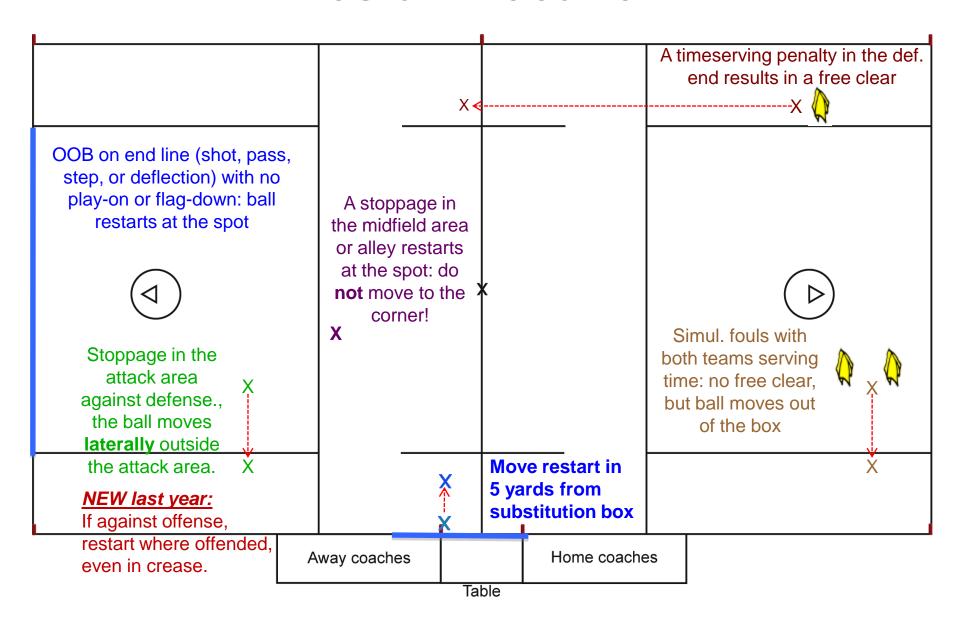


The ball crosses the midline after the 10-second count ends - offense carries, passes or propels the ball to its defensive half of the field and the offensive team was last in possession, and last touched the ball (except on shot), the result will be an immediate turnover or play-on.

T straddles midfield line at cone. Know who last touched ball. Watch everything especially feet. "PLAY ON!"



#### **Restart Location**



# Flag Down, Slow Whistle (FDSW)

- Fouls with offended team in possession:
  - Yell "Flag Down!"
  - Throw flag straight up into the air
  - Allow offended team to complete their play
  - Sound whistle to stop play when the rules require you to do so (Rule 7, next slide)

#### Dead Ball

 Make certain all residual action among the players has ceased

# Rule 7, Section 8 - ART. 2 . . . The official shall withhold the whistle until: (page 84 in rules book, read & remember them!)

- a. A goal is scored by the attacking team.
- b. The ball goes out of bounds.
- c. A player on the defending team gains possession of the ball.
- d. A shot is taken that does not result in a goal.
- e. The ball enters the goal area or is in the goal area at the time the foul occurs and thereafter moves out of the goal area.
- f. An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.
- g. **(**Y) A player loses any of the mandatory equipment in a scrimmage area, and the official is required under the rules to blow the whistle.
- h. A player on the attacking team commits a foul.
- i. The ball is in the defensive half of the field, and the team in possession fails to clear the ball into its goal area.
- j. When the ball hits the ground (not on a shot), the slow whistle is terminated.
- k. A defensive foul is committed during the final two minutes of regulation play with the team that is ahead possessing the ball in the goal/attack area, unless a scoring play is imminent.

# Relaying and Reporting the Call

- Check for flags from your partner. If there are multiple flags, you may need to conference to determine if you have two flags for the same foul or flags for two different fouls.
- Position yourself promptly but not "hurriedly":
  - Face the table
    - 2-person (always the Trail official)
    - 3-person (Closest official to bench, usually the Trail)
  - Make sure the table's view to you is unobstructed
  - Stand up straight with your feet set
- Signal the penalty

# Reporting the Penalty (C-NOTE)

- Announce the following information to the table:
  - Color of the offending player's uniform
  - Number of the player
  - Offense/Foul the player committed (give signal)
  - Time to be served (give "T" signal if 30 second technical foul)
  - Explanation (optional, don't use everytime)

## **C-NOTE**

COLOR "Blue"



NUMBER "36"



**OFFENSE** "Unnecessary Roughness"

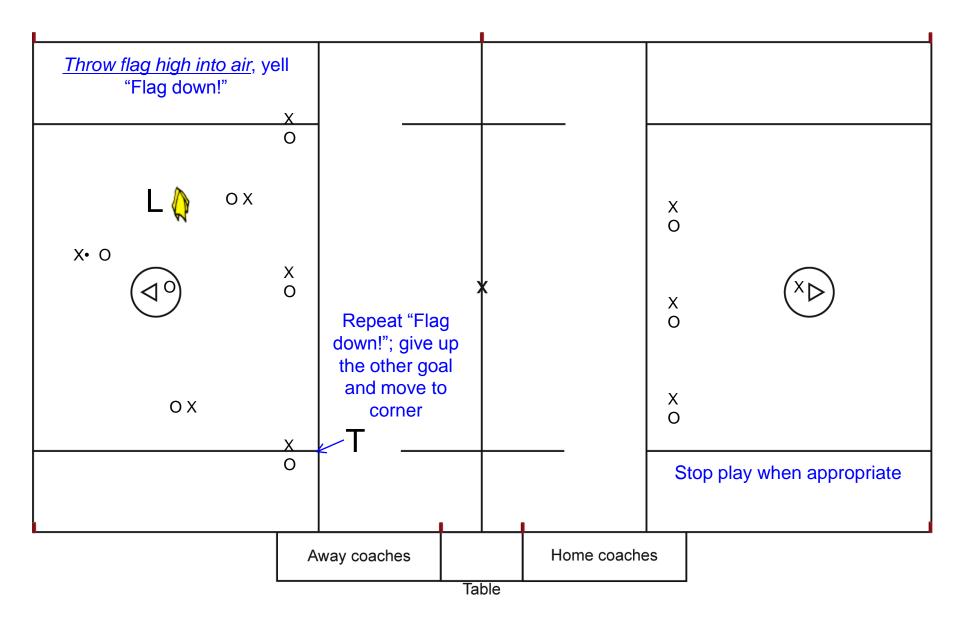
TIME "One Minute"



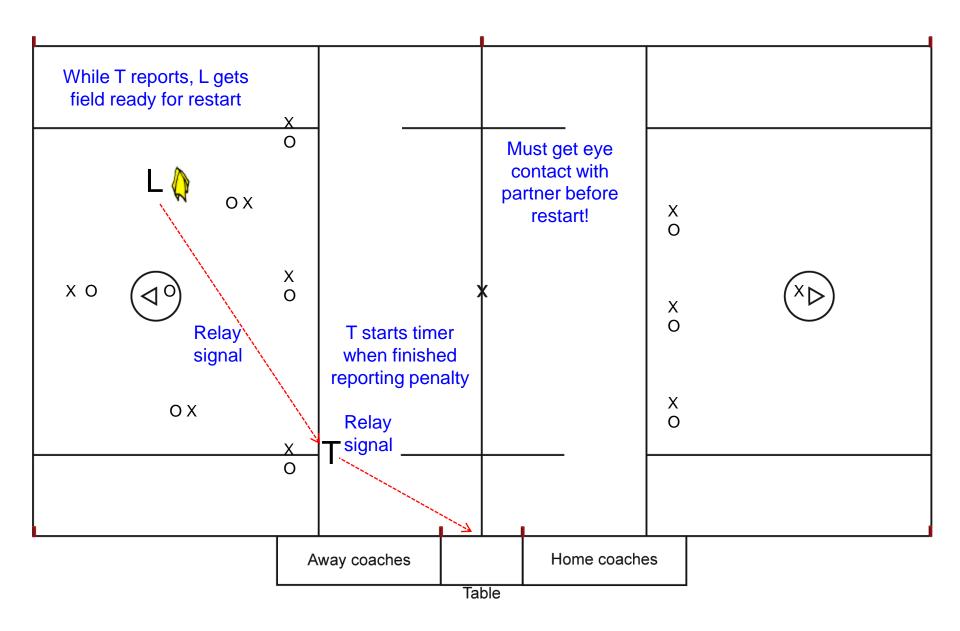
# Reporting the Penalty (C-NOTE)

- Quickly explain who has possession and where the ball will restart
  - "Blue ball, free clear at Center X"
  - "Red ball, side-left, outside the box"
- Timer on after the report
  - Teams have twenty-seconds to get the right players on the field

