

GLOA Game Guide



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Commissioned by: GLOA Executive Board

To be used in conjunction with established training materials

Georgia Lacrosse Officials Association

www.galaxref.com

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Introduction

Every year lacrosse grows and changes. Along with the expansion of the game, the rules and mechanics are updated each year. The goal of this game guide is to give all GLOA officials standard procedures for handling game situations and highlight effective game management techniques that lean heavily on common sense and professionalism.

The Role Of The Official In Boy's Lacrosse:

As the officials, we are the keepers of the game. We maintain the integrity of lacrosse's long and storied history by keeping the game safe and fair.

Our actions and reactions while on and off the field speak volumes about our personal character, professional demeanor, and the GLOA's reputation. We come to the field as many different individuals, but when we put the stripes on we become officials who hold ourselves to a higher standard and expect nothing less from the players and coaches we work with.

Professionalism:

Officials are judged on three major criteria throughout a game and throughout a season:

1. Keeping the game safe
2. Keeping the game fair
3. Maintaining a professional demeanor

Absent in-your-face coaches and angry players, most officials can keep a game safe and fair by correctly applying the rules and mechanics. The difficult part comes when you make the necessary safety or fairness call and one sideline explodes in a tirade of angry comments. Maintaining a professional demeanor when the only person not losing their mind during a game is your partner is difficult to do. While this may sound cliché, the cliché is true: the coach, player, or fan is not yelling at you. They are yelling at the stripes.

The GLOA expects all officials to conduct themselves in a manner that represents the association well. You must be the calm center of the swirling storm of emotions that is in every lacrosse game because if the officials cannot maintain control of themselves, then there is no reason for the players, coaches, or fans to rein in their emotions either. The way to do this with a solid understanding of the rules, good mechanics and positioning, and appropriate game management techniques. The goal of our association is to standardize these three.

How To Use This Guide:

This guide is designed to give you a solid understanding of the fundamental mechanics necessary to become a capable lacrosse official at the high school level in Georgia.

All of the mechanics in this guide were approved by the GLOA Executive Board and you are encouraged to apply them in the games you officiate, but they are by no means ironclad for every conceivable situation. With these basic mechanics and game management tips you will be able to adapt to changing game situations and apply the most useful tool for a smoother game.

Mainly, this guide is about how to maintain your composure on the field no matter what situation you may run into.

Every chapter highlights two major concepts to keep in mind as you read the chapter's section. Every section has areas which may include:

- **Trainer Tips** - This area displays tips from the GLOA trainers. They focus mainly on game management advice for peculiar situations that you may run into during a game.

- **Heads Up!** - This area will detail what to watch for in a game that could get overlooked.
- **Video Resources** - This area will link to an appropriate video from the GLOA YouTube page at www.youtube.com/gloawebmaster.
- **Available Documents** - This area will link to an appropriate resource from the GLOA resource library. Certification cards, pre-game sheets, downloadable scorecards, and more from the resources page at: www.galaxref.com/training/resources.

Trainer Contact Information:

- Gregory Hite & Gordon Corsetti - trainer@galaxref.com
- Ryan Rowe (Rules Interpreter) - rules@galaxref.com

Any rules questions should be emailed to Ryan Rowe for a GLOA-approved interpretation. Rules questions are then sent to Greg and Gordon for inclusion into future training materials.

Before You Get To Reading:

There are many different reasons that officials give for officiating lacrosse, but you can boil them all down to one answer: it is fun to do. Studying the rulebook and this game guide will allow you to step onto the field confidently, which also allows you to let the game come to you and truly enjoy having the best seat in the house.

We are always on the field for safety and fairness, but none of us would be out there on a hot Georgia afternoon in late April if we weren't having fun.

Now go read this guide and have an excellent season!

Season Updates

Every year the NFHS rulebook puts out four Points of Emphasis for the new season. The Points of Emphasis for this year are:

1. Age-specific Rules
2. Properly Worn Equipment
3. Slashing
4. Ball specifications

Nineteen rules changes for the 2014 Boys Lacrosse season were approved by the National Federation of State High School Associations (NFHS) Boys Lacrosse Rules Committee. These include major changes to substitutions, face offs, penalty enforcement, body checks, as well as a recommendation that three officials be used on all games. The changes are summarized below.

All questions regarding the new rules and rule interpretations for contests in Georgia should be addressed to Ryan Rowe, Rules Interpreter at rules@galaxref.com.

1. No Horns, 4-22

- All substitutions during play will be “on the fly.” Coaches will no longer be able to request a horn for a ball out of bounds on the sideline. Teams may substitute freely when play is suspended for end of a period, goal, time-out and after a time-serving penalty.

2. Expanded Special Substitution Area, 1-2-7/8/9

- The Substitution/Table area has been expanded to 20 yards and allows more space for players to get on and off the field as well as better sight-lines for table personnel.

3. Balls on End lines and Sideline, 2-10-1

- In order to speed up restarts and shorten overall game times, the home team must now also four balls on the endlines and four balls on each sideline. On the bench side, balls should be placed at the scorer’s table.

4. Checks Involving the Head/Neck and Targeting a Defenseless Player, 5-3-5, 5-4

- A new rule was added to address a check “that targets a player in a defenseless position” This includes but is not limited to:
 - ★ body-checking a player from his “blind side”;
 - ★ body-checking a player who has his head down in an attempt to play a loose ball; and
 - ★ body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body-check.
- This is a mandatory two- or three-minute non releasable penalty. Similarly the penalty for Checks Involving the Head/Neck was made a mandatory two- or three-minute non releasable penalty.

5. Stacking Penalties, 7-2

- This rule has been used in NCAA rules for a number of years and is referred to as “stacking” the box. A maximum of three players from the same team can serve penalties at the same time. A fourth or subsequent player must wait in the bench area for a spot in the box to open up. The penalty time of any additional players(s) shall not start until the penalty time of one of the three players in the penalty area expires. These players waiting to serve their time cannot be released by a goal until they are in the penalty area serving their time.

6. Offsides: Count Forwards, No Longer a Free Clear, 4-10

- A team is considered not offside when it has too few players on a side, but when it has too many! This revises the requirements to more accurately reflect the unfair advantage created by an offside situation and allows the official to “count forward,” keeping their attention focused on the active side of the field.

- Offsides is no longer an automatic free clear. The ball will be put in play where it was when the whistle was blown or if in the attack box, it will be moved laterally to the alley.

7. FDSW Enforcement in Last 2 Minutes, 7-8-2k

- During a Flag Down situation, the officials will stop play to enforce penalties should a subsequent second defensive foul occur “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.” This aim of this rule change is to discourage the defensive team from fouling to gain possessions.

8. Face offs, 1-7-5, 4-4-3

- No player taking a face off may have tape on the throat of their crosse. The aim is to make it easier for officials to see if a player has his hands on the plastic head during a face off.
- During a man-down face off, teams serving a penalty will no longer be allowed to move a player up from either the defensive or offensive area to the wing. The only exception is if that team has three players in the penalty box, a player may move up from the defensive area to take the face off, but he must remain onside.

9. Use of Electronic Equipment, 1-10-1c, 1-10-2 & 6-6-3a

- Coaches, non-playing team members, athletic and trainers, and/or others officially connected with a team may use electronic equipment to communicate but they may not use equipment to communicate with players on the field.

10. Player Uniforms, 1-9-1g6 , 1-10-1h

- Legal player numbers are 0-99 and that a team may not have both 1 and 01, 2 and 02, etc. as they are considered the same number. Beginning in the 2017-18 school year, double-zero, 01, 02, 03, etc. are not legal numbers.
- Eye shade that is not a solid stroke or includes words, numbers, logos, or other symbols is not allowed.

11. Officials: Crew Size, Uniform and Authority, 2-5, 2-5-2e, 2-6-1, 2-6-1 Note, 2-6-7

- A minimum of three officials were recommended for all games.
- Short black socks that cover the ankle were officially allowed as part of the uniform.
- Officials’ authority now ends when they leave the immediate playing facility, not when they step off of the field of play following a game. If something should occur prior to their leaving the immediate playing facility, they are still authorized to take appropriate action. In the event that a game is interrupted or suspended, officials maintain administrative responsibilities.

For a full listing of all changes, please read the NFHS memo Changes in Substitution Procedures Highlight High School Boys Lacrosse Rules Changes at www.nfhs.org/content.aspx?id=9614.

Pre-Game Responsibilities



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Preparation is a major key in becoming a quality lacrosse official. Teams prepare every week for their games and officials must prepare for their games as well. An official's preparation begins well in advance of the scheduled contest, and requires the official to carefully study the rulebook and this game guide to properly officiate a lacrosse game.

The sections in this chapter will cover all of the steps that you are encouraged to perform prior to the first whistle of a game. There are two major concepts to keep in mind when preparing for a lacrosse game at any level.

1. **Be early** - Nothing signifies a lack of professionalism and enthusiasm than a late official. Many obstacles can arise that could affect your ability to be early to a game, but most of them can be anticipated ahead of time. Always plan to arrive 30 minutes prior to game time, but contact your partner if you think you will likely be late to your pre-game meeting.
2. **Pay attention** - Officiating is an exercise in maintaining a high level of focused attention. You set yourself up for possible issues if you are not on the lookout for unsafe field conditions or not following the necessary pre-game steps. Be vigilant on and off the field and remember that safety never takes a holiday.

Crew Communication

Officials operate as a crew in all games.

Key Points

- ▶ **Umpire calls the Referee**
 - If you are the assigned “U” on a game then you are responsible for contacting the assigned “R”.
- ▶ **Know where the crew is supposed to meet**
 - Schools and game fields often have different parking areas. Confirm with your partner precisely where the crew will meet for the pre-game discussion.
- ▶ **Bring all of your gear options**
 - Pack everything and have your gear in your car. That way you will always be prepared for games in any weather condition.

It is important to establish good lines of communication between all crew members for every game and that starts with a pre-game phone call or email message.

To facilitate good communication, ensure that your contact information in [ArbiterSports](#) is correct prior to the start of the season. Also, be sure to upload a profile picture in ArbiterSports. With over 140 lacrosse officials in the GLOA, it is likely that you will work with a few officials you have never worked with before. Having an appropriate picture is a great way for crew members to know who they are on the lookout for when arriving at a game site.

The assigned Umpire is responsible for contacting the assigned Referee at least 48 hours prior to the scheduled game. If the Referee has not heard from the other crew members by 24 hours to game time, then the “R” must contact the crew. A brief email exchange between crew members is usually enough to get on the same page, but you can call your partner if you have not received a timely email response.

Make sure all crew members know when the game is scheduled to start and where to meet at the game location. Many schools in Georgia do not have specific parking areas or locker rooms for game officials. If you know a particular school well, then recommend the best parking area that may be off to the side with easy access to the field. The pre-game email or call is also a good time to discuss what uniform to wear. Crews must wear matching uniforms. If you do not have something let your partner know prior to the game.

These pre-game communications do not have to be all business. A great way to build chemistry between new partners is to ask questions about your partner. Typically, officials who talk easily with each other off the field perform well together while on the field.

An Introductory Game Email Template:

[Referee Name],

Hello, my name is [Umpire Name]. We’ve been scheduled for a 6:30PM game at [School Location] on [Game Date]. I plan on being in the parking lot by the field no later than 5:45PM for our pre-game. I’ve got all my gear in my car and can dress to match. I look forward to working with you, and please let me know if anything changes on your end.

Sincerely,
[Umpire Name]

A Game Email Template With Someone You Have Worked With Before:

Hello [Referee Name]!

We’ve got a 7:30PM game at [School Location] on [Game Date]. I’ll be in the parking lot forty-five minutes prior to game time with all of my gear. I’m looking forward to working another game with you, and let me know if anything changes on your end.

Sincerely,
[Umpire Name]

Parking Lot Meeting

You will be changing clothes in the parking lot.

Key Points

▶ Be early

- If your schedule permits it, try to arrive five or ten minutes early. You'll have some extra time to relax and mentally prepare for the game.

▶ Referee leads discussion

- This is a two-way discussion. If the "U" has questions or wants to talk about a different topic then bring it up so the crew is on the same page.

▶ Wear matching uniforms

- If there is any dispute on what to wear the "R" makes the final decision.

▶ Know your partner's vehicle

- Tell your partner what kind of vehicle you drive and the color. You will both find each other faster!

For GHSA-sanctioned Varsity lacrosse games, all crew members should arrive at the game location 45 minutes prior to the start of the game.

For GHSA-sanctioned Junior Varsity lacrosse games and all youth games, all crew members should arrive at the game location 30 minutes prior to the start of the game.

After meeting with your partner, the Referee leads the pre-game discussion. This is an excellent opportunity to better crew communication prior to the game by going over key mechanics, asking questions, and going over weird plays that each crew member might have seen in their earlier games. End your discussion on a strong note. For example: "We will catch the **R**ough, the **O**bvious, the **U**nnecessary, and the **C**heap. If we catch the **ROUC**, we will have a good game."

Pre-game discussions generally last about 10-15 minutes. For youth games you may be lucky to have a quick five minute pre-game, and for playoff assignments you might have a forty-five minute discussion. The key thing is that a pre-game discussion happens so that all crew members understand each other and are on the same page.

The Referee makes the final decision regarding what the crew uniform will be. All crew members must match prior to walking onto the field. It does not look professional if one official wears a long-sleeve shirt and a white hat, while the other wears

a short-sleeve shirt and a black hat. You do not get a second chance to make a first impression. Match with your partner, and if there are any disputes about what to wear then the Referee makes the final call.

Major Points To Cover In A Pre-Game Discussion:

1. New rules for the current season or updated interpretations during the season
2. Points of Emphasis (PoE's)
3. Rule exceptions for the game (important if it is a youth contest)
 - www.galaxref.com/rules/other-league-rules/
4. Review known information about teams (impact players, coaches, fan behavior)
5. Review key field mechanics

If You Are Running Late:

1. If you're going to be a few minutes late call your partner so he can step onto the field early to inspect it.
2. If you're not going to make it until right before game time call your partner so he can perform all the other pre-game duties.
3. If you realize that you cannot make it to the game due to unforeseen travel issues, work assignments, or a personal matter call your assignor as soon as possible so a replacement can be found. Then call your partner after calling your assignor.

