



Three-Man Mechanics for NCAA and NFHS (Full Version)

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 - John Hill and David Seidman for the development of the mechanics in this presentation
 - Harold Buck for the development of this presentation
- For comments, corrections, and suggestions, contact Harold Buck at lax.ref@comcast.net

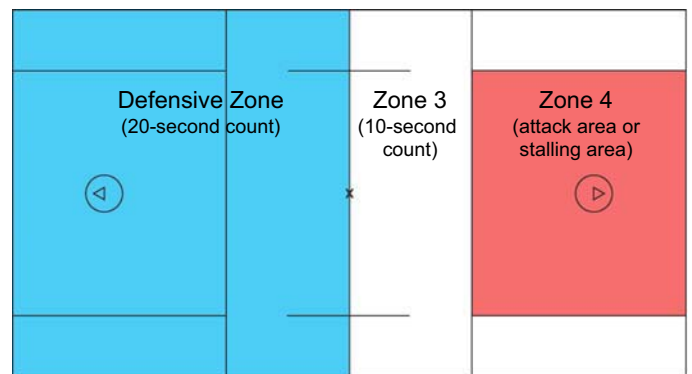
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Terminology

- Three officials:
 - Referee (R)
 - Umpire (U)
 - Field Judge (FJ)
- During a face-off:
 - Face-off (F)
 - Bench-side (B)
 - Single (S)
- During play:
 - Lead (L)
 - Single (S)
 - Trail (T)

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Zones of the field (NCAA/NFHS)



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Photo by Dave Adams

Pre-game

- R is responsible for pre-game
- Meet off field, then take the field as a team at least 20 minutes before start
- Inspect field and goals
- Certify home coach, then away coach
- No whistles until after coin toss!

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Timer/scorer

- **R** briefs personnel before game
- Explain as much as you think they can handle
- Make sure they know to never come onto the field
- One-page guidelines are available at www.tinyurl.com/yj7x5k

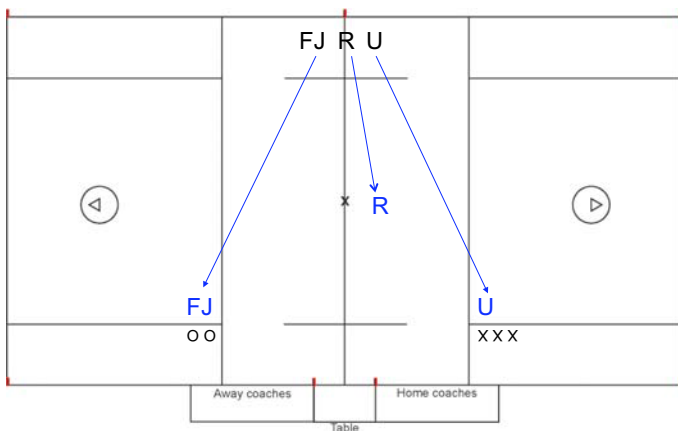
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Key points for timer

- End of period: count down from 10, sound horn on **zero**
- Notify at 2:10 and 2:00 of fourth period only
- They should call you over if they're confused (double horn at next dead ball)
- Write all fouls in scorebook; notify for 5 personals or two USCs

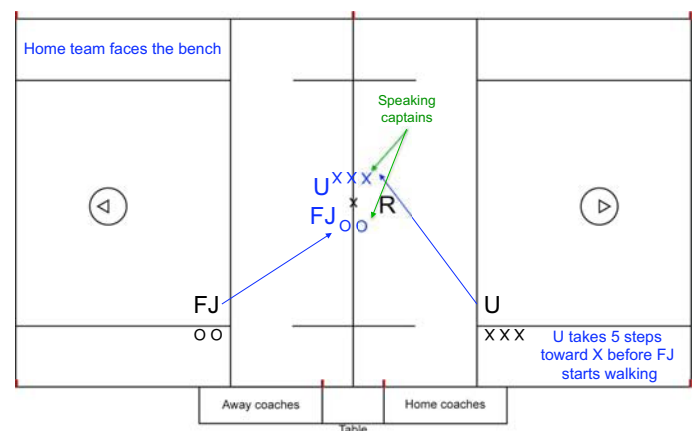
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Pre-coin toss



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Coin toss



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Coin toss

- **R** introduces crew and explains coin toss:
 - Visiting speaker calls; **U** repeats call
 - **R** then flips, catches coin (don't turn over)
 - Drop = re-flip
- Winner chooses goal **or** AP
- Rotate so they face goal they'll attack (**U** and **FJ** in line with captains)
- Tap shoulder to indicate team with AP
- Re-check goals for new holes, balls

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Line up

- Teams with left shoulder to goal they'll defend
- Goalies go on the end of the line
- A few **brief** words (including ground rules if necessary)
- Keepers shake and head for goals
- Other players shake and move to position
- **R** will normally conduct opening face-off and run far side for first half and bench side for second

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Face-off mechanics I

- For the opening face-off of period:
 - **B** lines up on bench-side wing line right of midfield
 - **S** lines up on the far-side wing line left of midfield
 - **F** lines up on the same side of the field as **S**
- For other face-offs, **F** goes right if the goal was scored on the right and vice versa

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Face-off mechanics II

- No official moves between “down” (NCAA) or “set” (NFHS) and the whistle
- **F** stands with **one arm at side, other hand with whistle to mouth**
- If there is a violation and you haven’t blown your whistle yet, don’t. Signal (but do not say) illegal procedure, verbalize **exact** violation, and award possession

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Face-off mechanics III

- Wing officials help with calling the violation for the left hand off the ground
- On the whistle, both **B** and **S** take several steps toward their goals
- If the ball moves toward **F**, **S** must cover **F**’s goal until he is verbally called off or until there is a turnover