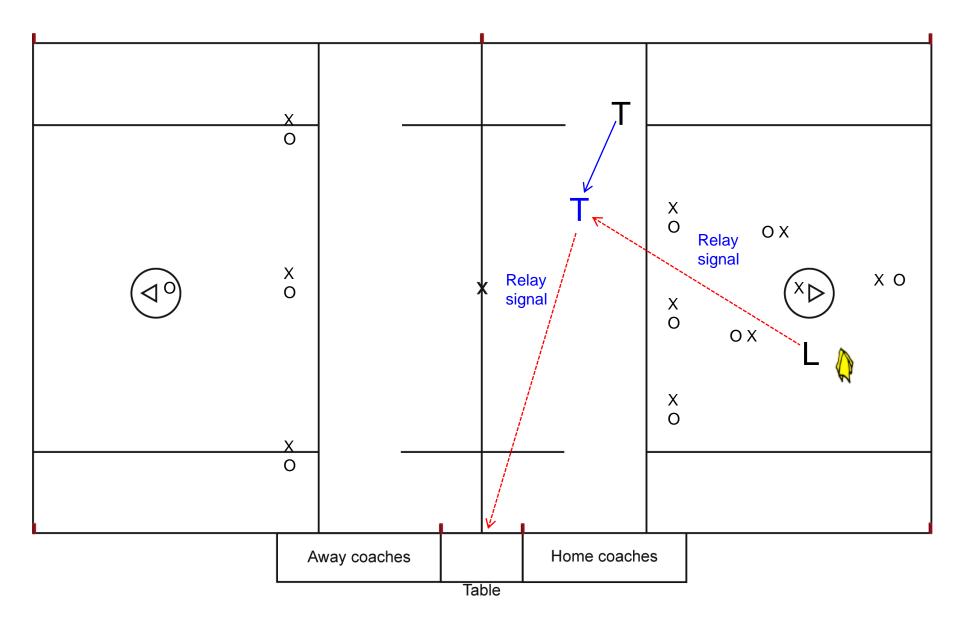
### Flag down



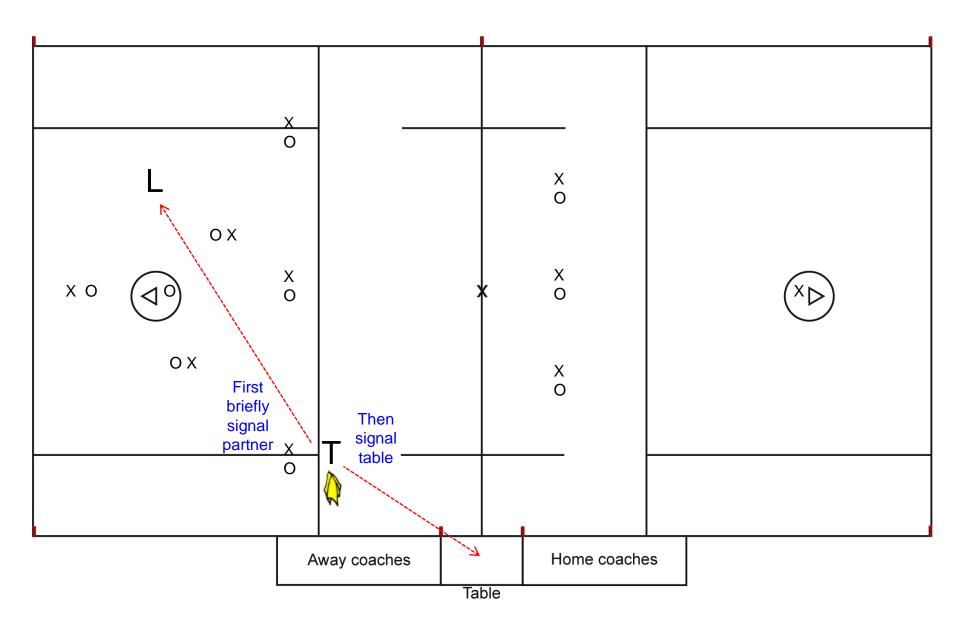
## Signaling penalties (lead's flag)



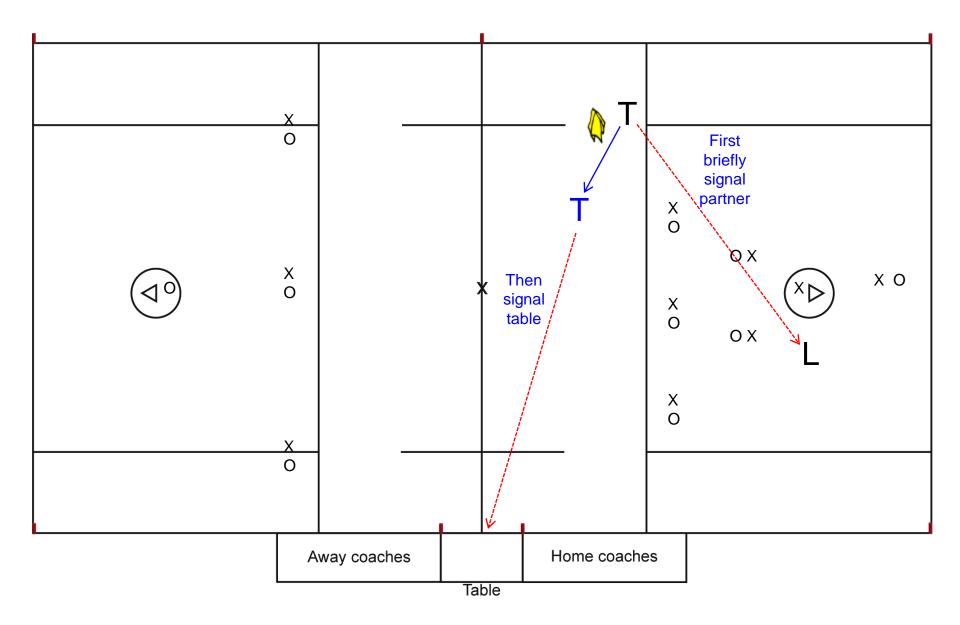
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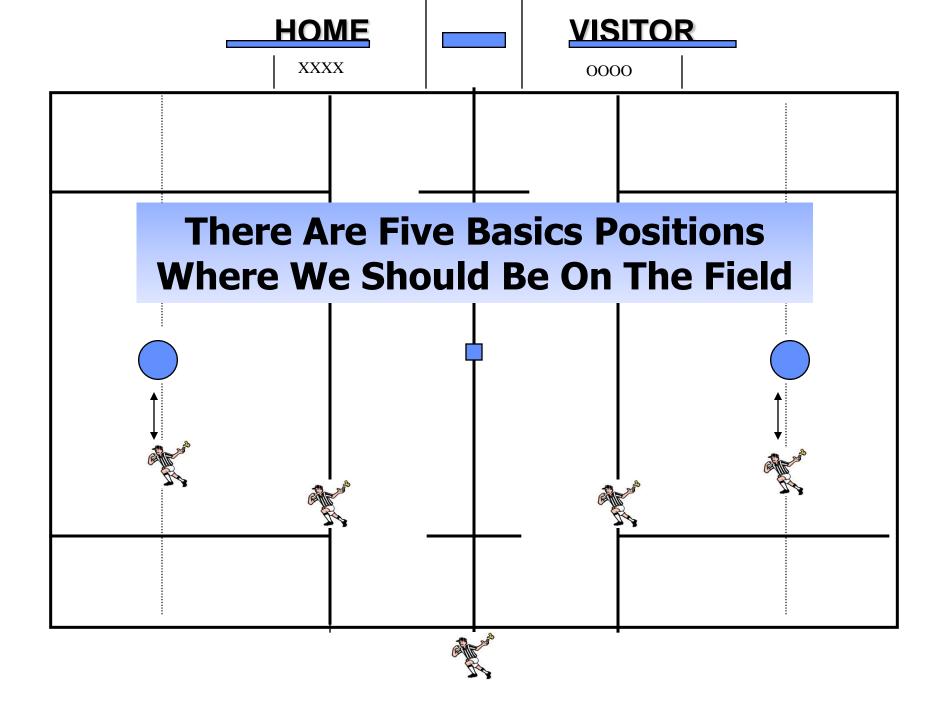