Field Inspection

Safety is the primary job of a lacrosse official.

Key Points

► Safety first

- This applies to you as well as the players. If there are safety issues with the field you want to know about them.

► Address issues early with home team or site admin

- If you discover a problem early enough, you can tell those responsible for the field.

► Do not walk through drills

- Earn goodwill with teams warming up by staying out of their warm-up drills.

► Keep your head on a swivel

- Balls are flying. As soon as you step onto the field be aware of your surroundings.

You cannot assume that a field is safe. Before certifying the coaches, walk the field with your partner and check for any potential safety hazards. If you catch a problem early then inform the Home Team Head Coach so it can be addressed.

Step onto the field with your partner at least 20 minutes before the scheduled game time. Your first focus should be on any potential safety hazards. Such as: holes, mud, water, high grass, debris, loose equipment, sprinkler heads, soccer goals, and football goal posts.

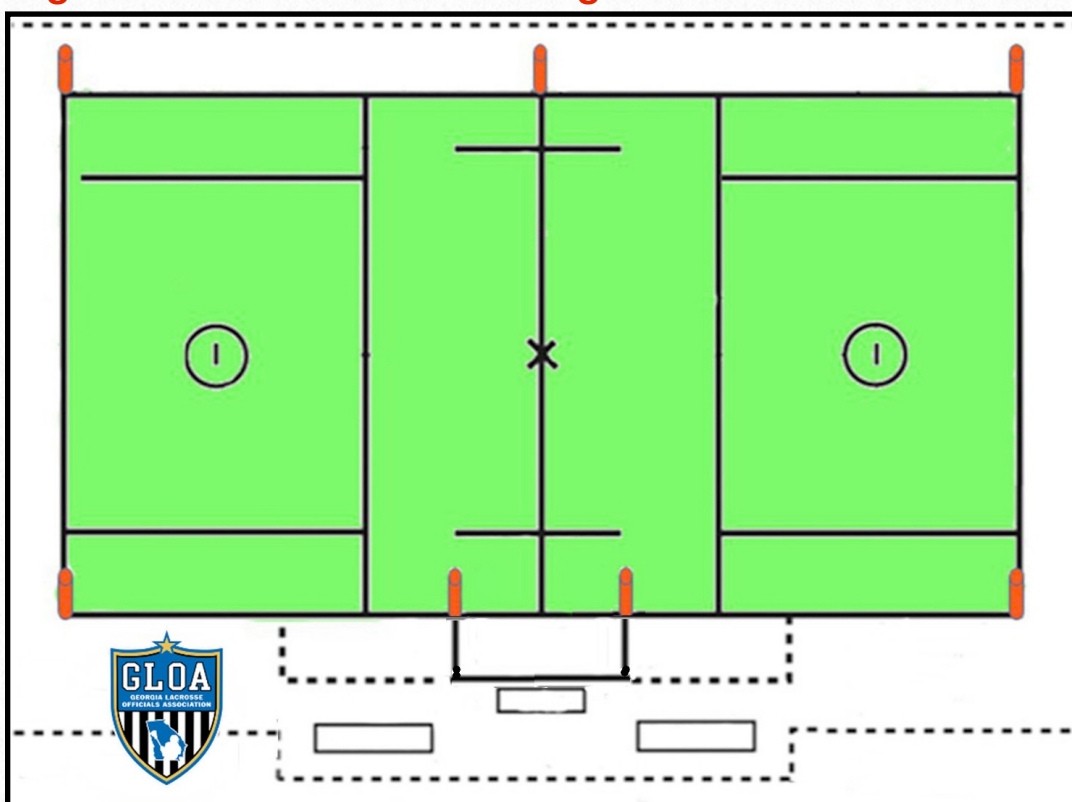
Start by looking at all of the limit lines, especially if you are on a field with multiple lines of different colors. Check that the pylons/cones are in their correct positions and at the correct intersections of the lacrosse lines. A lacrosse field is 110 yards long by 53^{1/3}-60 yards wide to accommodate play on existing fields. If the lines are incorrect and cannot be fixed prior to the game, then the game is played but the home team is assessed a technical foul and possession is awarded to the visiting team in lieu of the first face off. After the game the Referee should file an [Incident Report](#) about the illegal field.

Once you judge that the lines and cones are correct, turn your attention to the spacing around the sidelines and end lines. All objects and spectators must be at least six yards away from these limit lines. If an object is immovable (sunken goal posts for instance), inform both coaches of the obstruction with the understanding that the crew may suspend play if an unsafe situation arises due to play near the immovable object.

Remember that no one may stand behind the end line except for properly equipped ball retrievers (they may not stand directly behind the goal). In games with stands this is rarely an issue, but in many youth and club games the spectators bring their own folding chairs. You can get them to move more easily by informing them that they are safer sitting on the sideline. For example you could say: “Ladies and gentlemen, this looks like an excellent place to watch the game from, but the players can shoot pretty hard and for your

safety I must ask you to move your seats to the far sideline.”

Figure 1.1 - GLOA Field Diagram



Give each goal net a good look from a distance. The most obvious holes are easily seen, and you'll be checking the nets thoroughly after you conduct the coin toss.

The entire time your crew is walking the field take care to not interrupt or walk through a team's warm-up drills. Nothing will anger a coach more or make you look like you are not paying attention, than by walking through an active drill. If you have to get somewhere, take the long way around and keep your head on a swivel!

Major Field Specifications:

1. 110 yards long X $53\frac{1}{3}$ -60 yards wide
 - $53\frac{1}{3}$ is the width of a football field. The width variation rule is in place to accommodate play on existing fields.
2. There should be 7 cones/pylons
 - 4 cones, 1 on each corner of the field
 - 2 cones for each corner of the substitution box
 - 1 cone for the far midline opposite the table area
3. Check that there is a visible line or shadow line running through the entire midline even if there is a school logo at midfield

The Substitution Box:

The substitution box is twenty yards wide. Ten yards on either side of the midfield line. For a quick check, the sub box should be equal to the width of the wing line. Make sure the cones or pylons for the sub box are in the correct spots twenty yards apart.

Keep the box clear of coaches and players not substituting when you are the bench side official. The wide box helps prevent congestion, but the officials should work to keep the box as clear as possible for cleaner subbing and good sight lines to the table personnel.

TRAINER TIPS



Is that six yards? - Unless impractical, all spectators, players, and benches/stands should be six yards off the sidelines and end lines. This is to protect both the players and the spectators if a player exits out of bounds forcefully.

There should be no whistles from the game officials during all pre-game steps. Save your whistle for the first whistle to start the game.



HEADS UP!

Balls are flying.

Do not walk directly behind a goal unless you are watching a shooting drill in progress.

Do not check a goal net without informing the players to stop shooting.

Coaches Certification

The game does not start without certifying the Head Coaches.

Key Points

- ▶ **Be professional at all times**
 - Even if you know the coach off the field stick with “Coach Last Name” or just “Coach” when addressing them.
- ▶ **Explain any rules questions**
 - Coaches will ask for clarification on rules throughout the season. The “R” should give the best explanation possible.
- ▶ **Referee should do all the talking**
 - All crews need one voice and that voice should be the assigned “R”. Umpires are to support the Referee during the coaches certification.

Certifying each Head Coach is a critical step of the pre-game and must be completed in order to transfer liability over equipment issues from the officials to the Head Coaches.

The assigned Referee does all of the talking with the Head Coaches, except for when the other crew members introduce themselves. This establishes a clear chain of command to each coach, and shows that the crew is unified with the Referee in charge.

Figure 1.2 - Certification Card

GEORGIA LACROSSE OFFICIALS ASSOCIATION RATINGS CARD
MEN'S LACROSSE OFFICIALS

_____ AT _____
 ____ / ____ / ____

REFEREE _____
UMPIRE _____
FIELD JUDGE _____

Your feedback is important. Please rate these officials by logging into the Arbitrator at www.arbitersports.com and completing the ratings for this game.

The certification steps listed later can be completed in any order, but you are required to ask each coach: “**Coach, do you certify that all of your players are legally equipped by rule?**” Each Head Coach must answer in the affirmative or the game cannot start. With an affirmative answer the Head Coach informs the officials that all of his players’ equipment and crosses are legal, are being worn properly, and

that all of his players have been instructed on to what to do if their equipment becomes broken during play. If you start any assigned game without an affirmative answer from each Head Coach, you and your crew are liable in the event of a player injury due to illegal or improperly worn equipment. **You must complete this step every time.**

For GHSA-sanctioned Varsity games only, a school employee is required to be the Head Coach certified by the officials. If you do not know if the coach you are about to certify is a school employee you must first ask: “**Are you a school employee?**” If the coach answers in the affirmative, then you may finish the certification. This rule is in place to cover various legal requirements that all GHSA-sanctioned Varsity teams must abide by. **Do not certify a Head Coach who tells you that they are not a school employee if in a GHSA-sanctioned Varsity game.**

Certify The Home Team Head Coach First:

1. Ask - “Coach, do you certify that all of your players are legally equipped by rule?”
 - Affirmative Answer - This coach is certified (hand the coach the certification card)
 - Negative Answer - The game cannot begin
 - ★ The only acceptable answer is an affirmative one
2. Ask:
 - For the captain’s numbers and write them on your scorecard
 - For the in-home’s number (the first or last player listed in the book who also starts)
 - If there is anything about the field that you need to know about

- If there will be a national anthem
 - If there will be player introductions or a player recognition ceremony
 - ★ If “Yes”, ensure that they occur early enough to start the game on time
3. Tell coach when you will call for captains
 - Use the game clock (“I’ll call captains with 5 minutes left on the game clock”)
 4. Finally, ask if the coach has any questions

Certify The Visiting Team Head Coach Next:

1. Ask the Head Coach - “Coach, do you certify that all of your players are legally equipped by rule?”
 - Affirmative Answer - This coach is certified (hand the coach the certification card)
 - Negative Answer - The game cannot begin
 - ★ The only acceptable answer is an affirmative one
2. Ask:
 - For the captain’s numbers and write them on your scorecard
 - For the in-home’s number
3. Explain all of the information that you received from the Home Team Head Coach
4. Tell coach when you will call for captains
 - Use the game clock (“I’ll call captains with 5 minutes left on the game clock”)
5. Finally, ask if the coach has any questions

The School Employee Head Coach And The Community Coach:

In our developing area it is likely that you will certify a Head Coach who is a school employee who knows little about the game of lacrosse. They are in that position because a school employee can only be certified as the Head Coach in GHSA-sanctioned Varsity games.

Often, a community coach will volunteer for a particular program and is the main coach of the team. This individual knows the game plan, knows who the captains are supposed to be, and knows what questions to ask the officials. This community coach often has the players’ ears and can better relay your instructions before and during a game.

Make sure you certify the school employee, but do not make the mistake of ignoring or not speaking to the community coach who knows the game and runs practice. Communicate with the coach or coaches who will help you keep the game safe and fair, but if a community or assistant coach is not under control, you do not have to interact with them beyond telling the certified Head Coach to rein them in.

TRAINER TIPS



For games early in the season it may be useful to certify the opposing Head Coaches together so the Referee can go over the new season’s Points of Emphasis and any major rule changes.

This can save the crew from explaining rules twice, but should only be done if the R feels it is appropriate.

Do your best to find allies on both sides of the ball to help you keep the game under control. If an assistant coach is under control and can help you calm down a player or one of his coaching colleagues then talk with the assistant.



HEADS UP!

Always certify the Home Team Head Coach first.

Some coaches may want to talk, while others may want to say the bare minimum to get through the certification.

Try to spend the same amount of time with each Head Coach to avoid any perceptions of favoritism.

If there is a rule dispute the “R” should explain how the rule will be applied and then move on to the rest of the certification. Inform the coach that they can email rules@galaxref.com for a formal clarification.

Prepping The Table

Help the table personnel help you.

Key Points

► Get names

- Write down the name of the person tracking penalty times. You can shout out the person's name during a game instead of shouting "Table!" to get their attention faster.

► The table personnel are a part of the officiating crew

- Remind them to be as neutral as possible.

► Establish a good line of communication

- Let them know that if they are unsure of something to ask one of the officials for clarification. This will help stop confusion during the game.

Competent table personnel can help a game go smoothly, but good table personnel only become good with useful instructions. Many schools around Georgia have very good table personnel, but you may have a game where the individuals on the table have never worked it. The major procedures to highlight before every game is how the crew will relay penalties to the table, how the table should record and release penalties, and what to do if the table needs help.

Introduce the crew to the table personnel and inform the individuals working the table that they are now considered part of the officiating crew. If you know the table personnel from earlier games then you can give less detailed instructions, but if you are working with new people it is best to be detailed and soothing (new table people get nervous sometimes).

Cover the following:

1. Do the clock and horn work?

- Clocks and horns (either scoreboard or handheld) are required and needed for accurate timing and denoting the end of a period
- The horn is also required for the double toot in case the table personnel need to communicate with the officials during a dead ball

2. Timing:

- The clock starts and stops on the whistle in stop-time games

3. Quarter length:

- Varsity - 12 minutes stop-time
- JV - 10 minutes stop-time
- Youth - check the particular league rules (timing varies from league to league)

4. Halftime length:

- Varsity & JV - 10 minutes
- Youth - Typically 5 minutes or less (make sure to check)

5. Penalties:

- Explain that you will relay penalties using (C-NOTE):
 - ★ Color, Number, Offense, Time, Explanation
- Explain how to record penalties:
 - ★ Write down the number of the offender

- ★ Track how many penalties each player gets

- ★ Inform the game officials if any player nears five minutes of personal foul time

- Explain the two conditions for releasing a penalty:

- ★ After all time has expired on the penalty

- ★ After a goal if the man-up team scores and the penalty is releasable

- Stacking Penalties

- ★ There can a maximum of three players for one team in the penalty box at any one time. Additional penalties called while three players are already in the box stack the players immediately next to the substitution area inside the players box

- ★ Penalty time for the stacked player does not start until one of the three players in the penalty box is released

6. **No Sideline Substitution Horns.** There are only two times a single horn blast is now permitted:

- End of period
- End of game

7. If there is an issue that the officials are needed to help address:

- Table should sound double horn at the next dead ball
- Officials will come to table and the Referee will take charge of the issue

End the table prep by telling the personnel that you and your partner will try to communicate to them as clearly as possible throughout the game, and that they should ask questions if they have them.