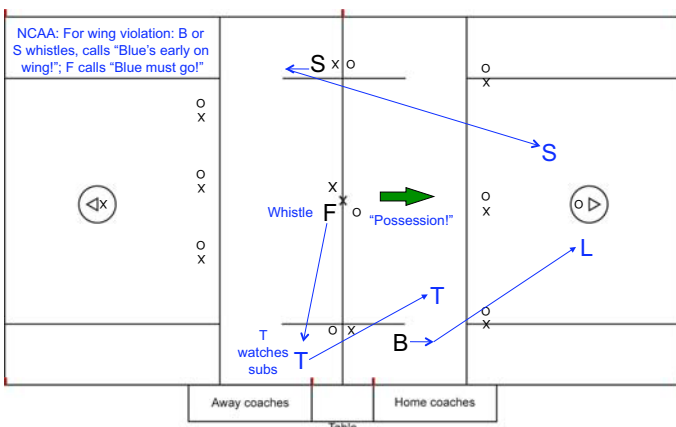
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Face-off mechanics IV

- Any official may call face-off violations
- **F** stays with ball until possession (**S** covers **F**’s goal)
- Wind arm and yell “Possession!” (or call color); other officials echo call
- **S** has 10- or 20-count, if any
- If ball crosses the restraining line before possession, yell “Play!” and wind arm

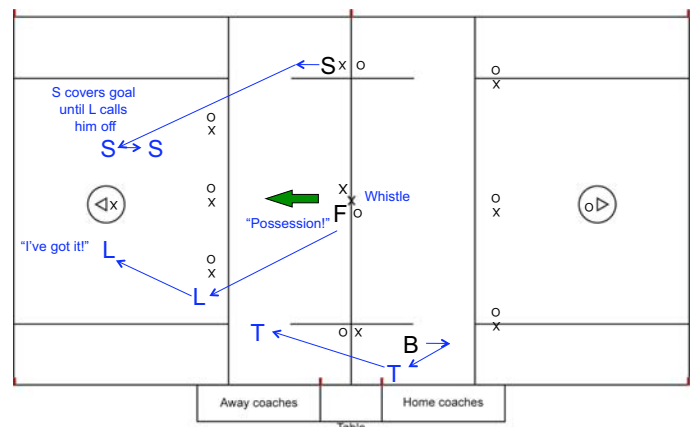
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Face-off (ball away)



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Face-Off (ball toward)



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Goal Scored

Photo by David Seidman

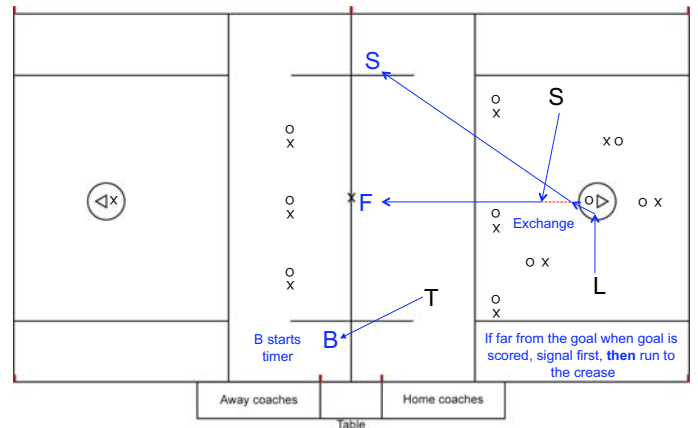
Goal scored I

- **L** normally runs to crease, signals goal for 2–3 seconds, watches defense, gets ball
- **S** signals goal **only if L** doesn't see it
- **S** watches for late hits/post-goal issues, moves into attack area, watches offense
- **T** also watches for late hits and monitors the both teams and the benches

Goal scored II

- **L** gives ball to **S**, then goes to the **far side** to become **S** (not to the left as in two-man)
- **S** becomes **F**, goes to the midline and **does not step over**; **F** hold up ball, puts it down, and stands over it until ready for face
- **T** become **B**, stays on same side of field, and clicks timer when **F** has ball at midline.
- Once in position, **then** write down goal

Goal scored—right side



Goal scored—left Side

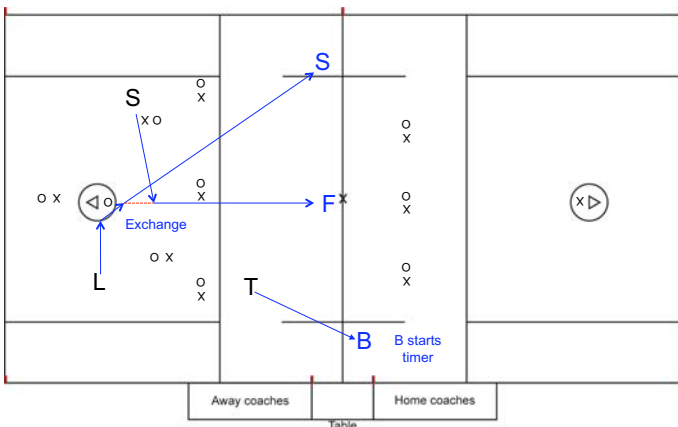


Photo by David Seidman

Transition

- If defense gains or is awarded possession:
 - $L \rightarrow T$ $T \rightarrow L$ $S \rightarrow S$
- T stays with ball, has 4-count and timer
- L has quick offside on loose ball but **must** beat ball to goal
- S gets to cone, has first 10-second count and secondary offside; may need to hustle to help on quick offside to release L
- T has subs and offside, then jogs into play

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20-second timer mechanics

- T has 4-count, if any, and 20-timer:
 - Click timer (fist pump optional) for 1
 - Do a hand count for 2, 3, 4
- Stay with the ball during clear
- When appropriate, *turn off timer* (look for S counting or giving the “clear” signal)
- When restarting count (play-on, double change of possession), give “reset” signal

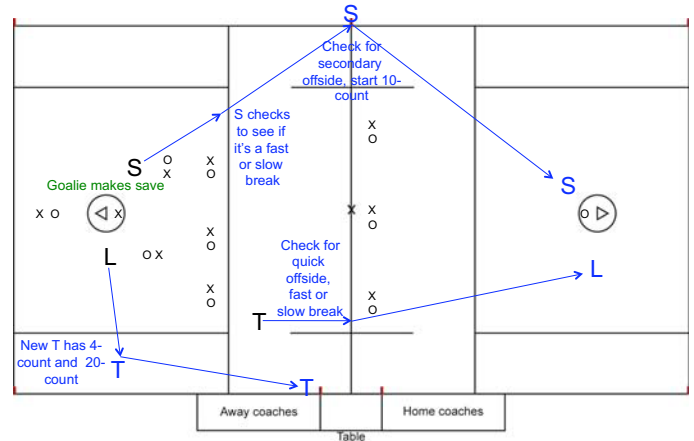
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Trail sweeping sub area