## Signaling penalties (trail's flag)



## Signaling penalties (trail's flag)



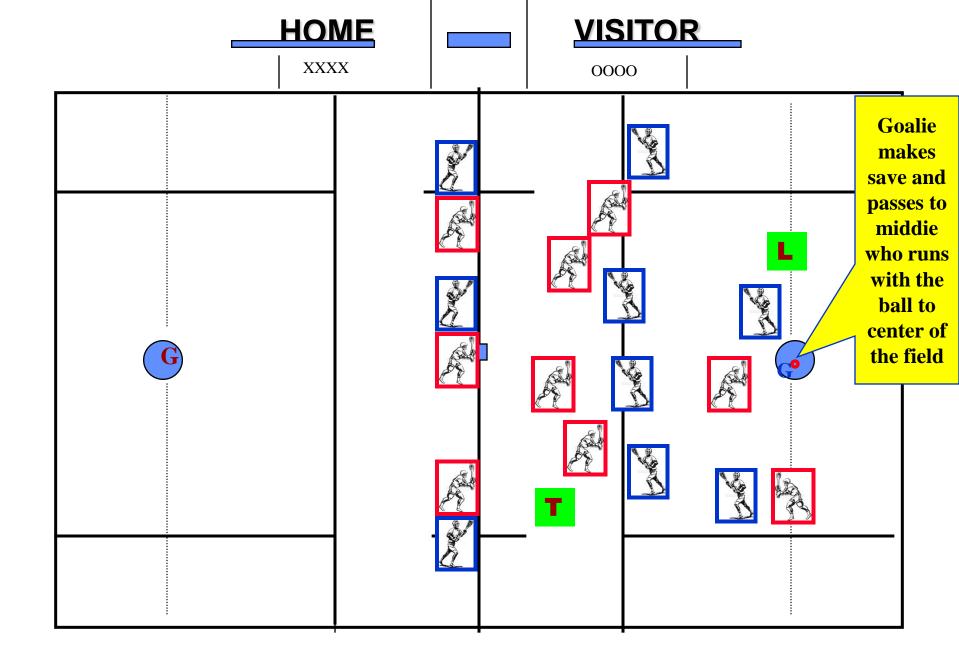


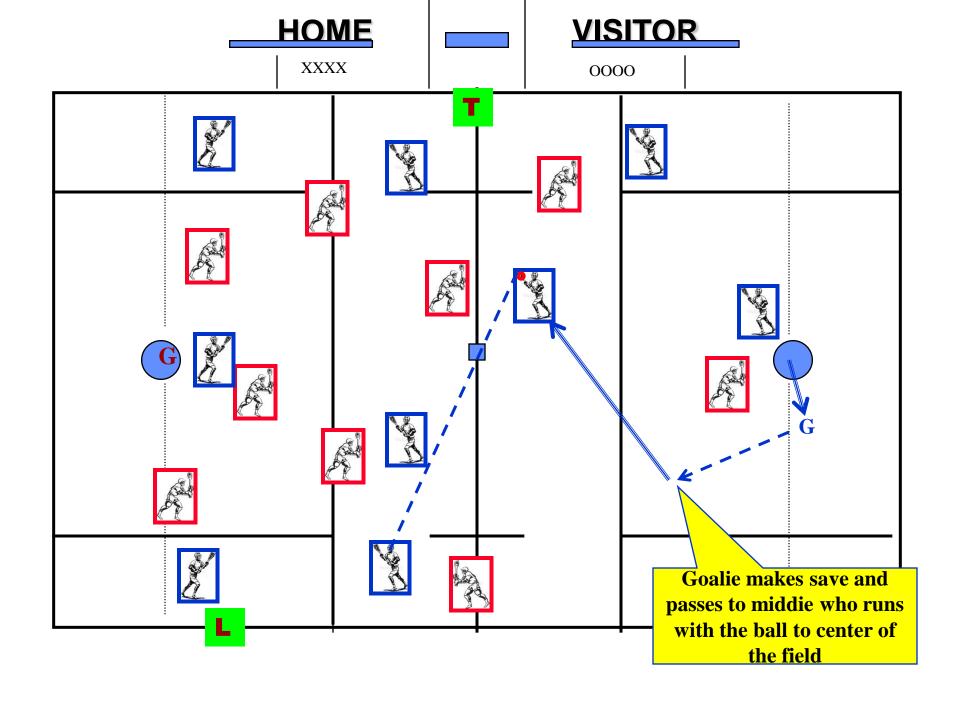


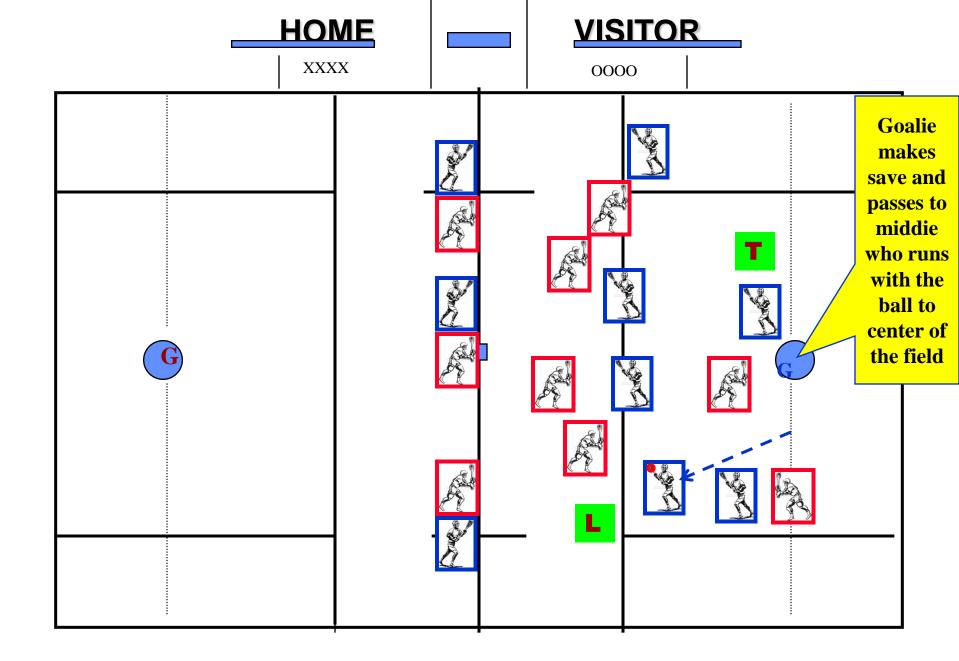


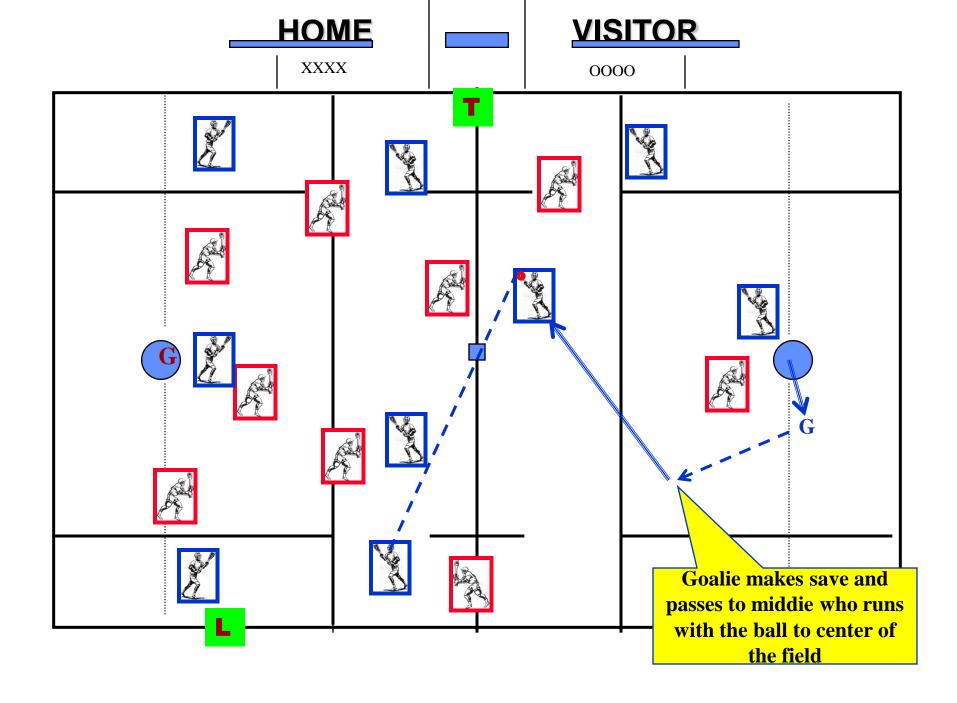


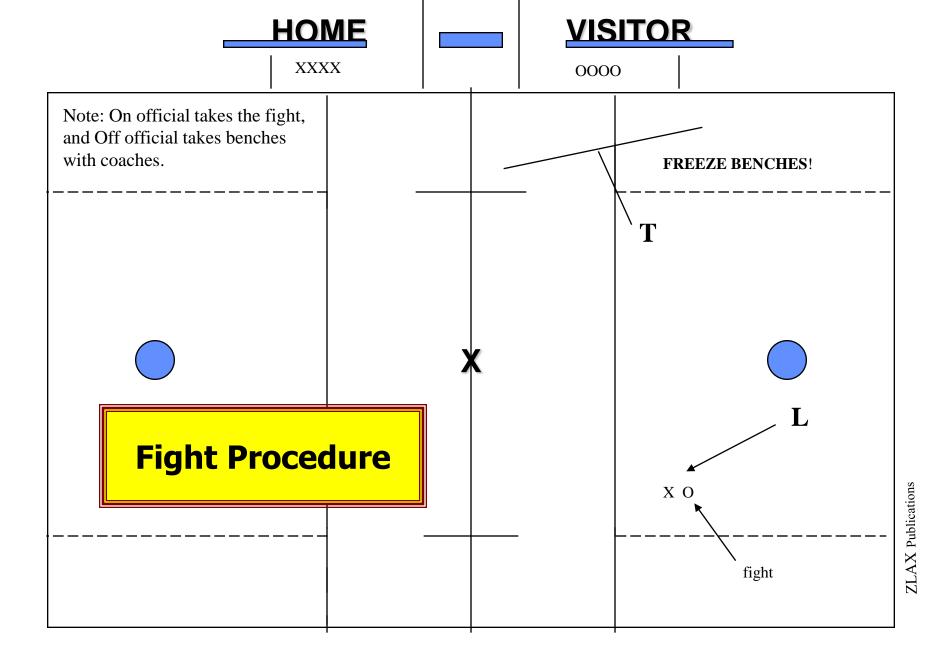
# Coverage On Clear/ Offsides

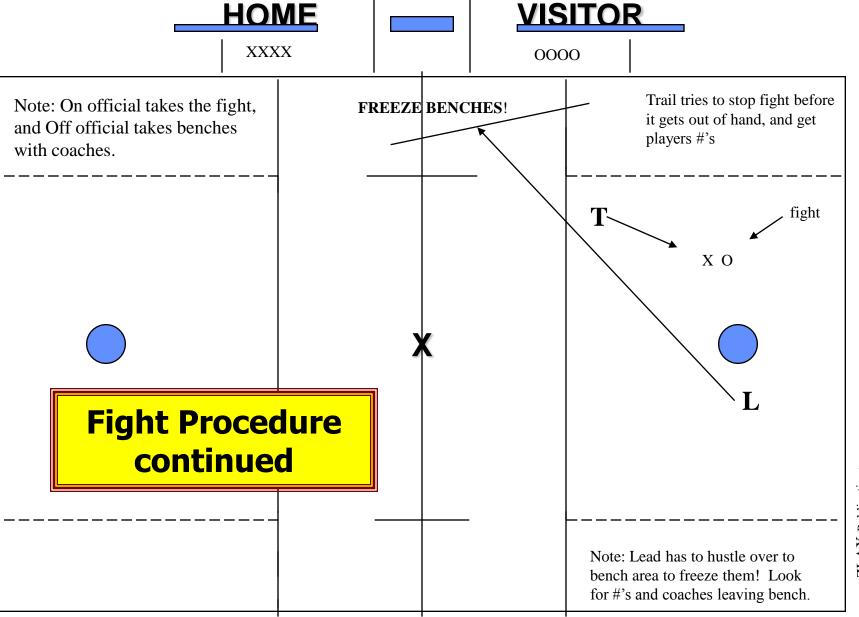












ZLAX Publications







# 3-Man Mechanics

### **Face-offs**



Down, Adjust, Set, Whistle

# **US Lacrosse 2016 Mechanics Changes: Faceoffs**

3-Man Crew:

Mechanics same as NCAA



# **US Lacrosse 2016 Mechanics Changes: Counts Following a Faceoff**

#### 3-Man Crew:

The Single is responsible for the 10 and 20-second counts following "Possession."



#### **Three-Man Mechanic:**

- Two officials conduct face off in the following manner.
   Single side official instructs players to go down and will
   make all physical adjustments to the faceoff men and
   their sticks. The lead left official checks neutral zone,
   player and stick position and verbally communicates this
   to the single side official and players. Both officials are
   responsible for calling violations.
- Once the players are in the proper position, the single side official shall place the ball on the ground, in between the head of each Crosse, paying close attention to placing the ball IN THE MIDDLE of the head of each Crosse.

 Once the official is satisfied with the placement of the ball & of the positioning of the players crosses, he shall instruct the players to remain motionless by saying "Set."

#### **MECHANICS NOTE:**

Officials will still have their hand on the crosses of both players when the command of "Set" is given.

 After the "Set" command, the official shall back out and blow the whistle when he is clear of the scrimmage area. The official does **not** have to be stationary, and in all likelihood will still be moving backwards, when he blows the whistle to start play.

The whistle cadence will vary with every faceoff.

Note: Players will be in the face-off position longer than in previous years and they MUST wait for the sounding of the whistle.