TRAINER TIPS



Table personnel need to release penalties clearly. Tell them to say: “5, 4, 3, 2, 1, release!” counting down a player who is about to release from the penalty box.

If there are multiple penalties releasing about the same time have the table personnel say: “5, 4, 3, 2, 1, Red release!” or “5, 4, 3, 2, 1, Blue release!” to cut down on confusion.



HEADS UP!

To prevent sounding the horn inadvertently if a coach yells for a horn by accident, ask the table personnel to place the horn on the ground.

Stick Checks

Interact positively with the players while checking sticks.

Key Points

- ▶ **No flags for pre-game illegal crosses**
 - Players can adjust their stick if you deem it illegal and have it re-checked with no penalty. Flags for illegal crosses only occur after the first whistle to start the game.
- ▶ **“This stick is legal now.”**
 - Say that to all players you check pre-game. The stick can always become illegal during play.
- ▶ **You can check a player during the game that you checked pre-game**
 - Pre-game stick checks do not free a player from getting checked during a game.

After inspecting the field, certifying the Head Coaches, and prepping the table the officiating crew should make themselves available for stick checks on the far wing line. At this point any player from either team may bring their stick for the officials to check.

Only inspect the stick unless a player asks you to specifically check their equipment.

Pre-Game Stick Checks:

1. If the stick is legal:
 - Tell the player that: **“This stick is legal now.”**
 - ★ The player can still be checked during the game and the stick may become illegal during play
2. If the stick is illegal:
 - Tell the player to fix his crosse, and to bring it back to you if the player wants another check
3. If the stick is borderline:
 - Tell the player that he is close and there is a high likelihood that his stick could become illegal during the course of the game

The players who will most likely ask for a stick check are face off specialists and shooters. Face off specialists want to make sure their stick is legal as the constant bending and twisting of a plastic head on a face off may turn it illegal. Shooters want their sticks checked because they will probably be chosen for a random check during the game, and they want to start the game knowing their stick is legal.

Always remind a player who has a legal stick during the pre-game stick check that, **“This stick is legal now,”** because the stick could always become illegal through normal play and you don’t want the player going to his Head Coach saying that you told him the stick was perfectly legal. That small phrase clears up a lot of possible miscommunications later in the game.

Coin Toss

Establish a good rapport with the captains of each team.

Key Points

- ▶ **Use a large coin**
 - At least the size of a quarter.
- ▶ **Use a clean coin**
 - Don't use a coin that is difficult to determine which side is Heads or Tails.
- ▶ **Mark alternate possession**
 - Write on card.
- ▶ **No whistles**
 - Do not use your whistle to call captains. Save your whistle for the first whistle of the game to start the clock.

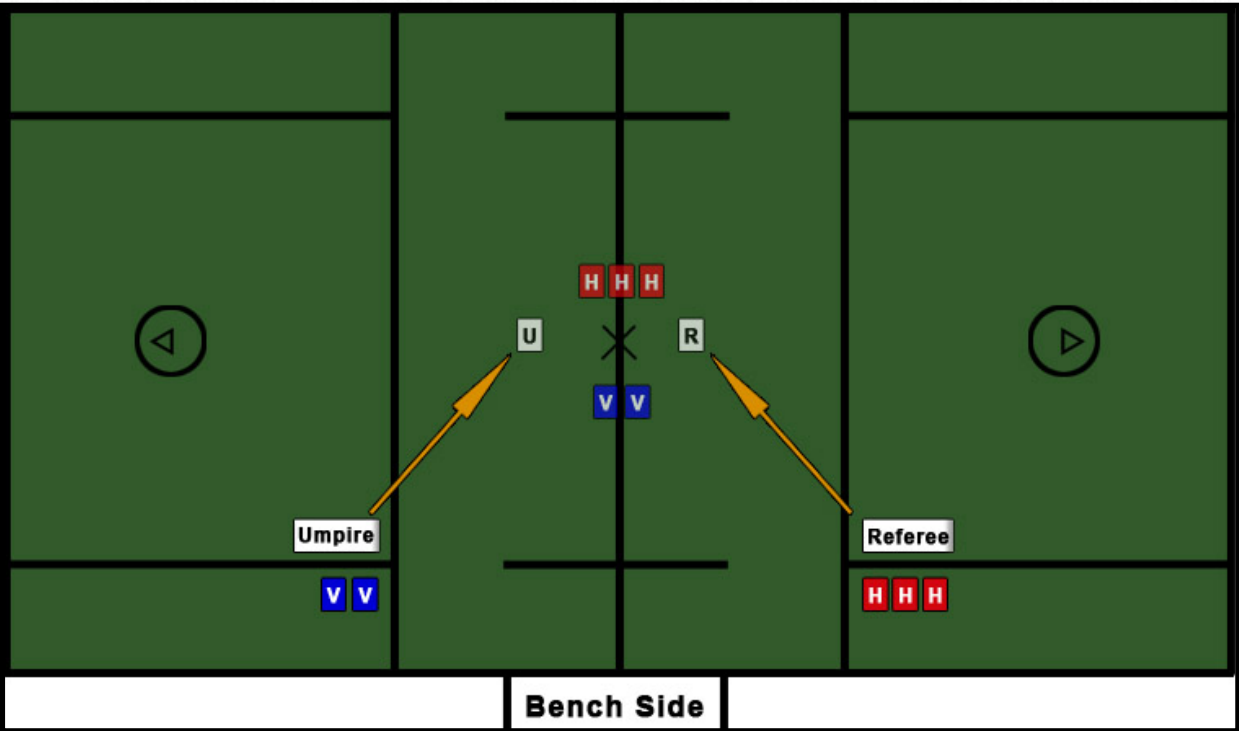
A properly performed coin toss shows that the officiating crew is in control of the game before it even starts. The captains for each team are usually the upperclassmen, who can be used during a game to help maintain order if the game gets heated. Creating a good relationship with the captains gives you another way to manage a game.

You may conduct the coin toss at any time after certifying both coaches, but it must be completed before there is 2-5 minutes remaining to game time. During the coin toss the assigned Referee does all the talking, while the Umpire notes the choices of the coin toss winner and loser.

Conducting A Coin Toss:

1. Referee goes to top of attack box of home team on bench side and calls for captains
2. Umpire goes to top of attack box of visiting team on bench side and calls for captains
3. Referee starts walking to Center X first, followed by Umpire
4. Home team captains face the table area and Visiting team captains face away
5. Speaking captains from each team should be closest to the Referee and the officials should face one another
6. The Referee:
 - Introduces the crew
 - Asks captains to introduce themselves and shake hands
 - Explains any ground rules related to the game
7. Shows heads and tails of the coin to both speaking captains
 - Asks visiting team to call heads or tails **BEFORE** flipping the coin
 - Explains that he will flip the coin and catch it. If he drops it he will re-flip. He will not turn coin over after catching.
 - Says the call a final time, flips coin and catches in an open palm
 - Shows result to both speaking captains
 - ★ Coin toss winner gets to chose **EITHER** the goal to defend first or first Alternate Possession
 - ★ Coin toss loser gets whatever the winner did not select
8. Referee turns teams to face the goal they will attack
 - Taps shoulder of team who has first AP (mark the team on your scorecard)
 - Asks captains to shake hands again and return to their benches

Figure 1.3 - Coin Toss



Referee always gets the Home Team captains, and the Umpire always gets the Visiting Team Captains. Remember that the captains for the Home Team always face the table area.

TRAINER TIPS



Practice flipping the coin until you can reliably toss and catch it without any drops.

If you do drop the coin, remember you get to re-flip it!



HEADS UP!

Do not check the captains' equipment prior to walking to Center X, or during the coin toss. The coach has certified that all of his players' equipment is legal. If a captain wants his equipment or crosse checked then you can do so after the coin toss.

Goal Checks

Checking the goals now will save you grief later.

Key Points

▶ No holes

- A strong shot can rip through a small hole. Be thorough in checking for holes.
- Most holes develop near the posts.

▶ No frayed strings

- Frayed strings are the precursors to holes. A hard shot can blow through frayed netting.

▶ No balls in or around the goal

- Make sure there are no balls anywhere near the goal.

▶ Goal posts are lined up with the goal line

- Line the goal posts up with the front edge of the goal line. This will help you and your partner on close goal line calls.

After the coin toss is performed there should be enough time for the crew to thoroughly check the goals and goal nets.

If there is a shooting drill in progress, wait for a lull in the drill. Do not try to check a net with players shooting on the goal without loudly informing those players.

The Referee should check the goal on the home team's side of the field, and the Umpire should check the goal on the visiting team's side.

During the check you are looking for:

- Holes
- Unsecured netting
- Frayed strings that could snap
- Balls inside the goal or resting on the outside of the net
- The front of the goal pipes line up with the front of the goal line
- The crease and goal lines are clearly marked

If there are issues with one or both goals, the officials should go to the Home Team Head Coach or Site Administrator immediately so the nets can be fixed.

If any players take warm up shots on the goal after your goal check you must check the goal again prior to the start of the game for any balls in the goal or on the outside of the net. Taking time for this check is important because you do not want to have a goal scored during the game with one ball inside of the goal and another on the outside. Take a moment to do an additional check and you will avoid that very hard to explain situation.

Team Lineup

Be confident. Be authoritative. Be brief.

Key Points

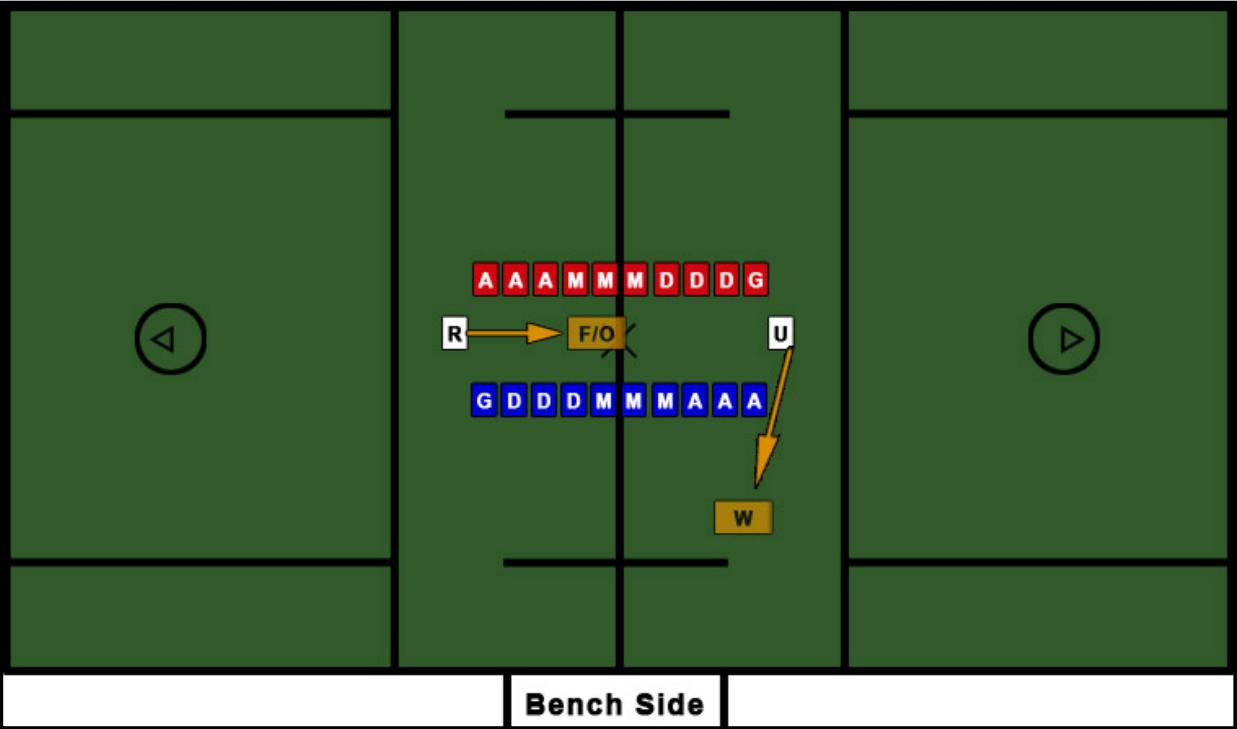
- ▶ **Players left shoulder towards their goal**
 - To speed this up the “U” stands where the Visiting Team should be and the “R” stands where the Home Team should be. Then have the 10 starters for each team line up with the appropriate official.
- ▶ **Keep comments brief**
 - “Keep the mouth guards in and chinstraps buckled, and have a great game!”
 - “Red talks to red, white talks to white, let’s have a good game gentlemen!”
 - “You play, we’ll ref. Let’s have a good one!”
- ▶ **Shake hands with your partner after the teams cross**
 - Great time to wish each other luck!

The team lineup is the last action the officiating crew performs prior to the start of the game. This is another excellent opportunity to demonstrate crew confidence and authority. The Referee should do all of the talking during the lineup.

Conducting The Team Lineup:

1. Referee has the game ball and should stand across from the Umpire at mid-field
 - Starters are called to the lineup (do not use your whistle)
 - Starters stand facing opponents with their left shoulder facing the goal they will defend
2. Once players are in place the Referee:
 - Introduces the crew
 - Gives a few brief comments to both teams (“Keep your chin straps buckled, mouth guards in, and have a great game.”)
 - During this time make sure that:
 - ★ The goalkeepers are wearing their required gear
 - ★ The in-home is in the lineup
3. Referee instructs the goalkeepers to cross and shake hands
4. Referee instructs players to meet the opponent directly across from them and shake hands
 - The players break off to their respective positions
5. Meet briefly with your partner to shake hands and give final words of encouragement:
 - “Let’s get this game in the books where it belongs!”
 - “Let’s be on today!”
 - “Call what you see, and let’s have fun!”