- T stops at the first cone and/or enters the box and watches subs in transition
- When contested subs are completed, the T sweeps the box and jogs into the play
- T should take a position 5 yards above and 5 yards in from the corner of the attack area

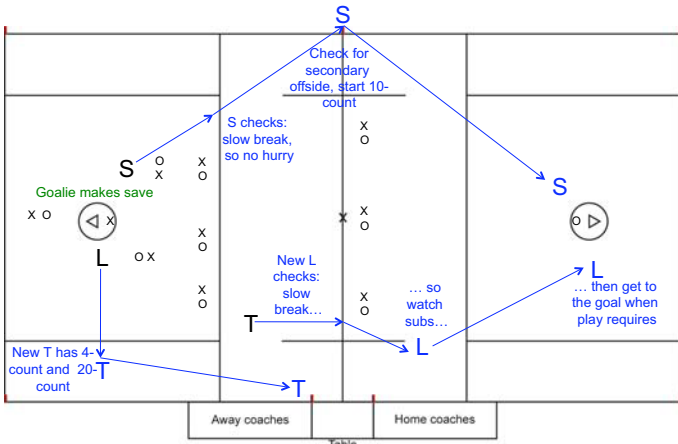
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Transition—fast break



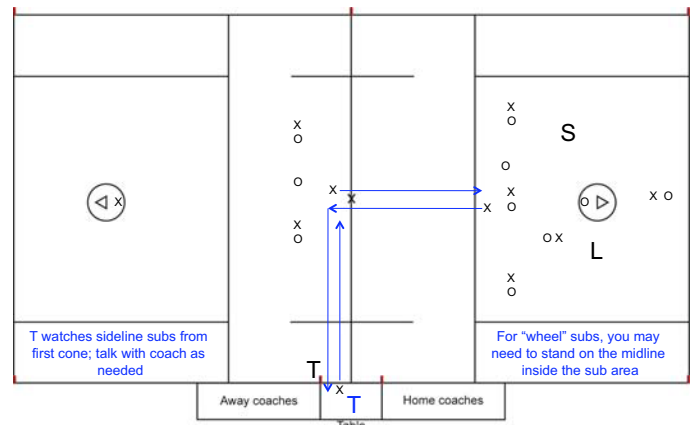
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Transition—slow break



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On-the-fly substitutions



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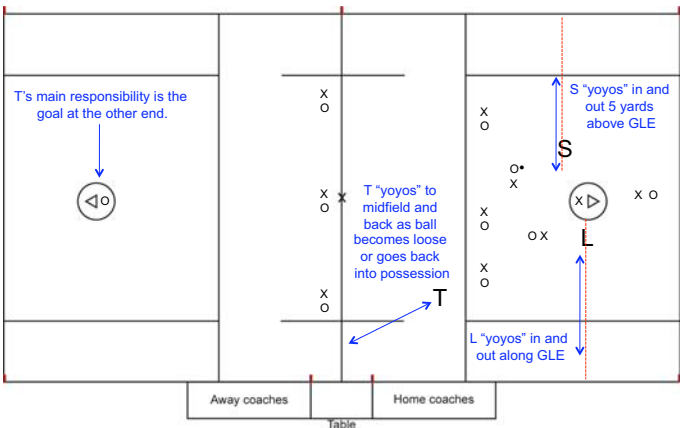


Photo by Spencer Norcross

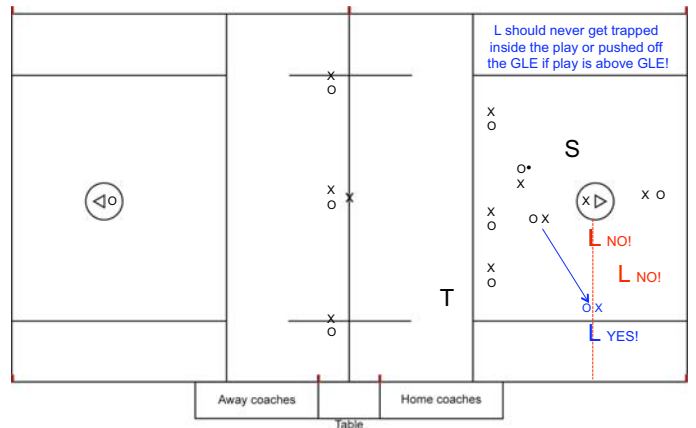
Trail responsibilities

- **T** verbally notifies **L** upon arrival in play
- **T** should keep a wide view and watch for late hits and away-from-the-ball fouls except when **T** is "on"
- Once in the play, the **T** has count except when the ball comes out in **S**'s alley
- **T** will call **L**'s sideline, but **L** needs to stay on the GLE and keep play in front, even if **L** has to go to the sideline for the restart