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- From rule book (page 32; 4-3-k) it is illegal to kick, step on, or place any other body part to his Crosse or the Crosse of the opponent. It is illegal for a faceoff player to use his Crosse to hold or pin down either player's cross.
- **EXAMPLE:** If the elbow goes to the ground and then comes into contact with the cross of either player, a violation has occurred. This new rule was added to decrease the length of time the faceoff players will be down "scrumming" for the ball. The Committee's intent is to get the ball out quickly to create a ground ball.

- Further clarification even though the example mentions the elbow it relates to any body part that is used to gain an advantage on the faceoff. What is typically happening when this is at issue is the faceoff player is grounding himself in the neutral zone area to prevent movement and in particular forward movement of the opponents stick.
- If a player's first move is into the opponent's body with the intention of not playing the ball this would be a violation and possibly more. If it is deemed that contact was severe enough for a personal foul then the correct ruling would be the following. A faceoff violation has occurred <u>plus</u> a personal foul. Two penalties.

Faceoff Official (Single Side in 3-man, face off official in 2-man)

- Will be in charge of conducting all face-offs.
- Will do all speaking & will blow the whistle to start play.
- Hold the ball in his hand as he says "down".
- Adjust players after they initially go "down" into their position.
- Be sure to place the ball EXACTLY in the middle of the sticks. (Never in the throat)
- Be sure to say "set" with your hand still on the sticks
   of both players crosse (don't allow the ball to move).
- Delay & vary your whistle on every face-off.

### Faceoff 3-Man Only: Lead Left (L)

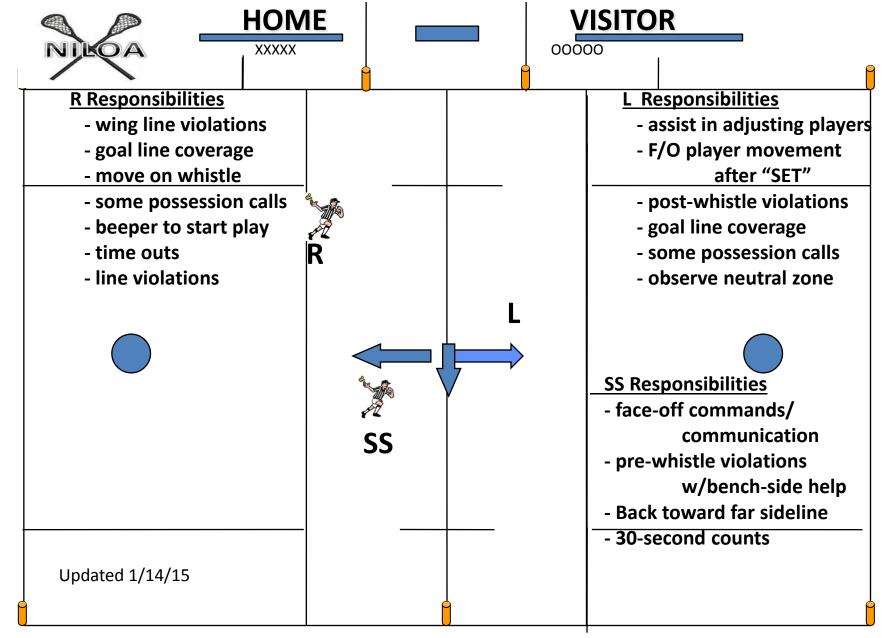
- Will assist on all face-offs
- Initially be close enough to adjust players when they are given the command "down".
- Remain close enough hear the "set" call, but far enough away to get out quickly.
- Is responsible for the goal at his end of the field.
- Be aware of where the wing players are located (especially on the bench side)
- Visually watch for movement prior to the whistle & if observed, to make violation calls. (These calls must be made)
- Observe neutral zone

### Faceoff: 3-man only Lead Right: (R)

- Will be in a position to watch both wing areas (prior to & after the whistle to start play)
- Be in a position to get to the goal at his end of the field
- In charge of all 20 second beepers after a goal is scored

#### **ROTATION: 3-man only**

- After a goal is scored:
- The lead official will retrieve the ball out of the goal & conduct the next face-off from the single side of the field.
- Depending upon which end the goal is scored the **Single** side official will rotate to bench side of the field & will either be the lead left & assist with the next face-off **OR** be the lead right & start the 20 second "delay of game" beeper as well as watch the wing area players on the next face-off.



F/O Mechanics

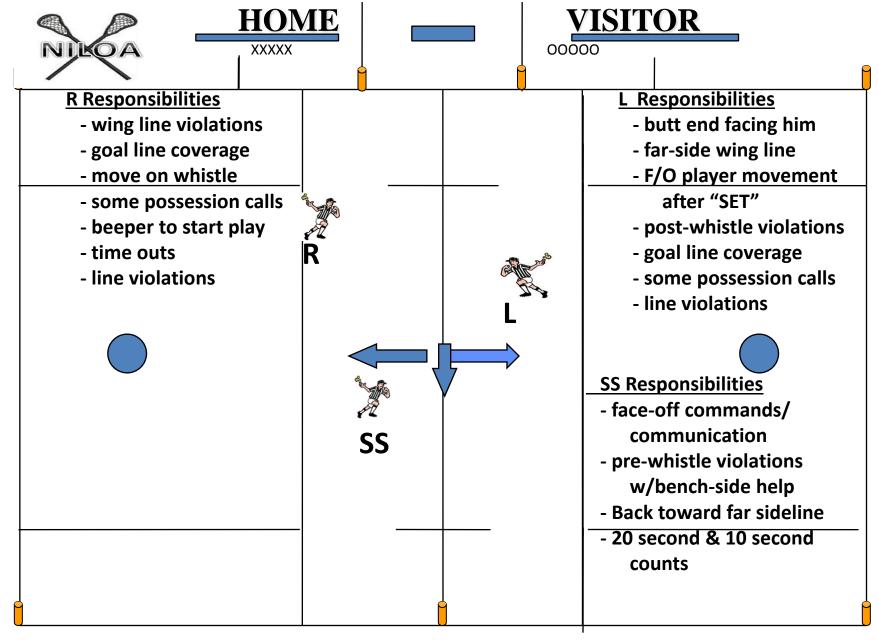
### **Rotation reminders: 3-man only**

- Lead official will get the ball after a goal & carry it to midline.
- Face-off officials should be (roughly) diagonally across from each other.
- Can we change what we do based on time or situation? Yes.
- Can you move your position to get the best view.
   Yes.
- Try not to be predictable on every face-off.
- Locate yourself to a different spot, based upon what has occurred on previous face-offs. (Which way has the ball gone before? Adjust to it)

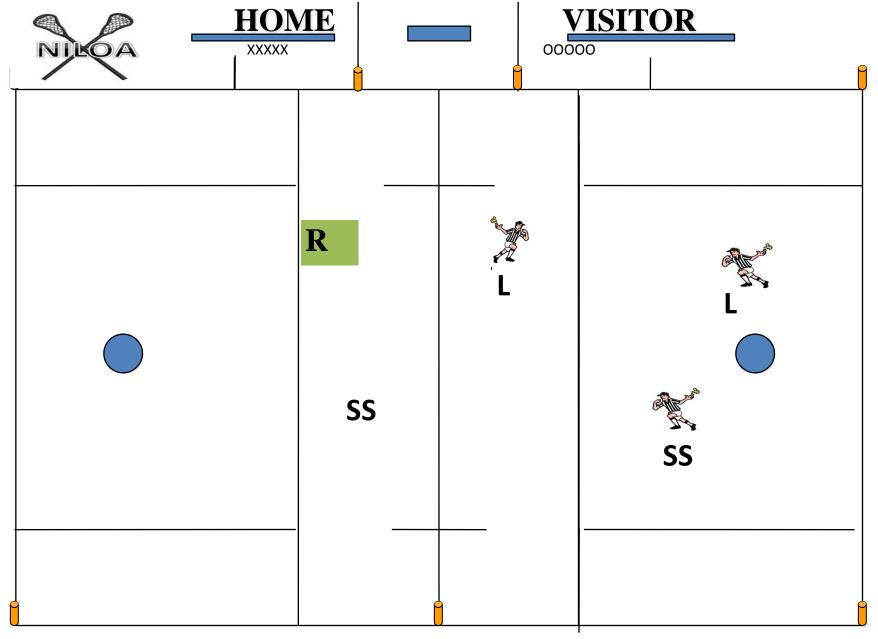
- What does "Move, rake, or direct the ball within 1 step" mean?
  - -Intent is to get the ball moving
- Can a player jamb the ball in the back of the stick (plunger move) and stand up without taking 1 step?
  - -Yes, The Rule change was designed to allow face-off players to make the same initial moves as in previous years.
  - -However the player gaining possession must move the ball as described in Rule 4-3.

#### Possible Questions:

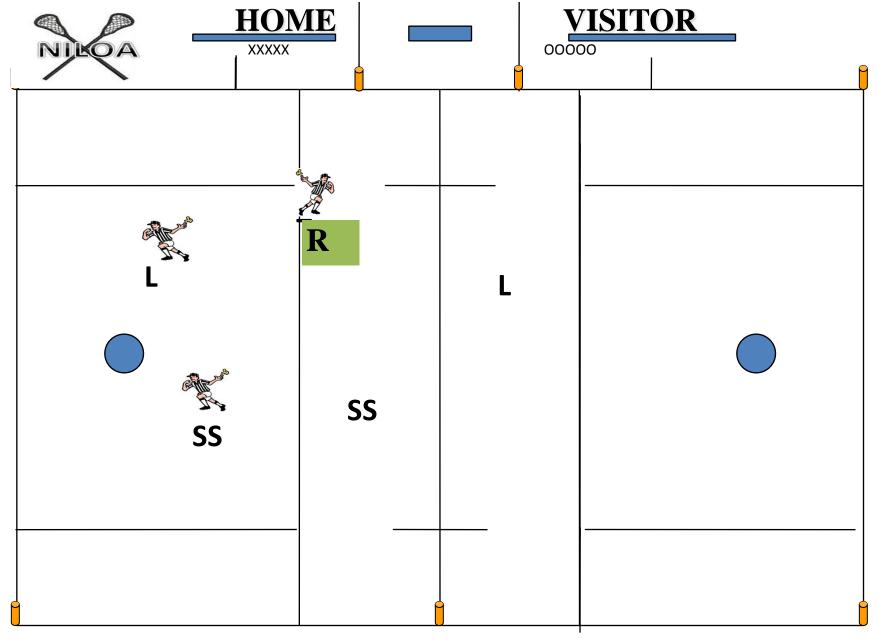
- Can face-off players move prior to the set call?
  - Yes
- Can face-off players delay the process every time?
  - No. If they do, call a violation.
- How quickly do we blow the whistle?
  - Delay and vary your cadence every time.
  - You should be moving backwards when the whistle is blown to start play. Do NOT stop to blow the whistle.
  - Who restarts the play after a violation?
  - Single Side official.