Figure 1.4 - Team Lineup



The Referee is usually on the far side of the field for the first half, and should stand during the Team Lineup where there is a quick path to Center X for the first face off.

TRAINER TIPS



Practice your lineup talk in your off time. If you know exactly what you want to say and how you want to say it, your message to the players will come across much more clearly than if you try to wing it.

Put 5 yards between the players in the lineup. Then explain that they must always give 5 yards on all restarts. It is a helpful visual to start the game with especially early in the season or in games with younger players.



HEADS UP!

If you are the Referee do not spend a long time speaking to the starters. Keep your comments brief and to the point. The players are amped up and ready to play, delaying the game unnecessarily will cause the players to focus on you and not on how they want to play.

Face Offs



Sections

-
- | | |
|----------------------|--------------------------|
| 1. Face Off Official | 3. Movement Off The Face |
| 2. Wing Official | |

Face offs are a critical part of a lacrosse game. Teams that win more face offs typically have the ball on offense longer and generate more scoring opportunities. With a few exceptions, face offs start every period and are performed after every goal. You must be proficient in your face off mechanics, have good positioning, and communicate well in order to execute a fair face off.

There are two major concepts to understand regarding face offs.

1. **Move quickly, but don't rush** - Before every face off the field must be set correctly and both officials must be in the right spots. Players should not be waiting on the officials to get the ball ready for play. The officials should have the ball set before the teams are finished substituting.
2. **Inform, but do not coach** - There is a difference between saying: "Blue get off the line," and saying: "Gentlemen, respect the line." The latter conveys the same message to both players, while the former tells the opposing team that you are favoring the Blue team. Another opportunity to inform is with the first face off of the game. Inform both face off players what you expect from them on the face offs throughout the game.

Face Off Official

You must be calm and strong on all face offs.

Key Points

- ▶ **Stand still**
 - Face off players are already amped-up. Any movement by the official may cause one or both to jump.
- ▶ **Whistle in mouth**
 - Talk around your whistle. Players may jump if they see your arm or shadow move.
- ▶ **Do not touch the players**
 - There is no reason to physically move a player into position.
- ▶ **Wait for “ready” signal from your partner**
 - Don’t be in a rush. Wait for your partner.
- ▶ **Stay with the face off**
 - Stick with the immediate face off area. Your partner has everyone else.

This is not the time for timid instructions or a weak whistle. Get yourself into a stationary position first and know exactly what you want to say prior to the face. You must be close enough to the players to see any pre- or post-whistle violations, yet far away enough to not interfere with the face off players.

While you are waiting on your partner to signal that the field is set, it is perfectly acceptable and encouraged to talk with both face off players about your expectations for a clean face. This lets you build a rapport with two players that you will likely see on future face offs.

The Face Off Official Should:

1. Jog to Center X, raise the ball into the air, place it onto the ground, and stand over the ball
 - Ensure that both face off players have their backs to their own goals
2. Get into a stationary position once you get the “Ready” signal from your partner:
 - Straddling line
 - Angled off the midfield line
 - Standing behind one face off player
3. Place whistle in mouth with your hands at sides or resting on knees
4. Instruct both players to assume a face off position by saying: “Down”
 - Once both players are down quickly check that:
 - ★ Fingers are fully around shaft
 - ★ Both hands touch the ground
 - ★ Hands are not touching the plastic of the lacrosse head
 - ★ Sticks are parallel to the center line
 - ★ Head of sticks are vertical
 - ★ Sticks are up to, but not touching the centerline
 - ★ Ball is evenly set between the head of both sticks
 - ★ Every part of their body is to the left of the head of their stick so the neutral zone is clear (both up into the sky and behind both players)
5. Once players are down, give them a chance to get set and then give the “Set” command
 - After the “Set” command is given, neither player may move or adjust their positioning

6. Sound whistle and stay focused on the face off

- Do your best to remain stationary depending on how the face off develops
- If you move suddenly there is a greater chance that a wing player will run over you. If you are stationary then they must run around you.

7. If a player gains clear possession of the ball then wind arm backwards and loudly state: “Possession!”

- Make sure that the player has possession
 - ★ If you release the other players early you then have 12 players fighting for the ball instead of a more manageable 6.
- If the ball crosses the restraining line before possession is gained then wind arm backwards and loudly shout: “Play!”, which releases the players

Face Off Positioning:

You’ll see the three recommend positions for conducting a face off on the next page. It is important to note that every position has pros and cons. You’ll be able to see violations from one position that are difficult to see from another. Get into a position that allows you to see best based off how the face off players are playing the ball.

TRAINER TIPS



Stay as still as possible on a face off. Being still, coupled with having the whistle in your mouth as you conduct the face off cuts down significantly on players jumping your whistle because they saw you or your shadow move.

Give the players a chance to get set after saying down. Wait a moment after they are both in a stationary face off position and they say “Set”. This will prevent improper Illegal Procedure penalties on a player who is still moving down into his face off position while the official has said “Set” too quickly.



HEADS UP!

Don’t be in a hurry to call possession! If you cannot tell if a player has possession of the ball wait an extra second or two. Either the ball will pop out and the face off fight continues, or the player will secure the ball and you can call “Possession” with certainty.

Figure 2.1 - Straddling Line



Straddling the line is the primary face off position. The Face Off Official can see the players hands, whether or not the sticks are parallel to the line, and whether or not heads of the sticks are angled forward. The other benefit to this position is that the official can quickly turn and cover their goal in the event of a quick fast break.

The cons of this position are that the Face Off Official cannot see the rear foot of the player furthest away, nor can he see the wing players running in from directly behind. While in this position the official could get struck with the stick of the closest face off player, but this tends to happen only if that player is a long stick taking the face.

Figure 2.2 - Angled



Angling your perspective to the ball is the second face off position. From here you can easily see the players hands on the plastic, and you can see the most of the players bodies. You can also see a player grabbing the ball with their hand from this position as your view on the ball is not obstructed as much as the other face off positions.

The cons of this position are that you cannot see the bottom hand of the player next to you, and it is difficult to visualize the neutral zone. Also you may interfere with the player on the other side of the midfield line if he wins the face off by directing the ball forward.

Figure 2.3 - Straight Back



From this position you can see the rear foot of both players and you have good line of sight to the ball. You can see both players hands, and you have a solid view of whether or not players are leading into the neutral zone.

The cons of this position are you are in the way of a fast break if the ball comes towards you. You are also unable to see where the crosse of the player closest to you is along the midline, and it is difficult to quickly turn and cover your own goal on a face break.

Wing Official

You check that the field is ready for play.

Key Points

- ▶ **Use your 20-second timer**
 - Speed up the dead ball time by using your timer when the ball reaches Center X.
- ▶ **Start counting as you jog to position**
 - Use your time getting to the wing line to count players coming onto the field. You can check that the field is already set by the time you reach the wing.
 - This also keeps your eyes on the players as they cross each other.
- ▶ **Point towards the goal you will cover as Lead when ready**
 - Try not to point across your body. Pointing towards your goal is a very clear signal to your partner.

Your partner at Center X is focused on conducting the face off, which means you must count all of the players on each end of the field and maintain the 20-second timer for substitutions. You must also be very clear in the signals that you give to your partner because incorrect signals on a face off cause confusion between the officiating crew, the players, and the coaches.

The Wing Official Should:

1. Stand at the end of the wing line five yards into the field
2. Pump fist when the Face Off Official raises ball into the air and flip on 20-second timer
 - Say “Clock’s on!” or “Timer’s on!” (this will get the players to move into position faster)
 - Write the number of goal scorer on scorecard (if a goal was scored)
3. Give the “Not Ready” signal while field is not set
 - The wing cannot be filled on a man-down face off
4. Once the field is set give the “Ready” signal (point towards the goal the you will cover as lead)
 - Turn off the 20-second timer as face off players assume positions

★ You don’t want the face off players jumping early because they heard the timer expire

5. Watch for wing midfielders releasing early
6. Wind arm and loudly shout: “Possession!” when a player has clear possession
 - If the ball crosses the restraining line before possession is gained then wind arm and shout: “Play!”, which releases the players

Practice turning your 20-second timer on and off as you will be doing that every time you are the Wing Official. Using the 20-second timer on face offs keeps both teams running or jogging into position through the game, which shortens the total game time.

If a team is still substituting and is clearly not ready once your 20-second timer buzzes then signal Delay of Game and award possession to the offended team.

- If you feel the 20-second timer is about to expire and one player is running hard to their position, but will probably not make it in time then turn your timer off.
- Reward hustle if the call will be borderline for the restart, as there is very little advantage or disadvantage towards either team.

On every face off the Wing Official always points towards the goal he covers as the lead official. When pointing towards your goal, do not point across your body. Use the arm that is closest to the goal. Using that arm is much clearer to the Face Off Official than pointing across your body or pointing directly at the Face Off Official.

Movement Off The Face

The play dictates where you move to.

Key Points

- ▶ **Head on a swivel**
 - The ball and the players can change direction very quickly off a face off. Be aware of your immediate surroundings so you do not run into a player.
- ▶ **Know where you need to be**
 - Each official has a place to be no matter where the ball goes. Know your main spot and adjust your positioning as the ball moves.
- ▶ **Know which goal you have to cover.**
 - Know which sideline and end line is your responsibility.

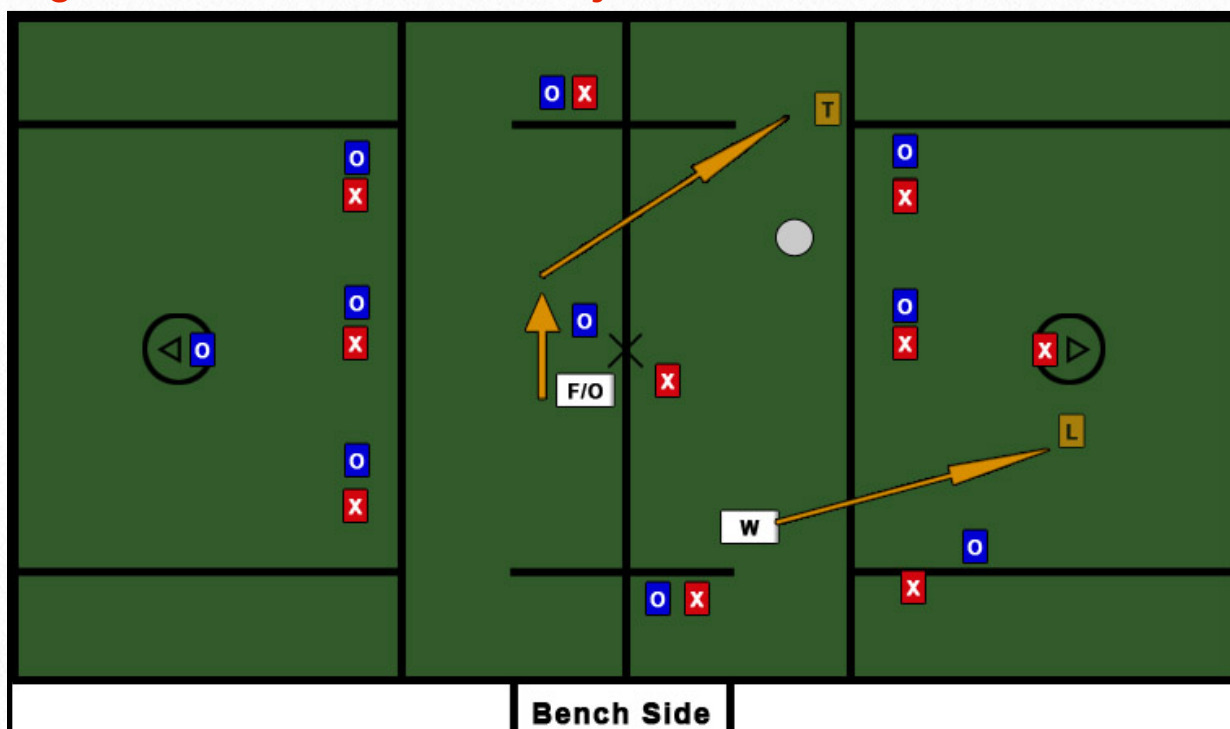
After the whistle the ball is going to move towards the Face Off Official or away from the Face Off Official. How it moves towards or away is always different, but the two diagrams on the next page will show how the two officials maintain coverage of the play as the face off morphs from a static situation to a more fluid one.

Ball Moves Away From The Face Off Official:

If the ball, while loose or in possession, moves away from the Face Off Official then the officials move to their respective Lead and Trail positions. The Wing Official becomes the Lead near the crease, and the Face Off Official becomes the Trail near the top of the box.

The arrows in the following diagrams are straight lines, but during a game the most direct route to your spot may be obstructed by players. Move as safely and as quickly as you can to get into the correct position, while staying focused on your responsibilities.