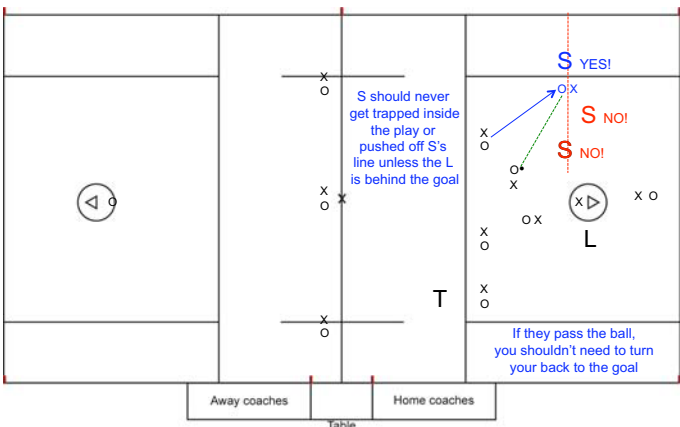
Settled situations I



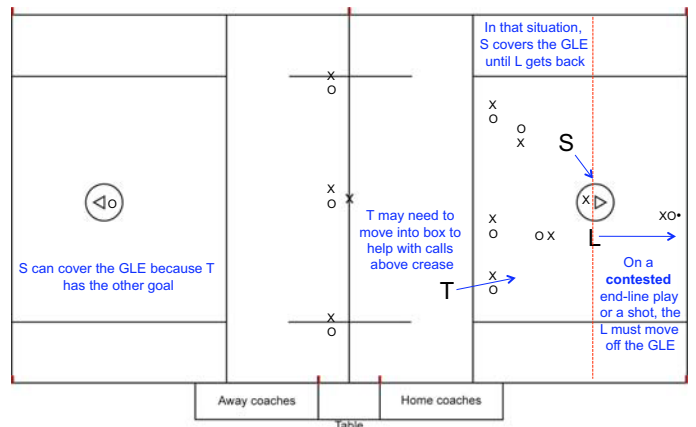
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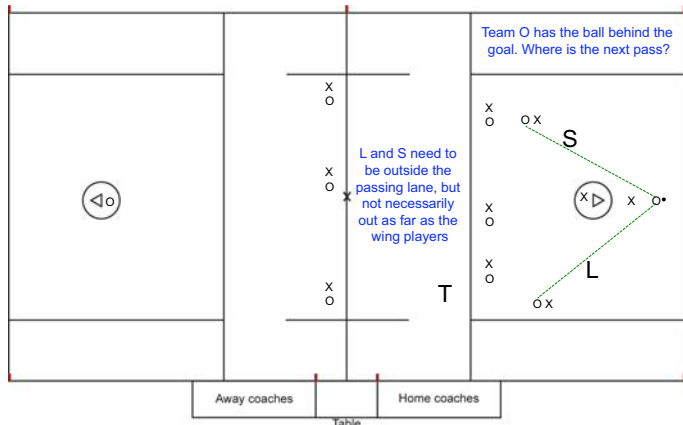
Settled situations III



End line coverage



Next pass



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“On” and “off” officials

- The “on” official watches the ball and calls most fouls there (e.g., push, hold, slash, trip, illegal body check)
- The “off” official watches everything else (e.g., crease, interference, illegal screen)
- When player is in transition from one zone to another, whoever the player is moving toward is the “on”

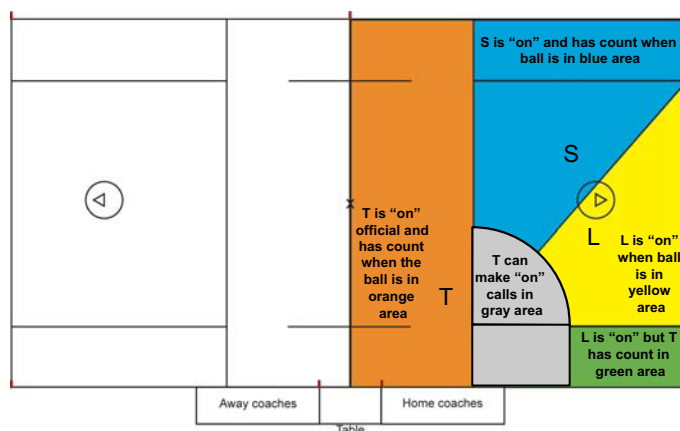
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On/off *before* Trail is in play



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On/off *after* Trail is in play



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Counts I



- The count is a visual count; **do not count out loud**
- **S** always has the first count across midfield
- Until **T** is in the play, **S** has the count unless the ball comes out in **L**’s alley
- Once the **T** is in the play, **T** has the count unless the ball comes out in the **S**’s alley

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Counts II

- If you do not have the count and the ball goes into the box in your alley, hand up for 2–3 seconds, then point into box
- Switch arms if one count ends and a new count begins immediately
- Use “reset” signal (twirl finger in the circle overhead) to indicate new count on changes of possession or after a play-on
- **T** always has the 4-count and 20-timer

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Out of Bounds and Restarts

Photo by Spencer Norcross

Restarts

- The “on” official usually has the restart
- When the ball is in L’s alley and T is in the play, whoever is closer to the ball has the restart
- Make eye-contact before restart before face-offs and after penalties, timeouts, and sideline horns
- **Quick restart** on end line OOB, change-of-possession technical fouls

End line out of bounds

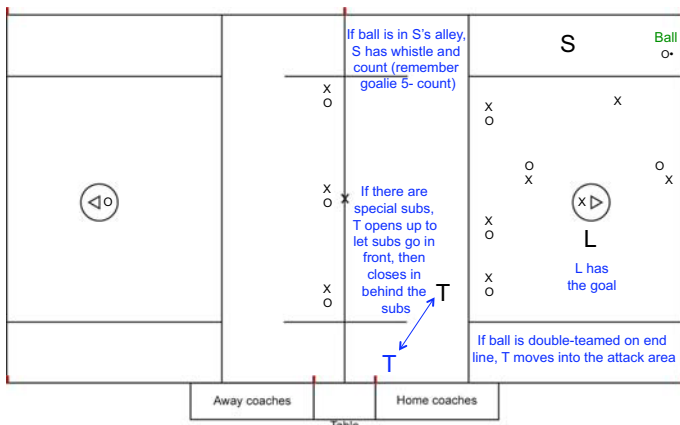
- L covers all **contested** plays behind the goal; S covers goal until L returns
- L **must** chase shots to the end line and has all end line out-of-bounds calls
- On shots, possession to team with in-bounds player’s body closest to ball when it breaks the plane of the sideline (horn allowed) or end line
- Play can start inside the attack area for an end line OOB if there are no fouls