New F/O Mechanics – 2016



Rotation after goals

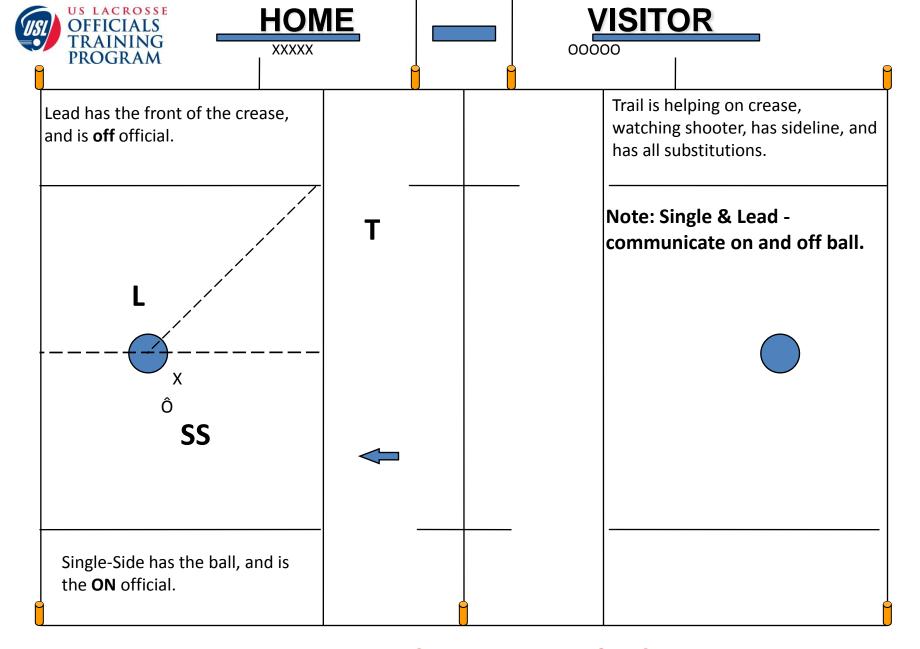


Rotation after goals

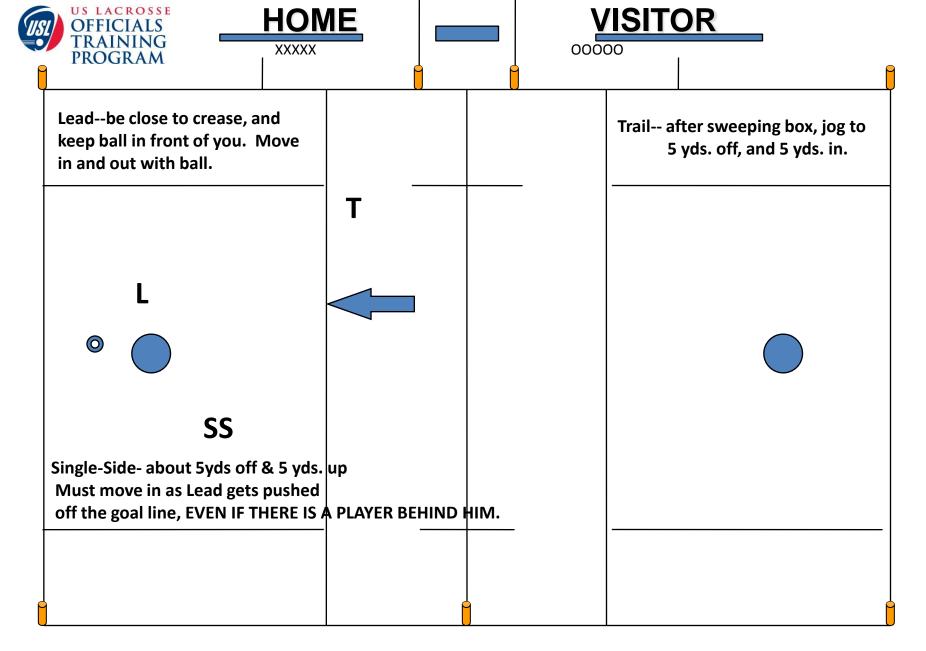


# **SETTLED SITUATIONS**

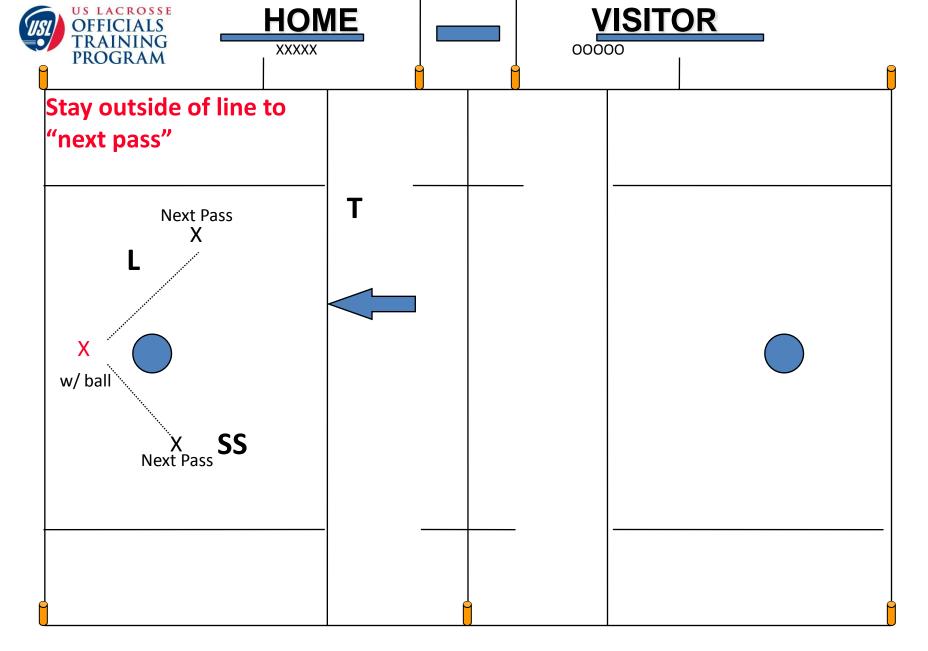




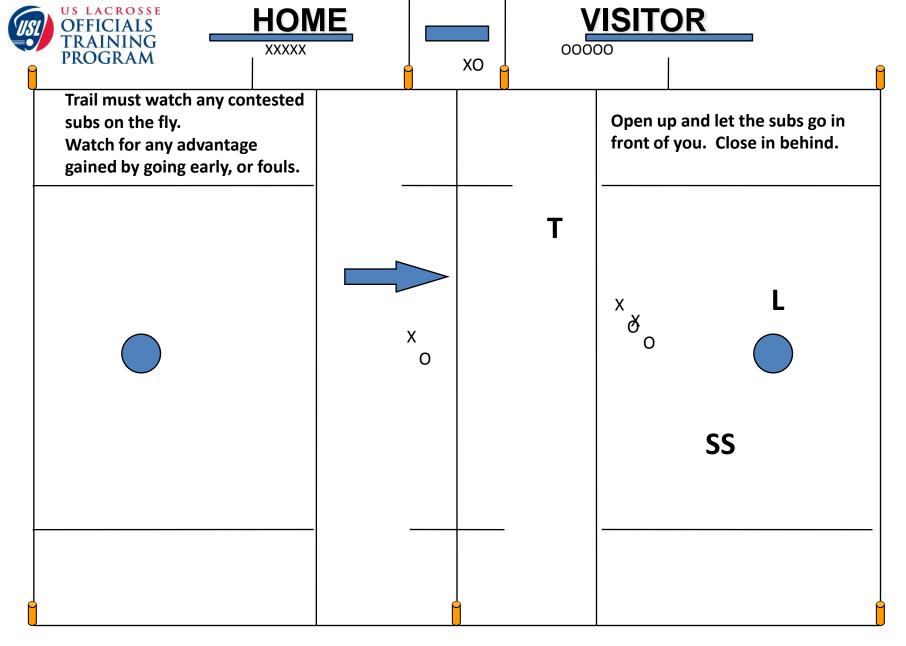
## **Coverage during Settled Situations**