Figure 2.4 - Ball Moves Away From The Face Off Official

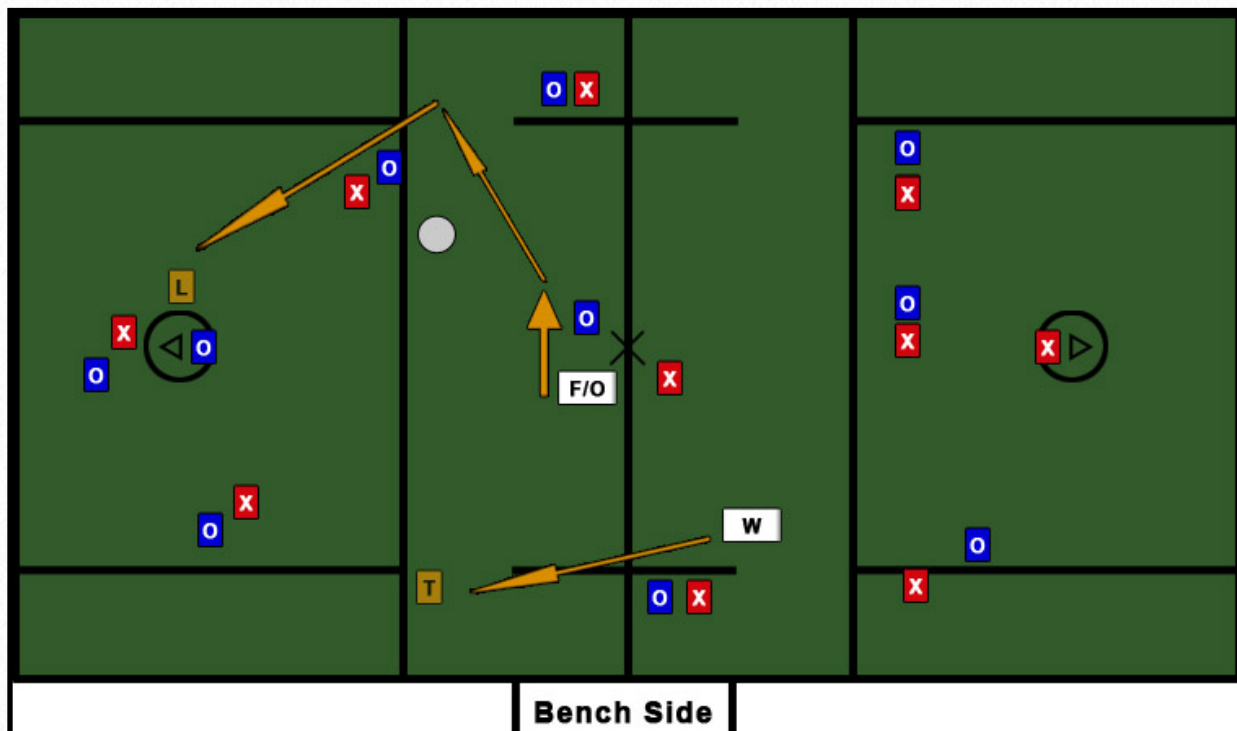


Ball Moves Towards The Face Off Official:

If the ball, while loose or in possession, moves towards the Face Off Official then there is usually some more maneuvering involved for that official. You do not want to obstruct a direct path to the goal by the ball carrier, or get in the way of a player trying to play a loose ball. As the ball comes towards you move yourself towards the outside of the field if possible. This lets you get the players in front of your eyes, and gives you greater room to maneuver to your goal as the new Lead Official. The Wing Official should be working towards the Trail position near the top of the box.

Again, the arrows in the diagrams are guidelines. Ultimately, you want to end up in the correct position as either the Lead or Trail Official. Keep your focus on the players you are responsible for and work to get yourself into a better position to see the play unfold.

Figure 2.5 - Ball Moves Towards The Face Off Official



TRAINER TIPS



Do not be in a rush to get to your Lead or Trail position at the expense of focusing on the players you are responsible for. If you cannot get near the correct position the ref from where you are until you can get closer to where you need to be while focusing on player safety.



HEADS UP!

Players are running around you from different angles and directions. Focus on the play in front of you, but try and notice any peripheral movement that could be a player that you're about to run into.

Settled Situations



Sections

-
1. Lead And Trail Officials
 2. On And Off Officials

Settled situations occur between six offensive players and seven defensive players (6 players + 1 goal-keeper). Both officials need to know the different responsibilities of the Lead and Trail positions, and when they are the On and Off Official. If one or both officials are not focused on the correct responsibilities, safety calls will be missed and they will make calls from the wrong position.

There are two major concepts to keep in mind during settled situations.

1. **Know where you are** - The field can flip very quickly and you need to know if you are the Lead, the Trail, the New Lead, or the New Trail depending on where the ball is going.
2. **Know what you are responsible for** - You could switch between being On Official to being the Off Official seven or more times during a settled possession if the ball is moving quickly. There cannot be two officials looking at the ball carrier and the defender at the same time for more than a brief second. If both officials are watching two players then no one is watching the remaining ten players who are off ball.

Lead And Trail Officials

Lead has the goal, the crease, and the end line. Trail has the shooter and the opposite goal.

Key Points

▶ Lead has goal & end line

- On shots you must be in the correct position to call a goal good or award possession off a contested end line play.
- The best officials adjust their positioning depending on how the play develops.

▶ Trail has shooter & late activity

- Repeat: “Shooter, shooter, shooter” silently to yourself as the shooter winds up to help you focus on that player.

▶ Trail also has the far goal

- Quick transition means you are the New Lead moving to the other side of the field. Be aware of what is happening so you’ll know if you have to run hard to get to your goal.

As the Lead your primary responsibilities are:

- The goal
- Crease violations
- Covering the end line

In order to cover these three major areas you need to be flexible in your positioning along Goal Line Extended (GLE). While your main position as the Lead Official is about 10-15 yards off the goal along GLE, the play may force you to move towards and away from the goal or towards or away from the end line. The key is that you are not an immovable object wedded to GLE. **You must move to get the best view of the play in front of you to make your call or no-call.**

It is much better to call a crease violation from a few yards away from the crease and not 15-20 yards away. You may be on GLE, but if you’re 20 yards away very few people will believe your call even if it is correct. Similarly, it is easier to sell a contested end line call if you are straddling or close to the end line.

Goal Line Extended may be your home as the Lead Official, but if the play is moving to a different part of the neighborhood then you need to move with it.

As the Trail Official your primary responsibilities are:

- Watching the shooter on a shot
- Your goal on the other side of the field

Your position is near the top of the attack box in a settled situation. To use football yard markings, you will be right around the 30-35 yard lines for most of your time in the Trail position. While the Lead Official has to move around GLE, the Trail Official typically moves less but should always be ready to quickly run to the other goal during a quick transition.

As the Trail Official **you have to watch the shooter on a shot**. The Lead is focused on the ball, which leaves the safety of the shooter to the Trail. You could miss the shooter getting hit late if you ball watch on a shot.

If the Lead drops below GLE to follow the play. You must provide additional crease coverage by sliding down the field towards the goal.

On And Off Officials

Focus on your area of responsibility.

Key Points

► Footsteps

- If a player is moving towards you then you are likely the On Official or you are about to be.
- If a player is moving away from you then you are likely the Off Official or you are about to be.

► Don't be a lighthouse!

- Turning around or turning your back to the play should be avoided. You can back out off the field in order to keep the players and the rest of the field in front of your eyes.

On and Off responsibilities between two officials will switch many times during a settled situation. You could be “On” for a minute straight during a strong battle between an attackman and a defender in your area. Or you could switch “On” and “Off” responsibilities with your partner every couple of seconds if the players move back and forth the overlapping coverage area.

The On Official is responsible for the ball carrier, the defender, and the immediate area around those two players. That official calls the holds, pushes, slashes and illegal body checks along with wards and moving screens.

The Off Official is focused on everything but the ball carrier and the defender. That official is looking for interference, off ball holds or pushes, and body checks away from the ball.

It is important to have one official looking ball and the other official looking off because the other players off the ball could be committing penalties. If both officials watch the ballcarrier then no official is watching the other ten players!

There is overlap between On and Off Officials as the ball moves from one area of coverage to the other. If there is any doubt or confusion during the game then communicate to your partner by saying: “I’ve got it”, or: “I’m on”, or: “It’s yours!”

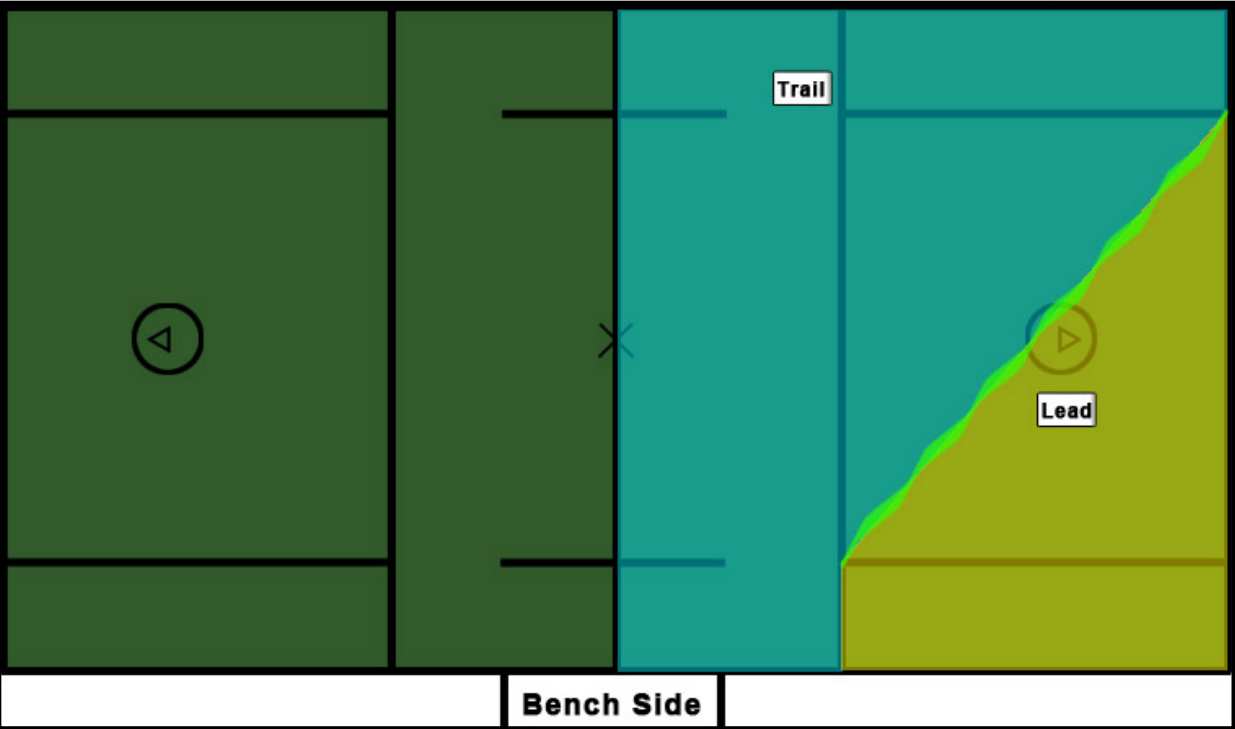
If you have trouble determining if you are the On or Off Official remember “Footsteps”. “Footsteps” means: Are the players/play moving towards you or away from

you? If the players’ footsteps are coming towards you then you are likely the On Official, or about to become the On Official. If the footsteps are going away from you then you are likely the Off Official, or about to become the Off Official.

In the diagram on the next page the Trail Official is the On Official whenever the ball is in the Blue-shaded area. The Lead Official is the On Official whenever the ball is in the Yellow-shaded area.

The Green-shaded overlap area is where both officials are simultaneously On and Off. In settled situations there is usually only one flag for a penalty, but the times you will typically get a double flag for the same penalty is when the ball is in this overlap area between both officials.

Figure 3.3 - On And Off Coverage



Trail covers ball when it is in the blue area, and the Lead covers ball when it is in the yellow area. Communicate to yourself as the ball comes into your area. “Now I’m on”, or “I’ve got ball.”

TRAINER TIPS



Communicate with your partner. A nonverbal slap to your chest means that you’ve got the play, while pointing at your partner means that he should be covering the ball. You can also call out to your partner “You’ve got it,” or “I’ve got it!”



HEADS UP!

Anytime you have two or more flags get together with your partner to make sure of the penalties. You might have both flagged the same penalty, or two separate penalties at the same time. Talk to your partner to sort through multiple flags and cut down on confusion.

Stopping And Starting Play

Sections

1. How To Start & Stop Play
2. Out Of Bounds
3. Quick And Slow Restarts
4. Deep Restarts



Lacrosse officials are responsible for stopping and starting play. When done properly and consistently throughout a game, the game has a distinct ebb and flow. When done improperly and inconsistently, the game can drag on with lots of confusion.

There are two concepts to keep in mind as you read about stopping and starting play.

1. **Know when to restart quickly and when to restart slowly** - If you switch these up during a game then the game will not flow as the players and coaches expect it to.
2. **Know who has the restart** - Knowing who has the restart on a bang-bang play is the mark of a good crew, but if you are ever unsure look to your partner and communicate who should grab it depending on the situation.

How To Stop & Start Play

The clock starts and stops on the whistle.

Key Points

- ▶ **Loud whistles!**
 - Stopping and starting play requires a sharp 1-2 second blast of the whistle.
- ▶ **Big signals**
 - Possession is huge in lacrosse and if you point small no one will know which team gets the ball.
 - Get your arms away from your body and overemphasize your signals.

If a game runs excessively long it is usually due to the officials. Because lacrosse officials control the clock they must always be aware of how much time is left and what the situation is. A sideline restart near the midfield line for the offensive team may be a run-of-the-mill restart at the eight minute mark of the third quarter in a blowout, but it could be a huge restart with eight seconds remaining in the fourth quarter of a tie game.

Every time you stop and start play you must have a loud whistle and a crisp signal. That tells your partner on the far side where the ball is going, and it cuts down on the coaches disputing your call because you sold it with conviction.

How To Stop Play:

- Blow the whistle and signal dead ball simultaneously when there is an action requiring a stoppage in play:
 - ▶ When the ball or player goes out of bounds
 - ▶ When the offended player loses his advantage during a play-on
 - ▶ When the team in possession commits a foul
 - ▶ When a condition to end a Flag Down Slow Whistle (FDSW) occurs
 - ▶ When a period ends and the horn sounds
 - ▶ When a goal is scored

Figure 4.1 - Dead Ball Signal

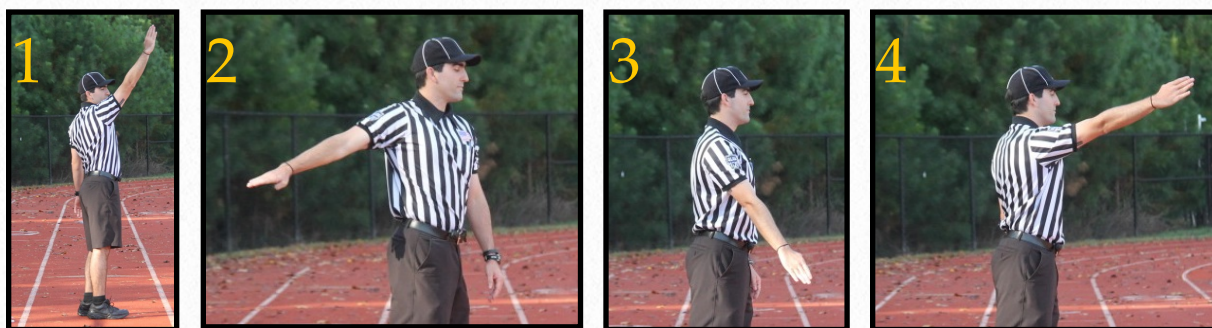


Your whistle stops play! If you blow your whistle to stop play incorrectly, and you blow your whistle so quietly that only a few players hear you then it is even worse if you allow play to continue. If you made a mistake, blow your whistle repeatedly in a very loud fashion and get the play stopped. Award to whichever team had possession, was entitled to possession, or via AP if no possession and neither team is entitled to the ball.