End line out of bounds signals

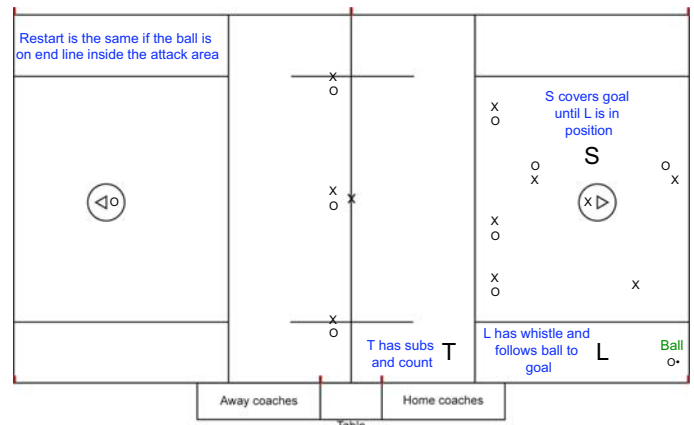
- Whistle *simultaneously* with dead-ball signal
- For a player stepping out on the end line, point to the end line with a sweeping gesture
- Point direction of play; don’t point across body
- L must get back to GLE **before** restarting play unless there is a contested play on the end line
- Start a 5-count if no player picks up the ball



End line offensive restart—far side



End line offensive restart—bench side



Sideline out of bounds signals



- Whistle *simultaneously* with dead-ball signal
- Player stepped out: sweeping point at line
- Point in the direction of play and call color of team getting ball (e.g., “Blue!”)
- Both hands up to indicate that a horn is allowed

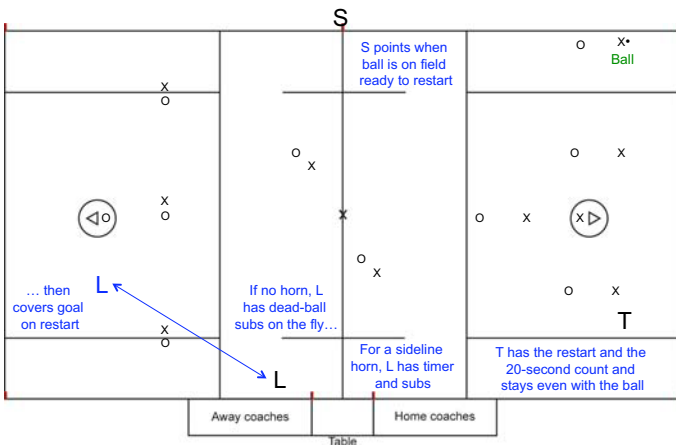
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Sideline out of bounds

- **L** has bench sideline until **T** is in the play; **S** always has far sideline
- **T** official starts timer and keeps arms up:
 - For 3–5 seconds if no horn
 - Until teams are done subbing or until timer goes off if there is a horn

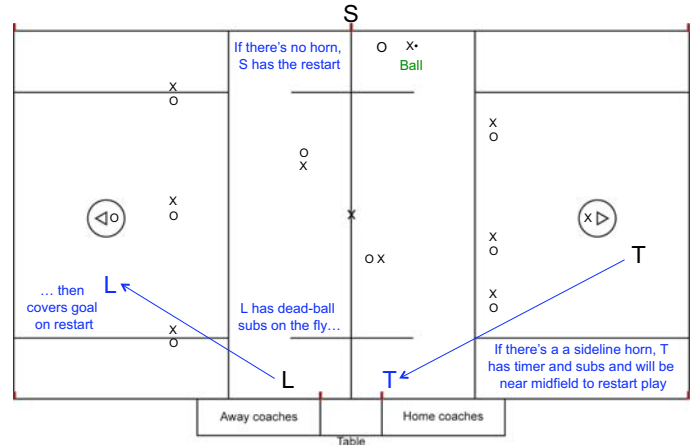
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End line/sideline defensive restart



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Sideline midfield restart



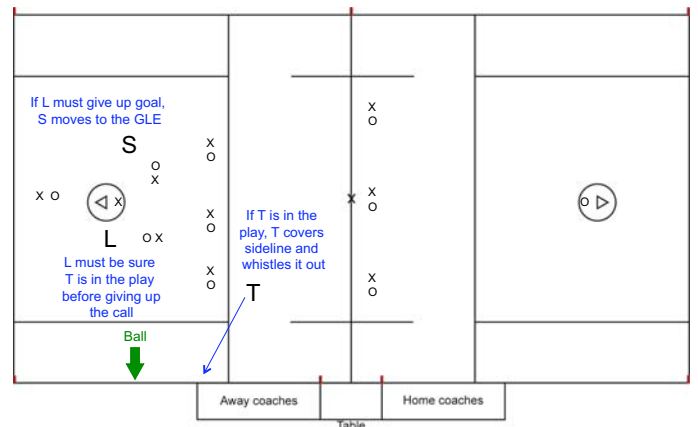
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Sideline out of bounds



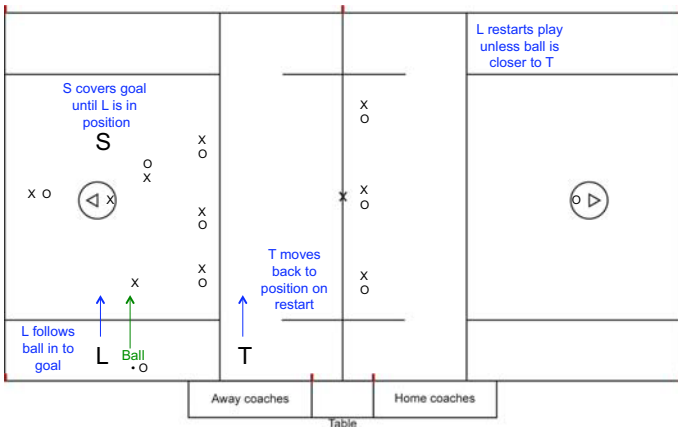
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Bench-side alley out of bounds



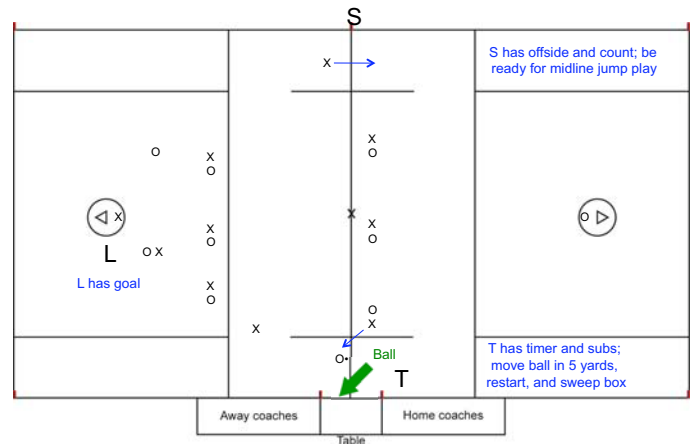
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Bench-side alley restart