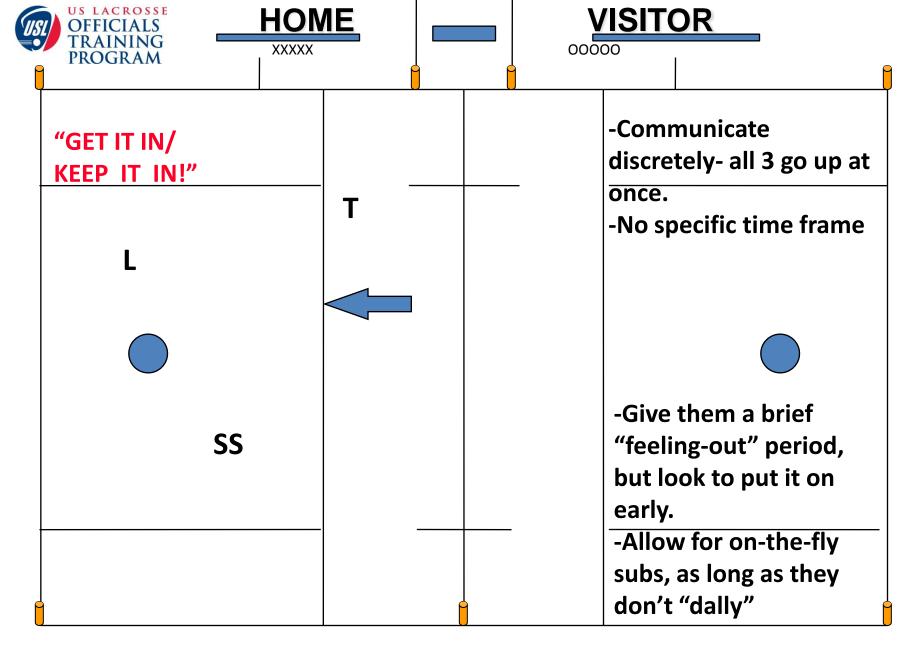
### **Settled Situations- NFHS**



**Settled Situations – How Close?** 



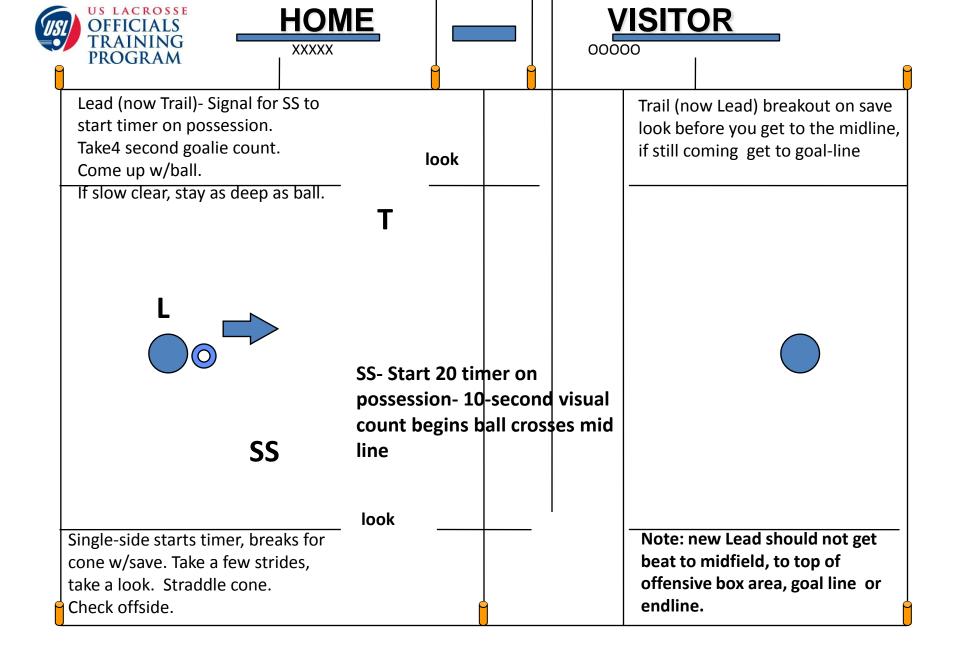
**Contested Subs Later in a Possession** 