How To Start Play:

1. Blow whistle and wind your raised arm backwards (like a one-armed backstroke):

Figure 4.2 - Restart Signal



- Before starting play make sure the player has possession of the ball and is standing in bounds
- No player from either team is within 5 yards of the player with possession
 - ★ If the ball exited the field anywhere along the substitution box then the player must be brought five yards into the field prior to the restart
- This prevents a hidden-ball trick by the offense or a quick check by the defense

2. If a player is within five yards of the player with possession on the restart:
 - Warn the player to step back
 - If he does not then warn again and start a visual 5 second count
 - If he does not back up to 5 yards by the end of the count throw flag for a 30-second Delay of Game penalty if he is a defender. Turn the ball over if he is an offensive player.
 - ★ The flag or turnover in this situation is your last option if a player has repeatedly failed to listen to your warnings.

Who Has The Restart?:

The Trail always has the restart if the ball is leaving the Trail's half of the field (clearing).

- If ball is in the offensive end and is:
 - Coming in from the sideline the official on that sideline restarts play
 - ▶ Coming in from the end line or in the Lead's alley the Lead restarts play
 - ▶ Coming in from the Trail's alley then the Trail restarts play
- If unclear the On Official restarts play
 - ▶ Communicate if unsure: "You take it!", or: "I've got it!" are great ways to get the restart moving along.

TRAINER TIPS



Communicate to the players, especially if there is confusion on the restart. Be loud when warning a player to establish five yards between themselves and the player with the ball.

Call a penalty only as a last resort if your verbal warnings fail to adjust the players' behavior.

If players continue to play after your whistle to stop play then whistle with a staccato cadence. The rapid "tweet, tweet, tweet!" will get their attention faster than another long blast of the whistle.



HEADS UP!

On all restarts the goalkeeper gets five seconds to reenter the crease. If he is not back in the crease once your finished counting five seconds, then blow your whistle to restart play if ready.

This is **not** a flag down for "Failure to Advance" or "Delay of Game".

Coaches and players are going to yell at you to blow your whistle quickly in nearly every situation. It is your job to make sure the requirements for restarting play have been met on every restart, even if you are getting pressured to blow your whistle. **It is better to be slow and right than fast and wrong.**

Out Of Bounds

The lines are hot.

Key Points

- ▶ **Hot lines**
 - A player touching the line is out of bounds.
- ▶ **Keep your hand up**
 - The dead ball signal goes right back up after signaling the direction of play.
- ▶ **Balls Out Of Bounds (OOB) through the sub box are different**
 - Pull the player five yards into the field for the next restart if the ball goes out through the sub box.

When the ball or player leaves the field of play it is up to the officials to stop play and signal which direction the ball is going for the restart.

In lacrosse the lines are hot. This means that if the ball or player in possession of the ball touches on the line or any ground past the line, then the official should blow the whistle to stop play.

The ball or player is not automatically out of bounds if they break the plane of the boundary line without touching the line, the ground past the line, or any object beyond the line. The ball or player must physically touch the line, the ground past the line, or any object beyond the line to be considered out of bounds.

There are four limit lines separating the lacrosse field from the rest of the world. Two sidelines and two end lines. If you are officiating a lacrosse game on a field with football lines, then the end lines should run directly through the middle of the end zone.

End Line and Sideline Out Of Bounds:

1. Sound whistle and signal dead ball as soon as you realize that the ball or player is OOB
2. Signal direction the ball will be going and call out which color team is getting the ball
 - “Blue”
 - “Blue Ball” (add the term “ball” if there is a borderline OOB to help clarify who is getting the ball next)
3. Place hand back in air to signal the current dead ball situation

Figure 4.3 - Out Of Bounds Signaling



Whistle and signal dead ball



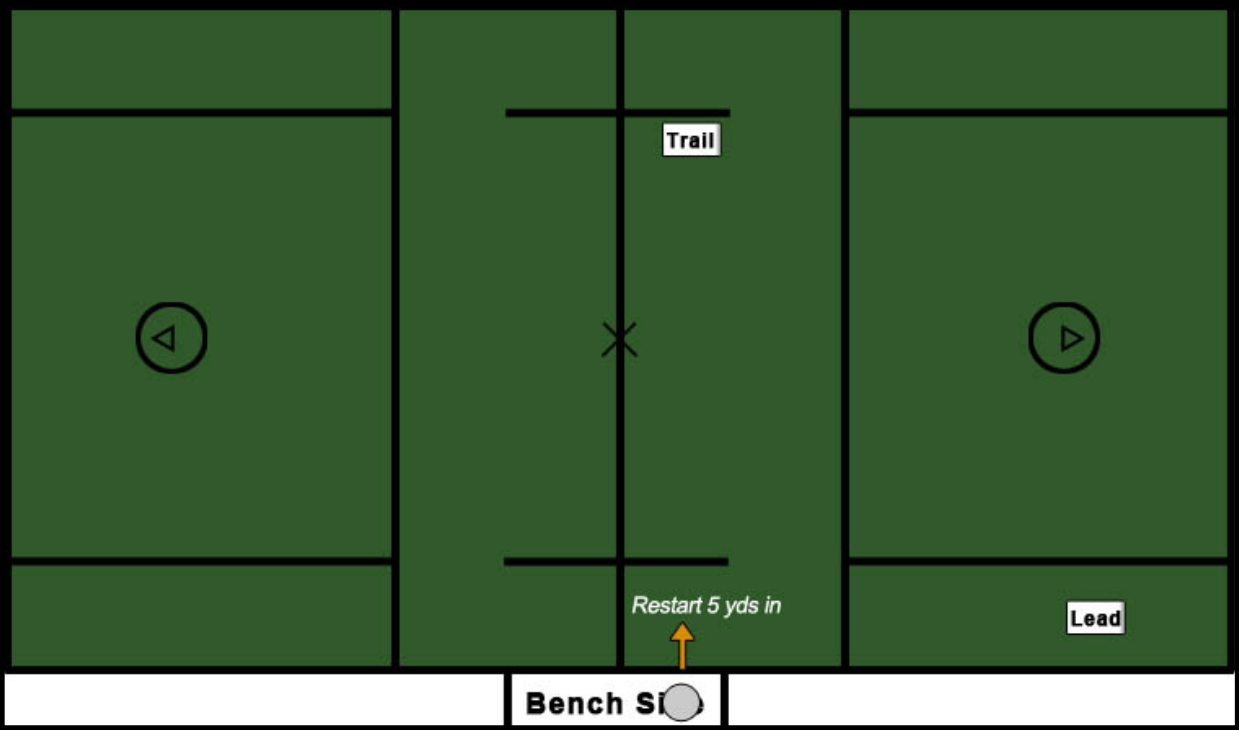
Point direction of team & say color + ball, “Red Ball!”



Still a dead ball so put hand back up in air

If the ball goes OOB through the substitution box, pull the player 5 yards into the field prior to restarting play. This is a safety issue.

Figure 4.4 - Restart When Ball Goes Out Through Sub Box



If the ball went OOB through the sub box, always pull it into the field 5 yards.

TRAINER TIPS



Whistle to stop play and signal dead ball at the same time. Being able to perform those two mechanics at the same time will prepare you for games in louder environments where the clock is operated in a sealed press bock and the operator is looking for the dead ball signal while the players are waiting to hear the whistle.



HEADS UP!

No more horns means no more 20-seconds of substituting, which means no more 20-seconds to catch your breath.

Conditioning is going to be more important this year with no more horns to get a quick rest.

Quick And Slow Restarts

Knowing when to be fast and when to be slow.

Key Points

- ▶ **Quick restarts happen after:**
 - Technical fouls resulting in a turnover
 - Sideline OOB
 - End line OOB
- ▶ **Slow restarts happen after:**
 - Periods
 - Goals
 - Team/Official Timeouts
 - Time-serving penalties
 - Injuries
- ▶ **If the crew messes up a restart and disadvantages either team:**
 - Immediate whistle and move to a slow restart to ensure that the field is set after the officiating error.

There are two types of restarts in lacrosse: Quick Restarts and Slow Restarts. The major difference between these restarts is that Slow Restarts require the field to be completely set, while Quick Restarts do not.

Quick Restarts are fast but not rushed, and are applied after a technical foul resulting in a turnover (most common are a play-on ending, warding, or moving pick), after a sideline out of bounds or after an end line out of bounds.

Quick Restarts Require:

1. Player in possession of the ball
2. Player fully in bounds
3. No players from either team within five yards of the player with the ball

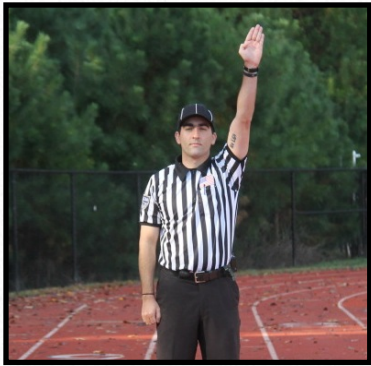
Slow Restarts are applied after the start of a new period, after a goal, after a time out, after a time-serving penalty has been reported, and after an injury or official's timeout.

Slow Restarts Require:

1. Player in possession of the ball
2. Player fully in bounds
3. No players from either team within five yards of the player with the ball
4. The field is set with the correct number of players for the situation (All even, one team man-up, both teams one man down, etc.)
 - Both teams have 20-seconds to substitute prior to the Slow Restart, and the officials on the field should communicate this to both teams in these situations
 - ★ The Bench-Side Official keeps the 20-second timer
5. Your partner is signaling "Ready"

If the officiating crew is inconsistent in their restarts the game will not flow. You must understand the different situations that require a Quick Restart versus a Slow Restart. If your partner incorrectly blows his whistle to start play on a Slow Restart, believing it to be a Quick Restart, you should blow your whistle to stop play and ensure that the field is properly set.

Figure 4.5 - Not Ready Signal



One arm straight up into the air is the signal for “Not Ready For Play.” If you are not ready for the play to start put one hand into the air.

Try to make this signal with the hand that does not have the finger whistle on it. That way your whistle hand is always free to use when needed and you won’t have to awkwardly switch hands to get to your whistle.

Figure 4.6 - Ready Signal



One arm straight out to one side is the signal for “Ready For Play.” This signal is most often seen prior to a face off, after a timeout, after a time-serving penalty is reported, and during a deep restart.

The ready signal should be in line with your shoulder and fully extended. This signal should be easily recognizable from a distance.

TRAINER TIPS



Quick Restart = Don’t have to look at partner before restarting play.

Slow Restart = Always have to look at partner and get the “Ready” Signal.



HEADS UP!

“Slow and right is better than fast and wrong” - officiating maxim.

If the restart gets messed up for any reason, revert to a slow restart and make sure both teams have the right players on the field for the next possession. This is not ideal, but it is better than disadvantaging one team because you rushed.

Deep Restarts

The ball is moving far and fast.

Key Points

- ▶ **Lead sprints**
 - You need to cover your goal and end line while focusing on the play driving toward you.
- ▶ **Trail jogs**
 - You are covering lots of off ball play in transition, and can come up slowly until you are certain that players aren't looking for a cheap penalty well off the ball.
- ▶ **Communication**
 - All Deep Restarts require good verbal and non-verbal crew communication

Restarting the ball with one team clearing from deep in their defensive end to their offensive end is known as a Deep Restart. On a Deep Restart the new Lead Official must be in a position to cover the far goal in case of a rapid transition, while the Trail Official must come up with the ball and watch for any late fouls after the clear.

Due to the distance on a Deep Restart it is important that both officials signal clearly to each other, especially in a loud game environment, so you both know that you are ready for the transition.

Deep Restart With Ball On Trail's Side:

This deep restart is much easier to accomplish as the official restarting play (the Trail) should be near the ball.

The Trail Official:

1. Restart play
2. Stays even with or slightly behind the play
 - If the clear is broken and you are above the ball, you will be unable to cover your goal as the new Lead official
 - Has the late offside call as ball crosses the midfield

★ Offense is only offside if they have more than six players in their offensive end

★ Defense is only offside if they have more than seven players in their defensive end

3. Count forward during transition

- Let the Lead worry about the ball and players moving forward on a quick clear
- In this situation it is a one-man game until the Trail gets into position. Keep your eyes on players after a long pass from the defensive end to the offensive end as this is the time when a late or unnecessary hit could occur.