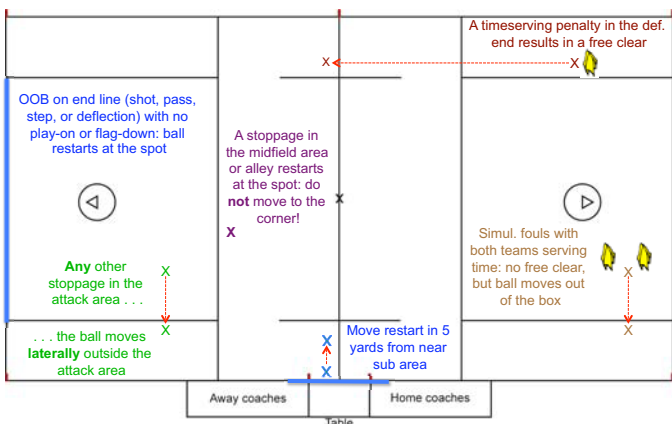
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Sub area out of bounds



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Restart Location



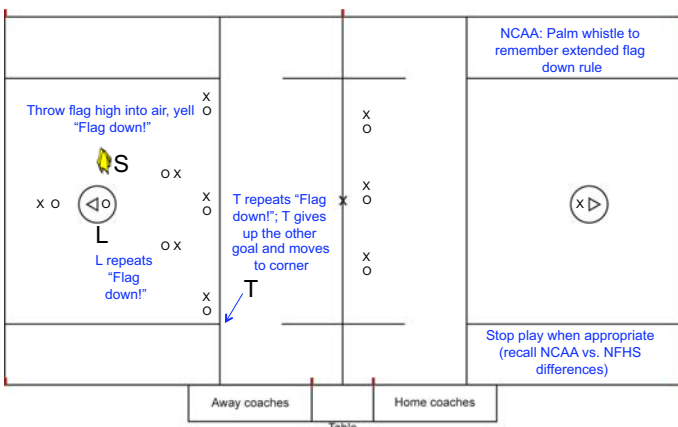
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Photo by David Seidman

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Flag down



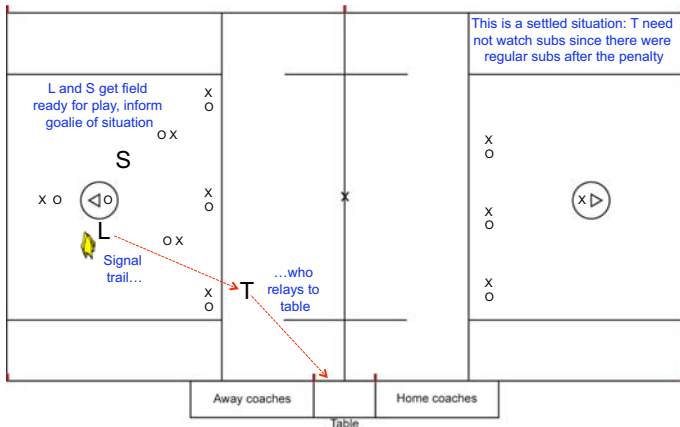
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Signaling time-serving fouls

- Watch residual action
- Sort out multiple flags (same fouls or not?)
- Briefly inform player, then partner
- T finds open space, plant feet, pauses
- Report **C**olor, **N**umber, **O**ffense, **T**ime, **E**xplanation (restart/NR) (**C-NOTE**)
- T starts timer; L and S should have field ready
- Don't start until you get point from partners

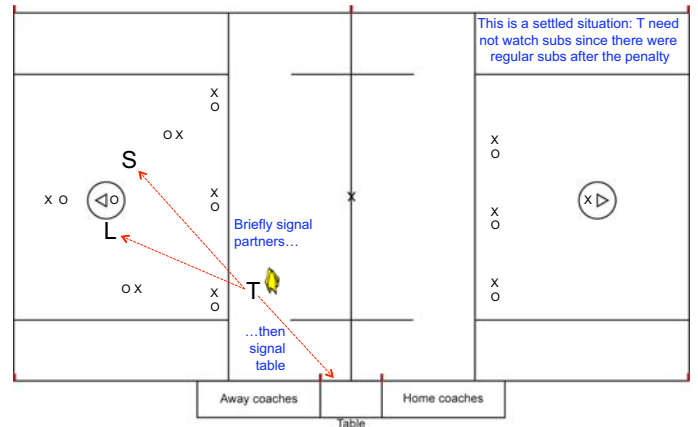
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Signaling penalties (Lead or Single)



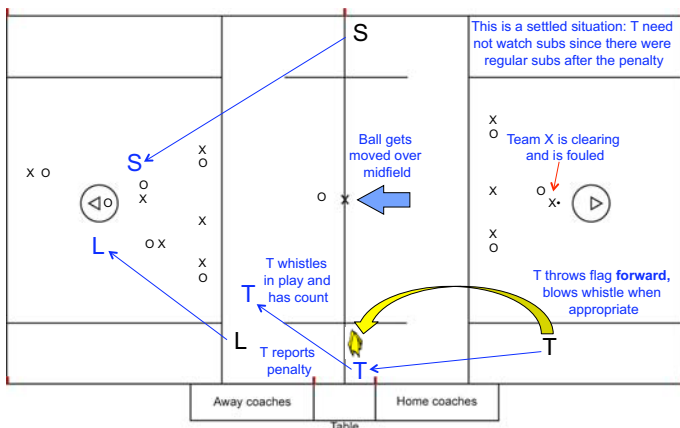
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Signaling penalties (Trail)



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Free clear (time served)



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Goal scored on a flag down

- Report personal foul as usual; make sure teams know it will be a man-down face-off
- For a technical foul, signal:



"Goal is good."



"There is a push..."



"...which is wiped out by the goal."



"The goal is good."