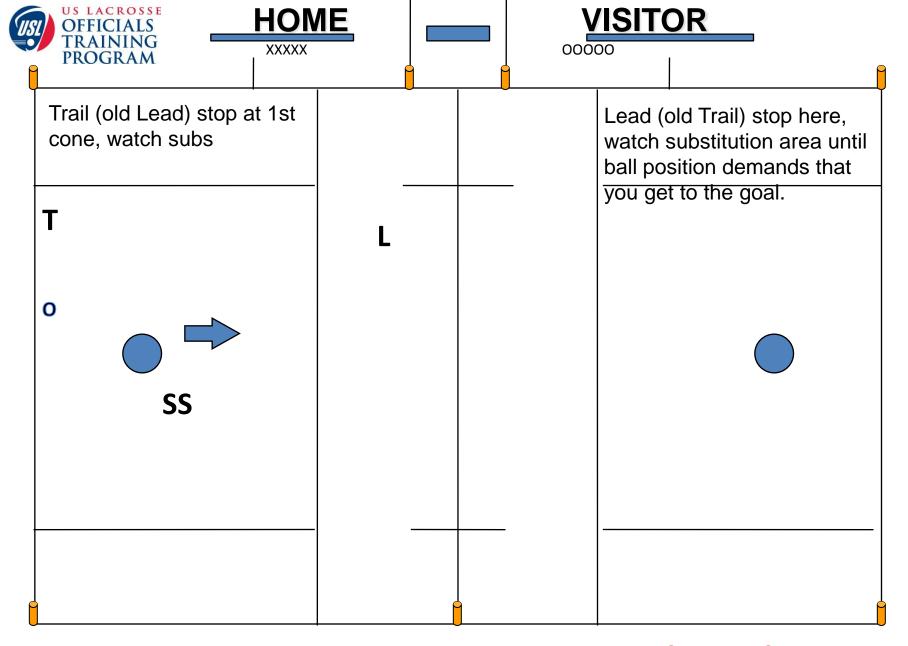




# **TRANSITION**



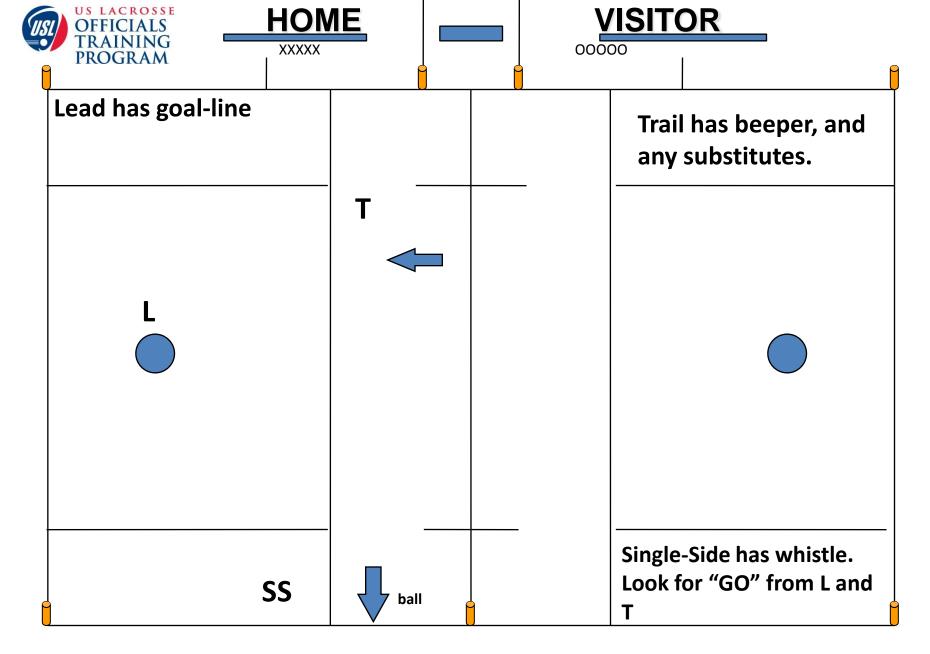




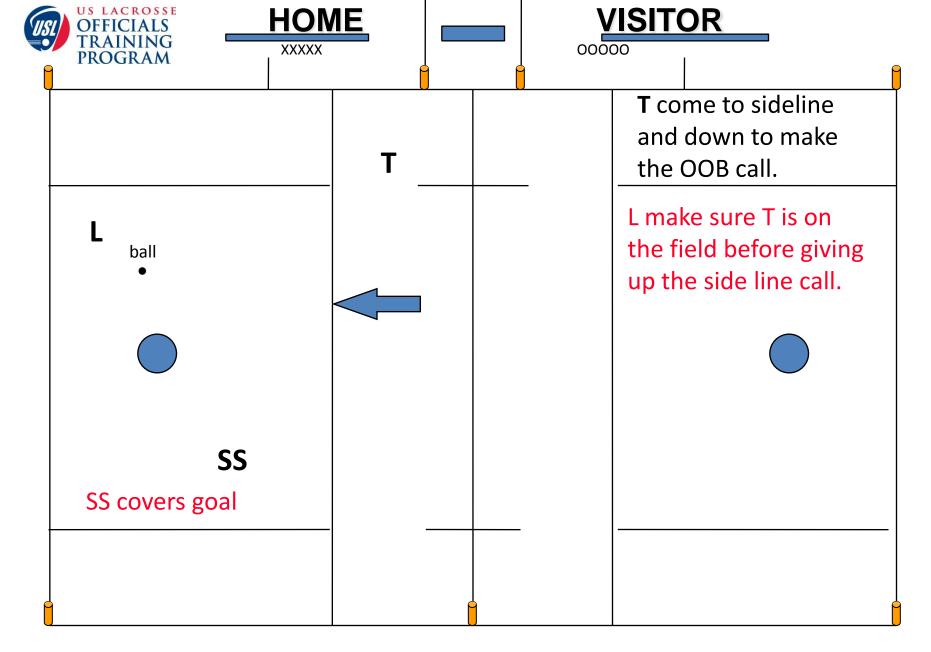


# **RE-STARTS**

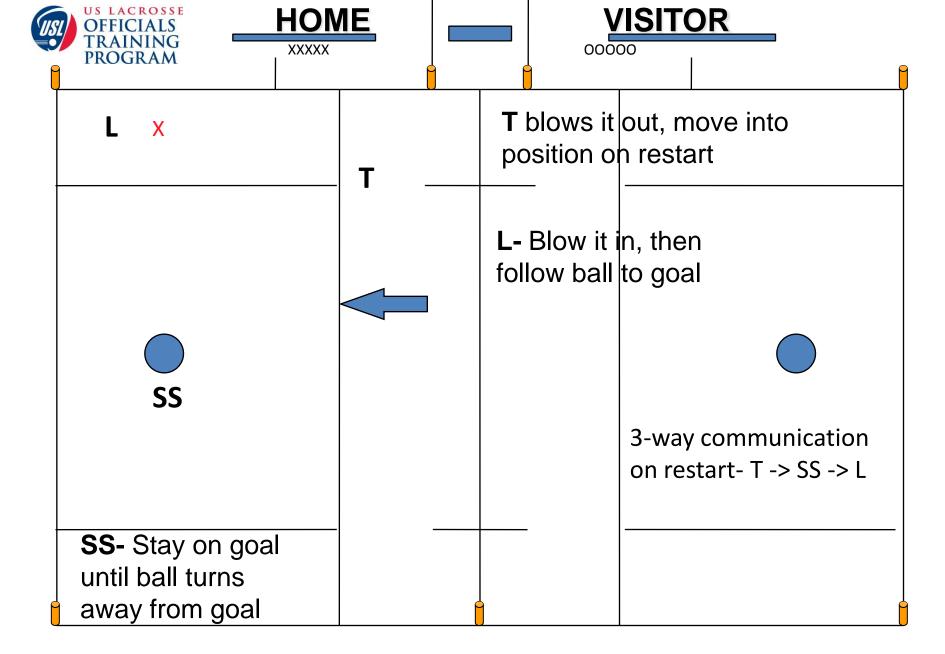


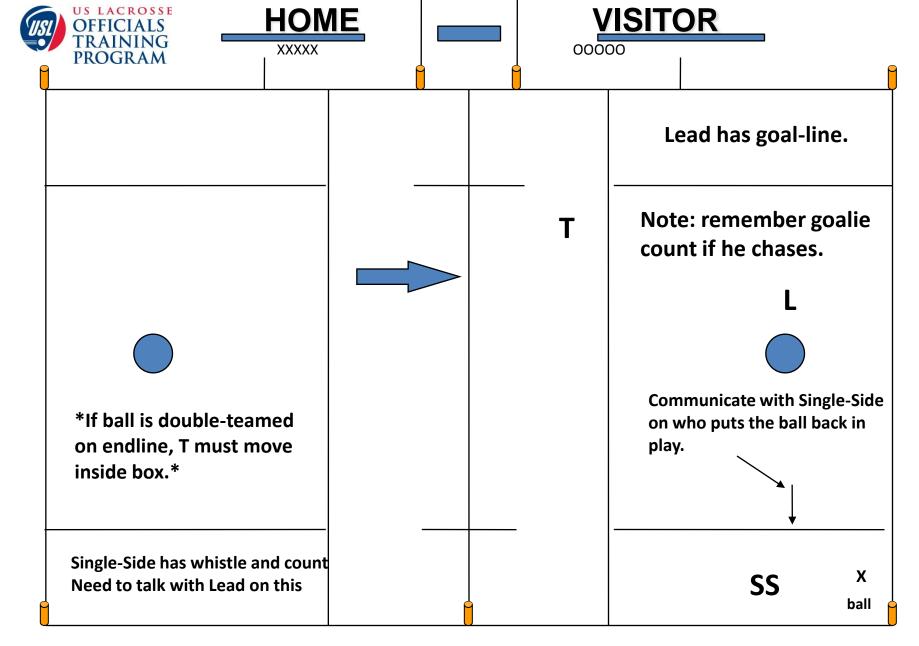


## Sideline out of bounds

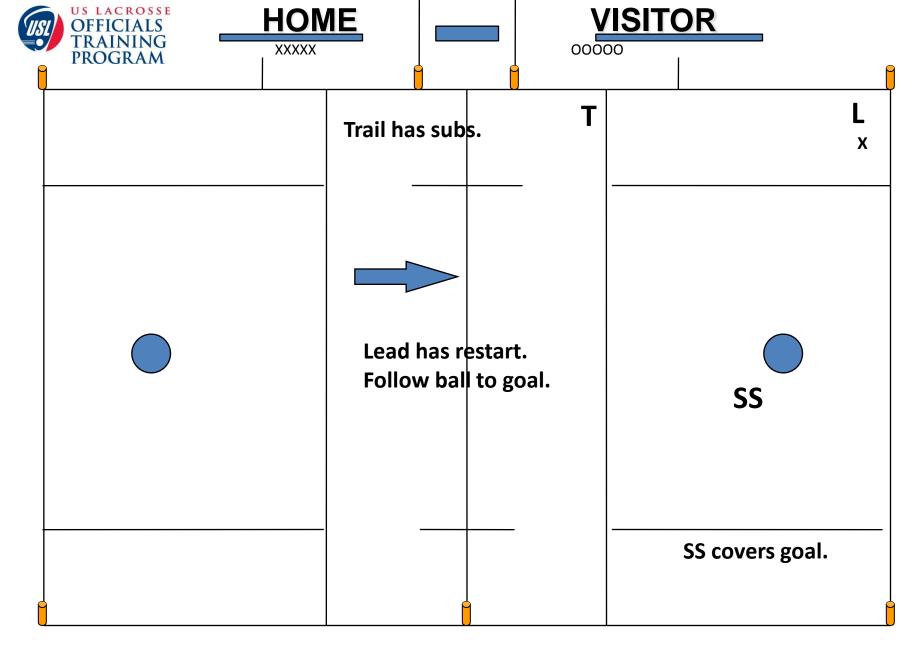


### **GLE Out of Bounds**

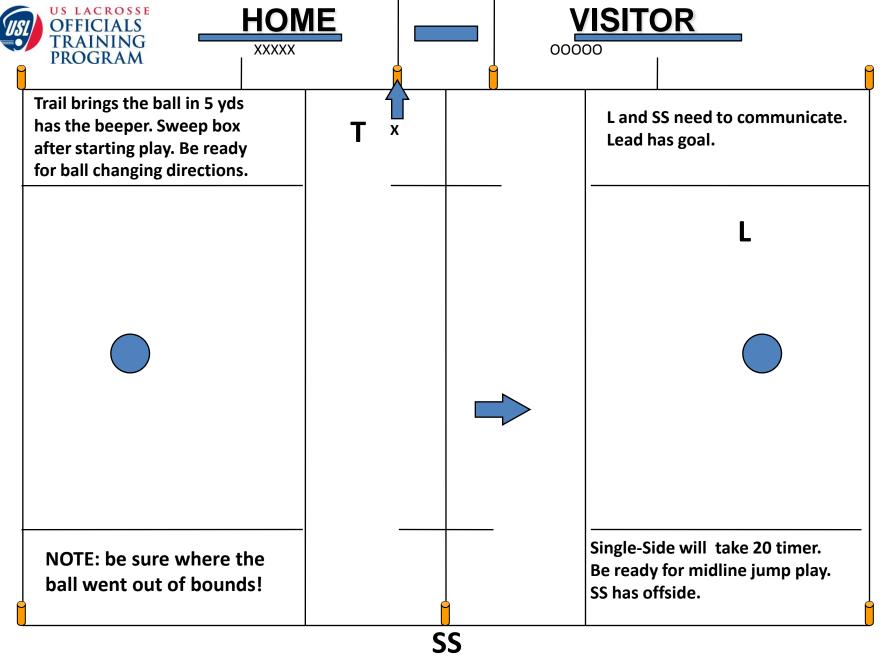


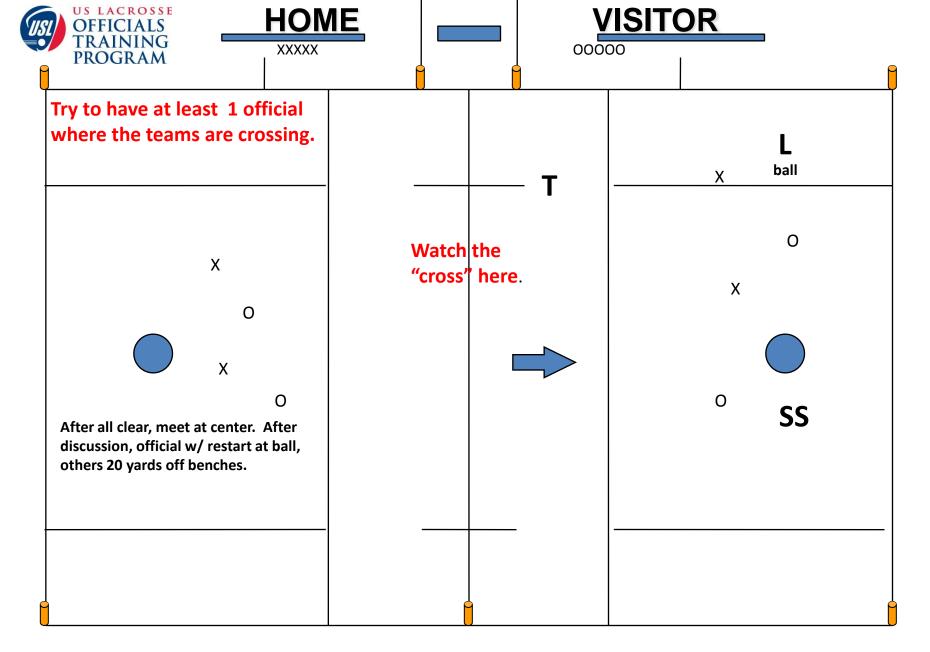


**Endline out of bounds- far side** 



**Endline out of bounds- bench side** 



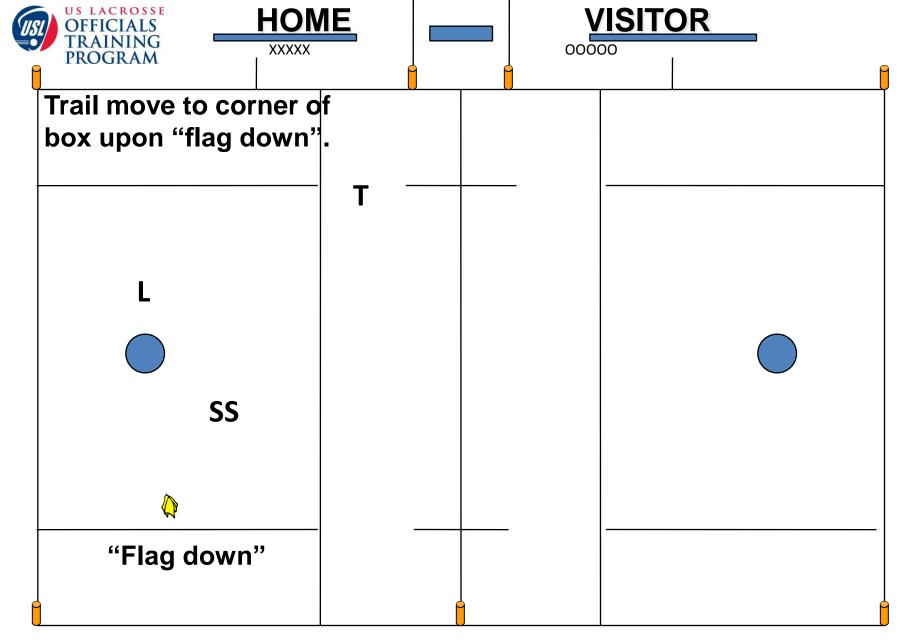


### **Time-Out Procedures**

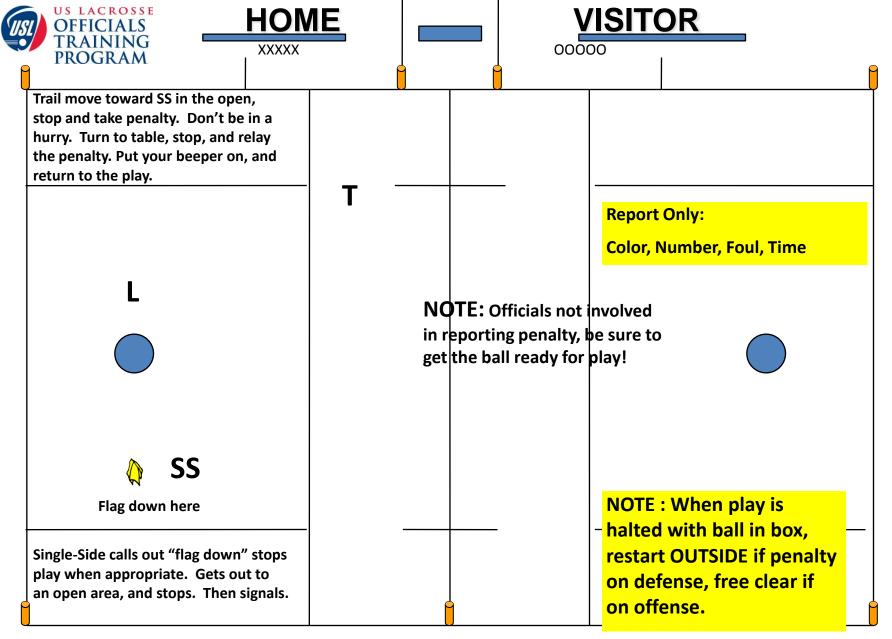


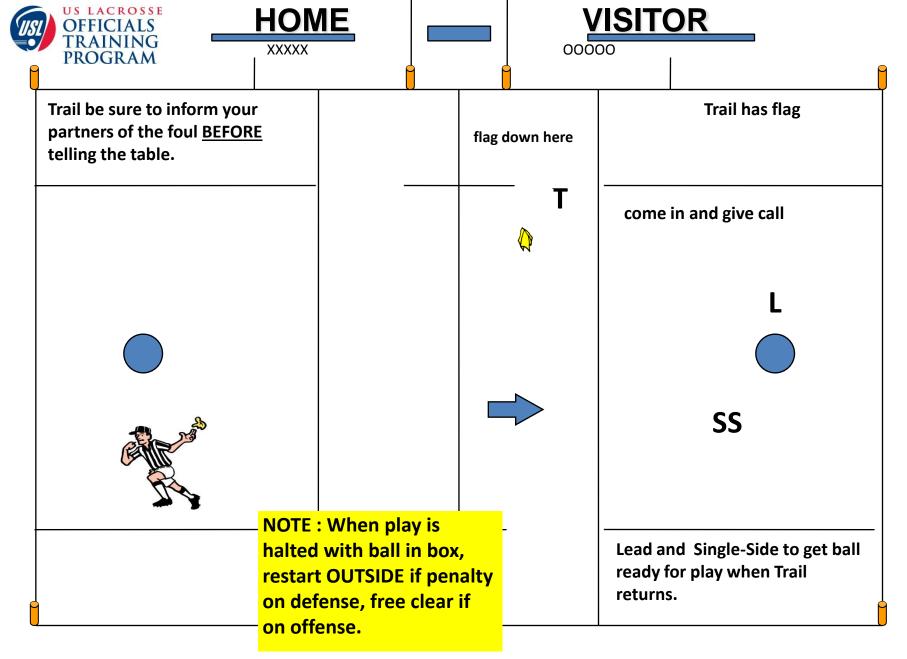
# **PENALTY SITUATIONS**





Flag Down





# Flag Down, Slow Whistle (FDSW)

- Fouls with offended team in possession:
  - Yell "Flag Down!"
  - Throw flag straight up into the air
  - Allow offended team to complete their play
  - Sound whistle to stop play when the rules require you to do so (Rule 7, next slide)

#### Dead Ball

 Make certain all residual action among the players has ceased

# Rule 7, Section 8 - ART. 2 . . . The official shall withhold the whistle until: (page 84 in rules book, read & remember them!)

- a. A goal is scored by the attacking team.
- b. The ball goes out of bounds.
- c. A player on the defending team gains possession of the ball.
- d. A shot is taken that does not result in a goal.
- e. The ball enters the goal area or is in the goal area at the time the foul occurs and thereafter moves out of the goal area.
- f. An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.
- g. **(**Y) A player loses any of the mandatory equipment in a scrimmage area, and the official is required under the rules to blow the whistle.