4. 20-second timer

- The Trail Official keeps the 20-second clearing count on the timer

The Lead Official:

1. The goal is your primary responsibility
 - Set your initial position based on where the ball will be restarted, how many players are near the midfield line and your own level of conditioning
2. You are responsible for the first offside call
 - If no players are near the midline then you can drop back further as there is little chance of a quick offside happening (this saves you some running)

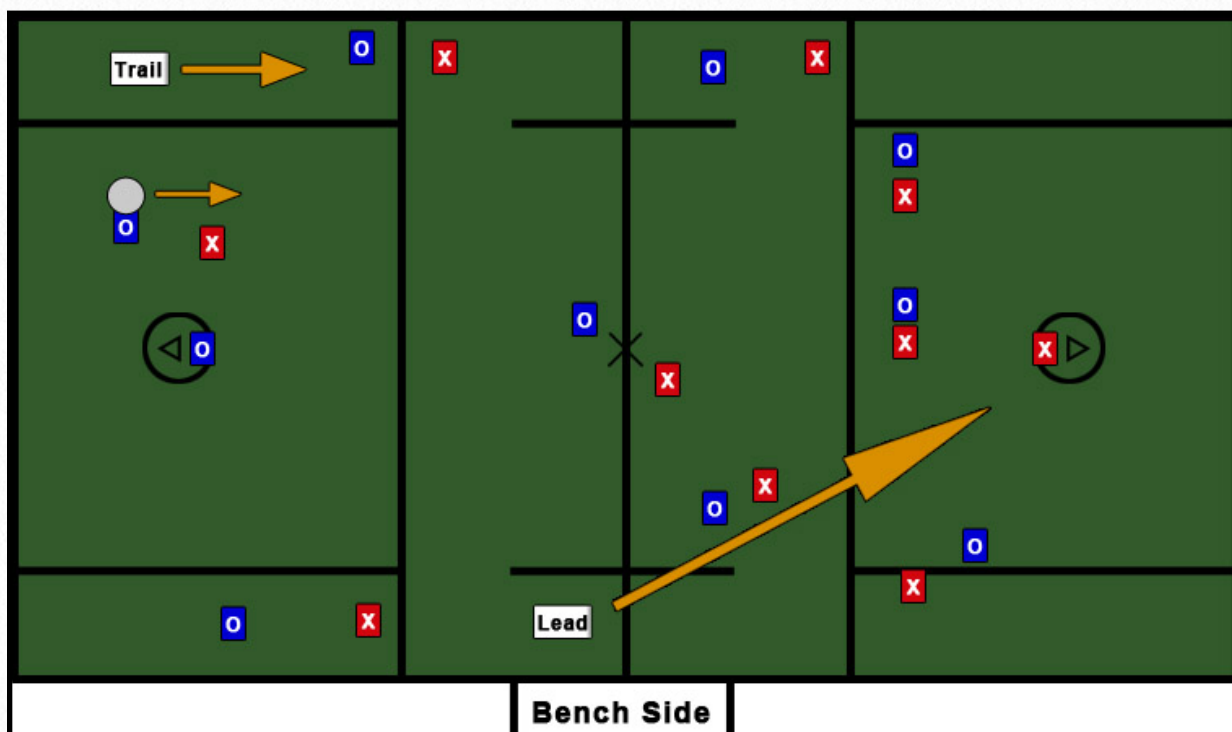
- Count forward (6 offensive players first, then count the six defensive players plus the goalie for a total of 7 on defense)
- Count the offense first because offside or too many men is a technical foul while they have possession which results in a turnover but no flag
 - ★ If the defense is offside or has too many men it is a flag down for a technical foul

3. 10-second count

- The Lead Official keeps a visual 10-second count for the offense to advance the ball into the attack area

On long passes sprint to GLE and cover goal, while keeping your eyes on the players coming upfield.

Figure 4.7 - Deep Restart Ball On Trail Official's Side



TRAINER TIPS



If you are restarting the ball deep try to pull the ball to the Trail Official's side of the field. That is the much easier area to restart the ball from.

If you're the new Trail after loose ball Goalie Interference then talk to the defender getting the ball to come outside the box towards you.



HEADS UP!

A team is only offside if they have too many men while on offense or on defense and gain an advantage. Teams may play with too few players behind the midfield line.

Remember to count forward as the players behind you no longer decide an offside call.

Deep Restart With Ball On Lead's Side:

The only difference between this deep restart and the other one is the initial position of the ball. In this situation the ball is on the far side of the field opposite the Trail (who is restarting play). The officials have the same responsibilities as outlined earlier, but the starting positions of each official changes slightly to cover the wide distance between the officials and the ball.

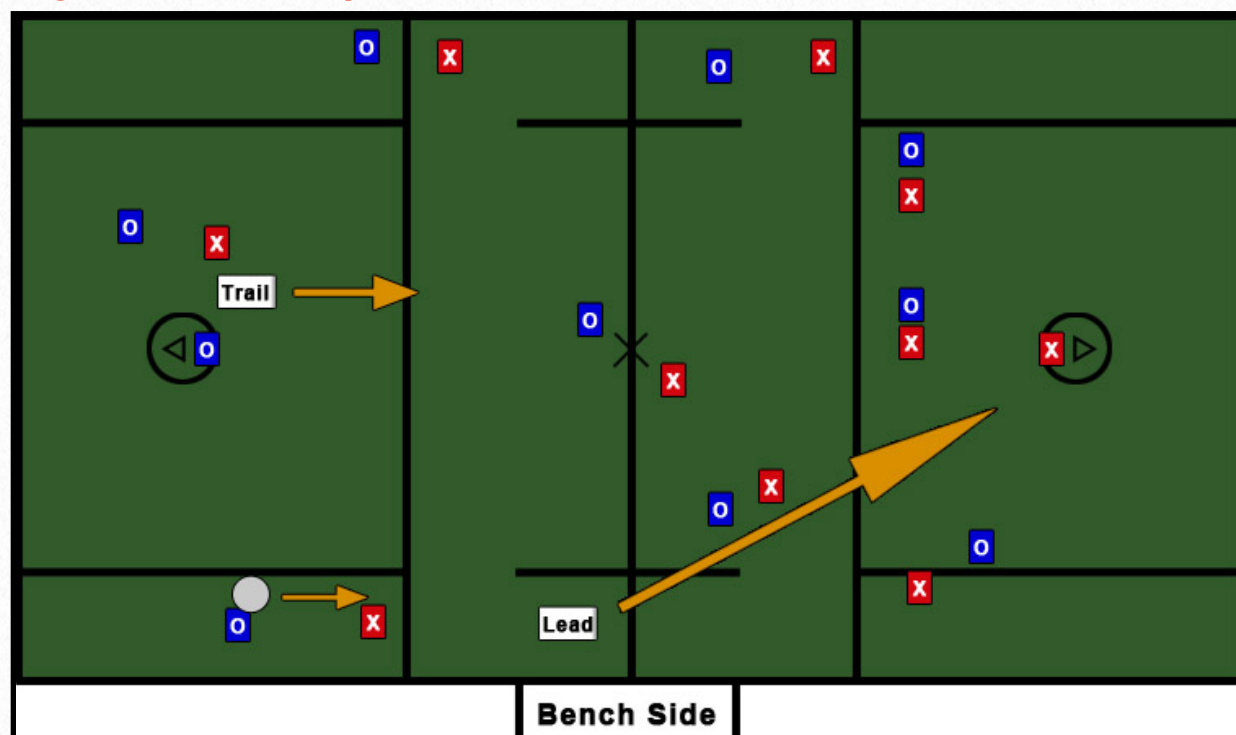
The Trail Official:

1. Come towards the middle of the field to see better
 - Do not go further into the field than the goal
2. Wait for the Lead official to signal “Ready” so you confirm that all requirements for a legal restart are met
3. Has the 20-second timer

The Lead Official:

1. Get to a good spot but make sure your hand is in the air to signal “Not Ready”
2. Look towards the Trail and signal “Ready” when the field is properly set and you are in position
3. Has the 10-second count

Figure 4.8 - Deep Restart Ball On Lead Official's Side



Goal Scored



Sections

1. Goal Is Good
2. No Goal
3. Lead And Trail On Shot And Score

Goals are how a winner is determined, which means all goal and no goal calls must be made clearly and with confidence. A clear goal or no goal signal comes from practicing your signals. A confident goal or no goal signal comes from studying the rulebook, and knowing what a legal goal is and what situations disallow a goal. Aside from starting and stopping play, and assessing fouls, recognizing or disallowing a goal is what many coaches, players, and spectators see officials do with regularity. That results in added scrutiny, so make sure your signals are on point.

There are two major concepts to have down with goals and no goals.

1. **Be in position** - It is very difficult to sell a close goal or no goal call if you are well off the crease as the Lead Official. Get close enough so you can see what is going on, but not so close that you interrupt the movement of the players in front of you.
2. **You are on a stage** - You've blown the whistle, and everyone is staring at you and waiting for your signal. Make your signal big and clean. Even if one team disagrees with your call it will be difficult for them to dispute it if you show a confident and demonstrative signal.

Goal Is Good

Two things must be true.

Key Points

▶ Loose ball required

- There is no such thing as a goal scored while the ball is possessed by a player.

▶ Fully Crosses

- The entire ball must pass the rear edge of the goal line in order to be called a goal.

▶ Stay one step below GLE as Lead

- If you stay right on goal line as the Lead Official the goal post will block your view of the line.
- Taking a small step below GLE during a settled play will allow you to see the entire goal line and judge close goal line calls more accurately.

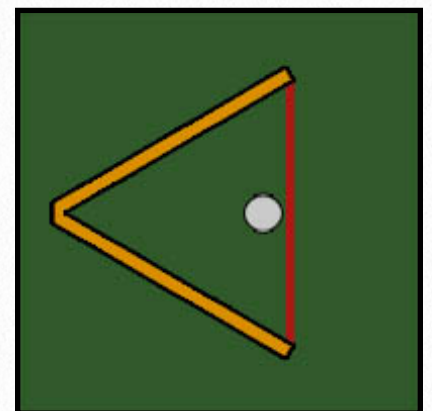
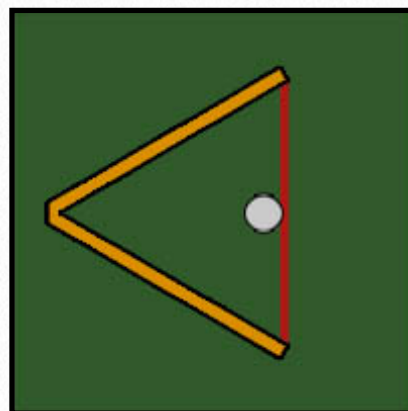
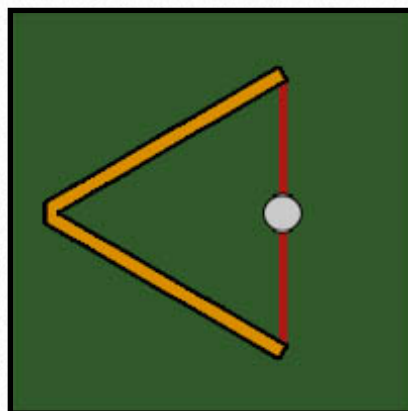
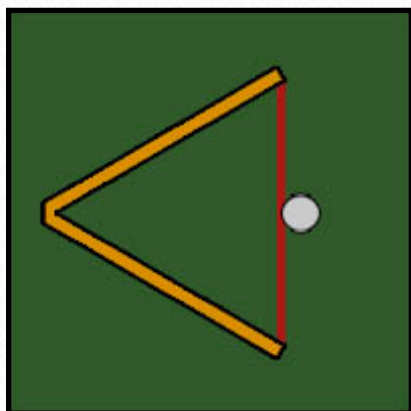
A legal goal is when a loose ball fully crosses the rear edge of the goal line. There are two parts to that definition that must be true if a goal is to be called good.

1. **Loose ball** - The ball must be loose. If the ball is possessed in a player's stick and that player reaches his stick through the plane of the goal line, there is no goal as the ball is not loose.
2. **Fully crosses** - The entire loose ball must pass the rear edge of the goal line. The ball cannot be resting on the goal line and be called a goal. The entire ball must get completely past the back edge of the goal line.

In Georgia, we live in football country and everyone knows that a touchdown is scored as long as any part of the football breaks the plane of the end zone. Coaches, players, and fans will try to apply that football rule to lacrosse goals, but it is incorrect. The entire loose ball must fully cross the rear edge of the goal line.

Figures 5.3 and 5.4 appear identical, but if you look closely you will see that in Figure 5.3, the ball is still touching the goal line. In Figure 5.4, the ball has fully crossed the rear edge of the goal line.

Figure 5.1 - No Goal Figure 5.2 - No Goal Figure 5.3 - No Goal Figure 5.4 - Goal!



No Goal

These are big calls. Know the rule and sell hard if needed.

Key Points

- ▶ **Know all 14 situations that disallow a goal**
 - NFHS Rule 4.9.2
- ▶ **A shot in the air when time expires, which ends in the goal is not a goal**
 - Makes sense for basketball, but this is a common rule for sports with a goalkeeper.
- ▶ **No diving**
 - Offensive players cannot dive into the crease and score. This method of scoring was removed due to high safety risks for the diving player and the goalkeeper.

There are fourteen situations in which a goal is disallowed:

- 1. After the game horn sounds to indicate the end of a period**
 - If the game horn sounds prior to the entire ball passing the rear edge of the goal line then there is no goal.
- 2. After the period has ended, regardless of whether the official's whistle may have sounded**
 - If the game horn is broken, but there is no more time left in the period prior to the ball entering the goal, then the period is over and there is no goal.
- 3. When any part of the body of a player of the attacking team is in the goal-crease area at the time**
 - The bodies of offensive players are not permitted inside the crease as they could interfere with the goalkeeper on a shot.
- 4. When the attacking team has more than 10 players (including in the penalty area) on the field of play at the time**
 - Too many men on the field for the offense is a technical foul, and if an advantage is gained then there is no goal.
- 5. When the attacking team or both teams are offside at the time**
 - Attacking team is offside equals no goal.
 - Both teams are offsides at the same time means the attacking team is offside, which equals no goal.
- 6. After one of the officials has sounded the whistle for any reason, even if the sounding of the whistle was inadvertent**
 - If you blow the whistle inadvertently, own up to it and stop play completely.
- 7. If the head comes off the stick on a successful shot, the goal shall be disallowed and the ball awarded to the defensive team**
 - This means there are two projectiles headed towards the goalkeeper. Even if a goal was scored in this situation the goal is wiped off and the defense is given the ball outside the box at GLE.
- 8. When there is a flag down for a foul by the scoring team.**
 - The offense does not get to try to score when they fouled.
- 9. When there is a play on for a foul by the scoring team.**
 - The offense does not get to try to score when they fouled.

10. After a player from the attacking team has released early from the penalty area.

- This will likely come to the official's attention either through a coaches challenge prior to the next whistle, or the table sounding a double horn to notify the officials of the early release.

11. When the scoring player's crosse is found to be illegal, or if the scoring player adjusts the strings before the official requests it, or adjusts the crosse in any way after the official asks for it

- If you want to check the scorer's stick after a goal then loudly inform that player to not touch any of his strings.