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Dead-Ball Fouls

Photo by Justin Wetterer

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Dead balls

- There is :
 - An action requiring a whistle to stop play
 - A pause while the official recognizes it
 - The sounding of the whistle
- The dead ball begins with the action *requiring a whistle*
- Any foul that occurs during a dead ball is a dead-ball foul even if it happens during the pause between recognition and whistle

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Assessing dead-ball fouls

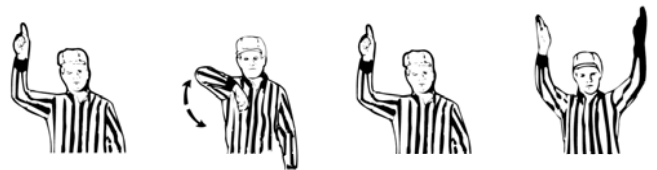
- Dead-ball fouls are enforced in sequence
- Technicals may be possession fouls or time-serving, depending who's due possession.
- Treat a foul with a face-off pending like a loose-ball foul: award possession for a technical and flag a personal
- Use the dead-ball foul signal when necessary



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Situation #1

- **Play:** B1 illegally body checks A1 **before** ball enters the goal (**not** a dead-ball foul)
- **Signal:** "Blue, #1, illegal body check, one minute. Goal is good. Face-off."



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Situation #2

- **Play:** B1 illegally body checks A1 **after** ball enters the goal
- **Signal:** "Blue, #1, dead ball, illegal body check, 1 minute. Goal is good. White ball."



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Live-ball vs. dead ball fouls (on opposing teams)

- For "live-ball, live ball," you have simultaneous fouls and no free clear ("Live-ball, live-ball, leave it")
- For "live-ball, dead ball," enforce in the order they occurred and award a free clear ("Live ball, dead ball, dead center")
- In both cases, common penalty time is non-releasable (NCAA 7-2-d)

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Photo by Justin Wetterer

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Play on



- Yell "Play on!" and give the play-on signal
- If no clear advantage, kill play within 1 second. If offended team is likely to gain and **maintain** possession, allow it to go up to 3 seconds (normally)
- If the offended team gets possession, **point in the direction of play and indicate the offended team** (e.g., "Blue ball!") to signal the end of the play-on

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Equipment checks II

- Complete check in 20 seconds; if it takes more than 5 seconds to determine legality on any aspect, move on
- If the stick is illegal, report everything that is wrong
- Penalize most serious violation from crosse and equipment, but report all violations

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Equipment check after goal

- For a scheduled check after a goal, the closest official gets the goal scorer
- Normally, **S** gets goal scorer and **L** gets a long pole
- Other official—usually **T**—monitors field
- Postpone scheduled check if flag down
- Communicate to make sure you have a player from each team

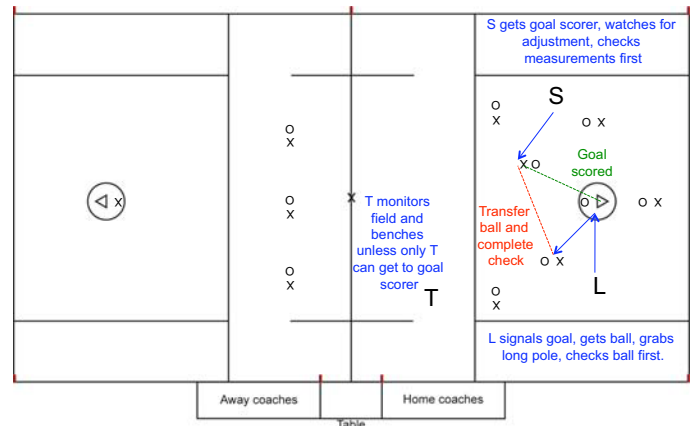
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Goal scorer adjusting crosse

- **S** watches goal scorer and yells “Don’t touch your stick! Please give me the stick!”
- **T** also watches goal scorer
- Goal disallowed for pulling strings **before or after** or adjustment **after** request
- If no check was planned but the scorer pulls the strings shortly after the goal, goal is disallowed and 1-minute USC is served
- Adjusting the crosse is a 1-minute USC

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Equipment check—goal scored



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Equipment check before faceoff

If you check before a face-off, do it as soon as the players you intend to check are on the field; don't wait for the field to be set first

There are three options:

- **S** comes in to center to check face-off middies with **F** official. **B** monitors field.
- **F** comes to wing area to check middies with **B** official. **S** monitors field.
- **F** comes to wing area to check middies with **S** official. **B** monitors field.

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Equipment check during timeout or between periods

- **L** checks a player on the way to bench on **L**'s side of midfield
- **T** checks a player on the way to bench on **T**'s side of midfield
- **S** monitors field
- Do not pull players out of huddle
- These are good opportunities to “catch up” on checks during a low-scoring game

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Photo by David Seidman

Timeouts

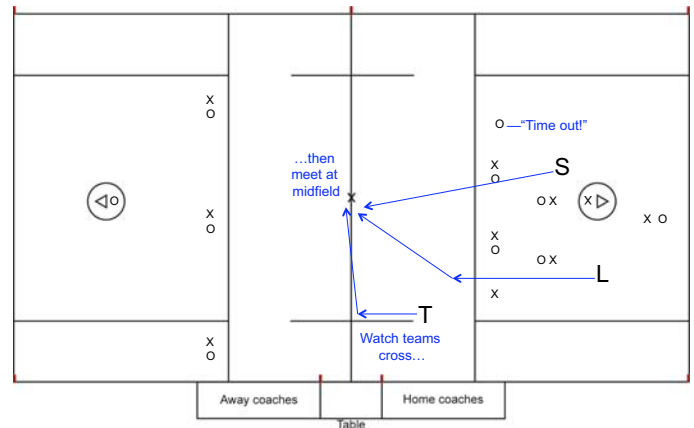
- Can be called by *head* coach or any player on field
- Dead ball: either team can call
- Live ball:
 - NCAA: only with possession across restraining line in offensive end
 - NFHS: with possession anywhere
- Bench-side officials watch teams cross
- Be sure teams know which team called it



Timeouts mechanics I

- When you determine that a timeout can be granted blow your whistle
- During dead ball: don't blow whistle if you can avoid it (blow repeatedly if people might think you're trying to start play)
- Wave both arms overhead
- Point to bench of team calling timeout for a team timeout
- Tap your chest for an official's timeout