- h. A player on the attacking team commits a foul.
- i. The ball is in the defensive half of the field, and the team in possession fails to clear the ball into its goal area.
- j. When the ball hits the ground (not on a shot), the slow whistle is terminated.
- k. A defensive foul is committed during the final two minutes of regulation play with the team that is ahead possessing the ball in the goal/attack area, unless a scoring play is imminent.

# Relaying and Reporting the Call

- Check for flags from your partner. If there are multiple flags, you may need to conference to determine if you have two flags for the same foul or flags for two different fouls.
- Position yourself promptly but not "hurriedly":
  - Face the table
    - 2-person (always the Trail official)
    - 3-person (Closest official to bench, usually the Trail)
  - Make sure the table's view to you is unobstructed
  - Stand up straight with your feet set
- Signal the penalty

# Reporting the Penalty (C-NOTE)

- Announce the following information to the table:
  - Color of the offending player's uniform
  - Number of the player
  - Offense/Foul the player committed (give signal)
  - Time to be served (give "T" signal if 30 second technical foul)
  - Explanation (optional, don't use everytime)

# **C-NOTE**

COLOR "Blue"



NUMBER "36"



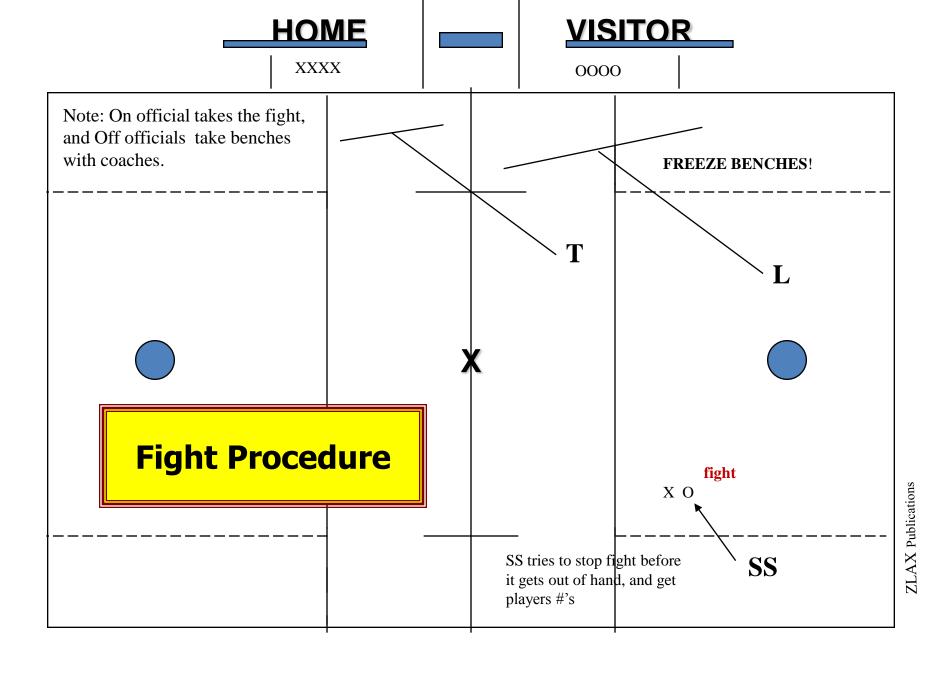
**OFFENSE** "Unnecessary Roughness"

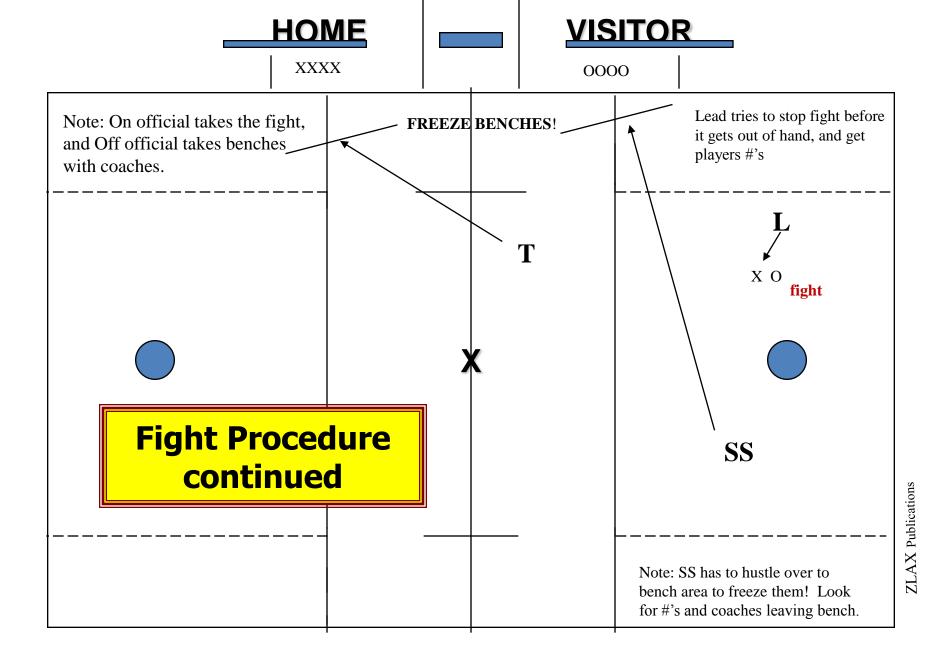
TIME "One Minute"



# Reporting the Penalty (C-NOTE)

- Quickly explain who has possession and where the ball will restart
  - "Blue ball, free clear at Center X"
  - "Red ball, side-left, outside the box"
- Timer on after the report
  - Teams have twenty-seconds to get the right players on the field





# Questions