Timeouts



Timeout mechanics II

- T starts 1:40 timer when teams have had enough time to get to their benches
- Be sure you and teams know where ball is starting
- Meet at midfield: record timeout (time in period), discuss game situation
- Sound whistle and start beeper at 1:40 or when team *calling* timeout returns to field



Photo by Spencer Norcross

Stalling I

- Be aware of NCAA vs. NFHS differences
- Verbally consult with partners before warning
- When appropriate, yell “Keep it in!” and give the arm signal
- Avoid trapping the team as they step in and out of the attack area

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Stalling II

- On restart, remind teams if warning is on
- If the ball leaves the attack area other than by a shot or a defensive deflection, possible play-on
- If the ball leaves Zone 4 after being last touched by the defense, signal “Tipped ball!”; either team may recover, but renew warning if offense recovers

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Stalling III

- Stall warnings should be given early in the game if appropriate whether team is leading or trailing
- A man-down team may be warned for stalling
- Warning in last two minutes for team in the lead is automatic: it is a violation to come out even if the officials forget to give the “keep it in” warning

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Photo by Dave Adams

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Inadvertent whistle



- If Team A has possession, Team A keeps possession
- If the ball is loose in the crease, the defense is awarded possession
- If the ball is loose outside the crease, award by alternate possession

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Inadvertent flag



- Stop play at the earliest point not interfering with an imminent scoring opportunity (see rules for shot taken)
- Wave off the flag
- If Team A has possession at the time of the flag, Team A keeps possession
- If the ball is loose at the time of the flag, award by alternate possession (except if ball is in crease: award to defense in alley)

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NFHS coach's challenge

- Meet in sub area, start 1:40 timer
- Challenge denied before 1:40: coach may use remaining time and is charged TO (or is assessed technical foul if none remain)
- Officials not convinced of legitimate argument within 1:40: assess timeout or technical foul, restart within 20 seconds
- No challenges after game ends

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Photo by Justin Wetterer

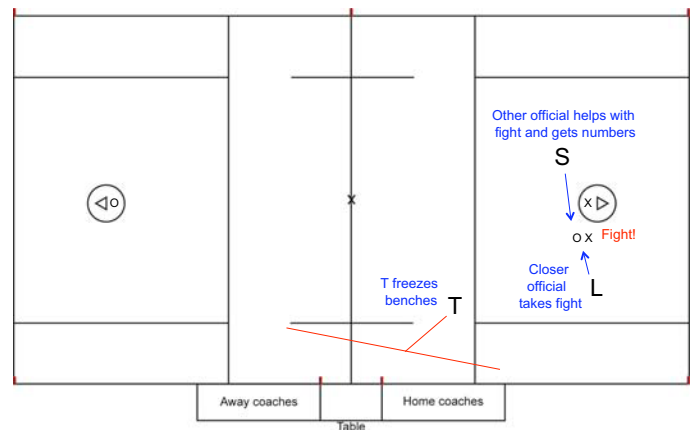
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Official nearest the incident

- Gets in early and stop before it starts
- Remembers color/numbers of players involved and the sequence of involvement
- **Note:** Officials *may* attempt to physically separate players if they believe it can be done without endangering the safety of the players or the officials. *Do not risk personal injury to separate players.*

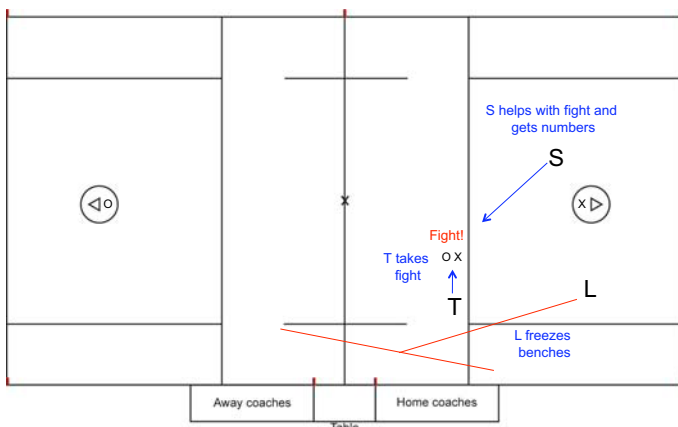
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Fight in front of Lead or Single



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Fight in front of Trail



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Photo by Jim Manahan

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Lost/broken crosse

- Participating in play without crosse or with a broken crosse is illegal procedure
- Stop play immediately if broken crosse creates a dangerous situation
- Player can drop broken crosse and run off or carry it off the field
- Play is stopped immediately for **broken** goalie crosse

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NFHS lost/broken equipment

- If a **anyone** loses or breaks required equipment other than the crosse in a scrimmage area, stop play immediately
- Award ball as with inadvertent whistle
- USC for intentional lost equip. to stop play

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NCAA lost/broken equipment

- A1 with possession loses glove, shoe, or helmet and maintains possession: stop play and award possession to Team A (no goal)
- Technical for participating in the play as a def. player after losing equipment on the field other than the mouthpiece, or participating in play after chinstrap warning
- Must stop play immediately for any player without required protective gear in a scrimmage area

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Lost/broken goalie equipment

- If goalie breaks his crosse or loses or breaks any other required equipment, stop play immediately (allow shot in flight to conclude)
- Award possession as with inadvertent whistle
- USC for intentional lost equip. to stop play
- Goalie playing without crosse is a technical foul

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Suspended games

- **New NFHS lightning guideline: clear field for thunder or lightning ground strike; keep field clear for 30 min. after last such event**
- Coaches: get teams into vehicles/buildings
- Record all game info, since game will be resumed from the point of interruption **unless** coaches agree to terminate game
- There are no NFHS or NCAA rules saying a game is “complete” after a certain point

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Post-game

- Come close to the ball at horn to discourage post-game “issues”
- You have jurisdiction and can expel people after horn (suspensions to be served)
- Watch teams cross to benches, then quickly leave field as a crew (don’t stay for handshake unless state requires you to)
- Call assigner ASAP if necessary (e.g., fights, expulsions); follow with written report

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