12. After a player in the act of shooting or his teammate touches the goalkeeper in the crease or touches any part of the goal or netting prior to the ball entering the goal

- This is very difficult to call, especially on a bang-bang play. If the goalkeeper cannot cleanly play the ball on a shot due to interference from an offensive player then the goal needs to be disallowed. If the contact occurs after the ball is in the goal then the goal stands.

13. If an official recognizes a request for a timeout from the team in possession or a foul by that team before the ball breaks the plane of the goal, regardless of whether the official has had time to blow the whistle

- Dead balls do not occur on the whistle. They are created by actions that result in a dead ball.
- Timeouts are given once they are recognized. The whistle has no bearing. Wipe the goal and award the timeout. For offensive fouls before a goal review sections 8 and 9.

14. If an attacking player deliberately leaves his feet by jumping or diving and his momentum carries him into the crease area, regardless of where he lands in the crease, before or after the ball enters the goal

- No diving into the crease in any game Varsity level and below.

TRAINER TIPS



The only way you are going to disallow a goal correctly is to know these fourteen situations.

Study Rule 4.9.2 regularly until you can recognize all of these situations when they occur and confidently disallow a goal.



HEADS UP!

A player may dive and shoot so long as the official judges that the shooter has potential to land outside of the crease. However, If the shooter touches any part of the crease with his body on the landing the goal should be disallowed.

In order to call a dive shot properly you must see the initial dive and the final landing spot.

Lead And Trail On Shot And Score

Keep your eyes open.

Key Points

- ▶ **Play is stopped but players might not be**
 - Do not assume that players will stop playing just because the whistle blew. If there is residual action after the whistle keep blowing it to stop the players.
- ▶ **There are happy and unhappy players right next to one another**
 - There is always the potential for unfavorable behavior after a goal. Players notice if the officials are paying attention to them, and if your eyes are on them that is usually a good deterrent to poor behavior.
- ▶ **Face upfield when signaling goal**
 - Turn to face the opposite goal when signaling. This is a much clearer signal for everyone watching the game.

The Lead Official on GLE and the Trail Official near the top corner of the box have drastically different responsibilities on a shot and goal. Goals are important, but the officials must always be focused on player safety. The potential for altercations between players is heightened after a goal, as a lot of players for each team are very close to one another. Keep your eyes on the players until you feel everything is calm.

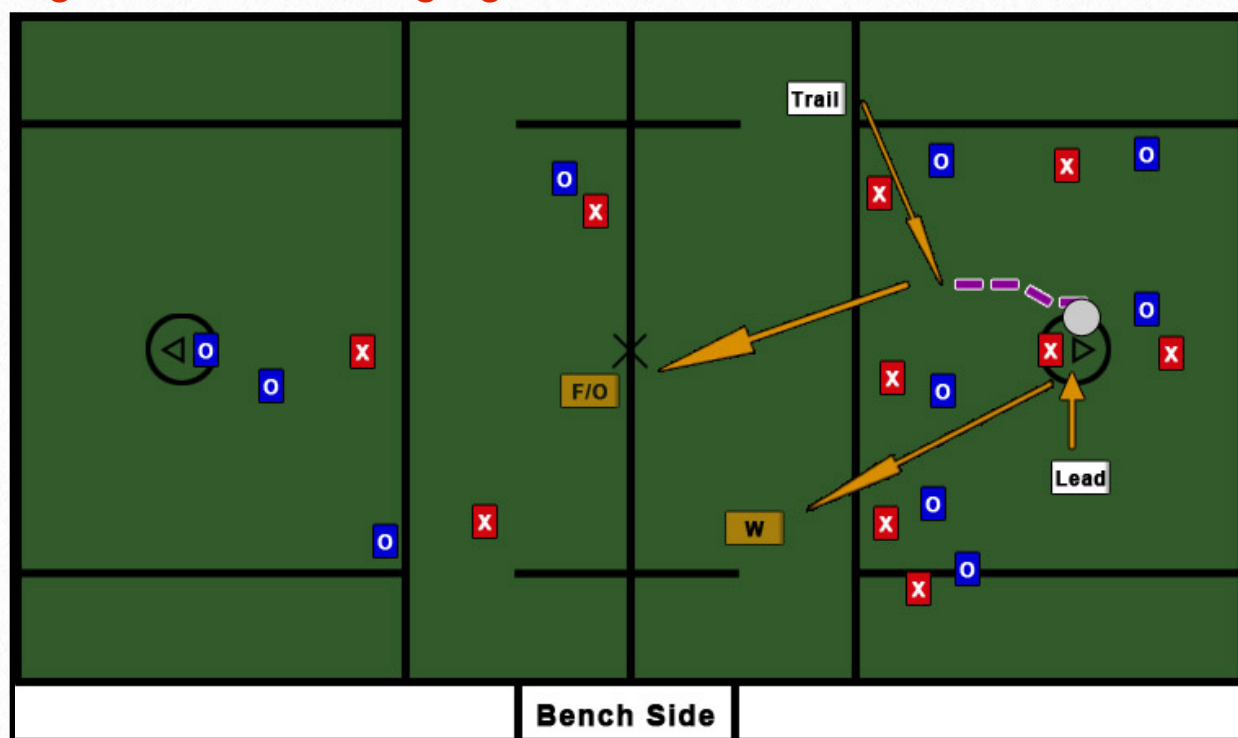
Lead Official On Shot & Score:

1. Sound the whistle immediately as soon as you realize that the entire ball has completely crossed the rear edge of the goal line
2. Run toward crease a few steps, stop and turn towards the opposite goal, and signal goal for 2-3 seconds
 - Keep eyes on action in front of crease:
 - ★ A player may be angry that a goal was scored and may look to retaliate
 - ★ A player may be happy that a goal was scored and may act unsportsmanlike
 - **Do not lose sight of the players at this critical time**
3. Retrieve ball from goal
 - It is not required for the goalie to get the ball for you
4. Toss or hand the ball to the Trail Official near the middle of the restraining line
 - One hop tosses do not look professional and neither does catching the ball with your hat
 - Confirm number of the goal scorer
5. Jog to your spot at the wing line for the next face off
6. Work through wing official responsibilities as outlined in [Chapter 3, Section 3](#)

Trail Official On Shot & Score:

1. Responsible for the shooter on the shot and then all of the off ball players if a goal is scored
2. Wait for the Lead's whistle and goal signal while keeping eyes on players in front of the goal
3. Jog toward the middle of the restraining line and receive the ball from the Lead Official
 - Confirm number of the goal scorer
4. Jog toward Center X at the midline
5. Work through face off responsibilities as outlined in [Chapter 3, Section 2](#)

Figure 5.5 - Exchanging The Ball After A Goal



After signaling goal, the Lead Official gets the ball and tosses or hands it to the incoming Trail official. Both officials should jog to their positions as Wing or F/O Official for the next face off.

TRAINER TIPS



Trail watches the shooter! This cannot be overstated.

A late hit on the shooter is usually one of the most obvious penalties to everyone at a game, but if the trail official focuses on the ball then the only person who can make that call is not looking in the right place.

Do not catch the ball with your hat.



HEADS UP!

The goalkeeper does not have to get the ball out of the net for the Lead Official.

Do not ask the goalkeeper to fish the ball out of the back of the net, especially in hot-tempered games or blow-out games where the goalkeeper is losing. That will create a mess of a situation.

Go get the ball on your own if the goalkeeper leaves it.

The Crease



Sections

1. Crease Basics
2. Crease Violations
3. Goalkeeper Interference

The crease is the hardest area of the field to officiate because there is lots of action around the crease and the rules governing crease play are complicated. It is sometimes said that it takes officials at least three years of field experience before they fully understand how to officiate the crease.

While it is difficult, if you read the sections in this chapter and keep the following two concepts in mind you will have a firmer understanding of this tough area to ref.

1. **Possession** - Knowing who does or doesn't have possession is critical to officiate the crease properly, but you cannot officiate the crease by exclusively watching the ball. You focus on the entire play in front of you, which leads to the second key concept.
2. **Location** - Is the ball in the crease or out of the crease? Is the offensive player in the crease or out of the crease? Did the defensive player run through the crease while in possession of the ball? A lot happens in and around the crease and the location of the ball and players can change rapidly. When you understand crease basics and the most common violations, you will be able to officiate this very hectic area of the field with confidence.

Crease Basics

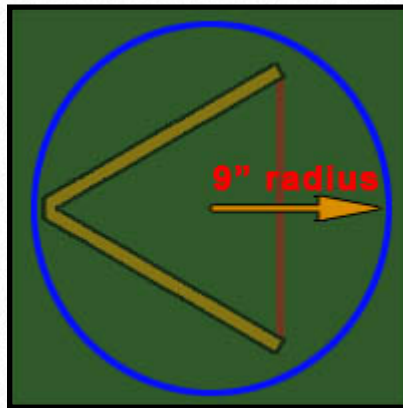
Break down the crease until it starts to make sense.

Key Points

- ▶ **The crease is invisible**
 - Like the plane of the end zone in football, the crease is invisible except for the line on the ground. You must officiate with the invisible cylinder in your mind.
- ▶ **Goalie's body is always protected**
 - While inside the crease the goalkeeper's body cannot be touched.
 - While extended outside the crease, only his crosse or hands holding the crosse while he is not in possession of the ball can be checked.
- ▶ **Twirl, don't pump**
 - Twirl your hand in the air when starting a new 20 second count.

The crease can only be understood if you know the dimensions and the protections that the goalkeeper is granted while inside the crease.

Figure 6.1 - Crease



The crease line is a painted circle around the goal and has a 9 foot radius. The invisible part of the crease is the cylinder, which extends up from ground level infinitely up into the sky.

Figure 6.2 shades the crease cylinder to show how the crease goes up into the air. It is important to note that while the goalkeeper in possession of the ball and touches the crease in some way, he can extend the crease.

Figure 6.3 shows the goalkeeper in possession of the ball while his foot still touches the crease. In this situation the crease "surrounds" the goalkeeper and he is still protected by the crease, even though most of his body is outside the crease because his rear foot is still touching inside.

Figure 6.2 - Cylinder



Figure 6.3 - Extension



Goal-Crease Privileges:

The goalkeeper is granted several privileges that field players do not have so long as he is within the crease.

- He can play the ball with any part of his body including his hands but he may not grab the ball with his hand
- No opponent may make contact with the goalkeeper's body or crosse while the goalkeeper has possession or not
- No opponent may make contact with the goalkeeper's crosse while the goalkeeper is in possession of the ball even if the goalkeeper's crosse is extended outside of the crease

It is important to realize that **only the designated goalkeepers for each team receive crease privileges**. If a defender is inside the crease and has possession of the ball, he may still be contacted by a riding player so long as the riding player does not physically touch the crease.

4 seconds:

Once the goalkeeper (or any other defensive player) gains possession of the ball while inside the crease the Lead Official should start a visual 4 second advancement count.

The 20 second clearing count also begins as soon as the goalkeeper or a defender gains possession. If the goalkeeper gains possession while in the crease you must start the 20 second count and the 4 second count at the same time. You do this by counting “One,” as you twirl and flip your timer, then finish counting the last three second by extending your arm from out from your chest.

Figure 6.4 Twirl Hand + Flip Timer On = 1 second elapsed on the 4 second count

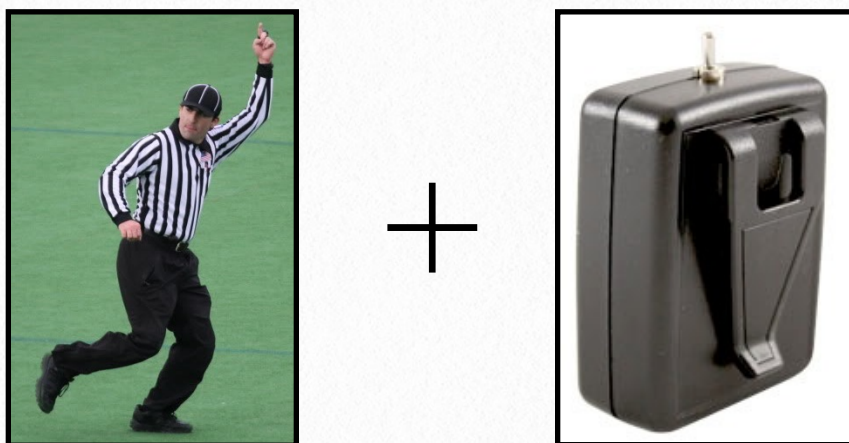
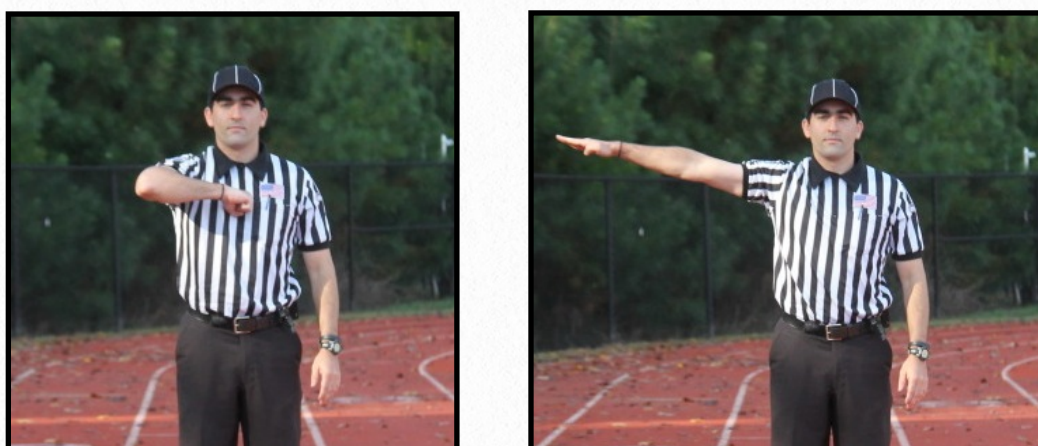


Figure 6.5 After twirling hand and flipping timer on, there will be 3 seconds remaining on the crease count.



TRAINER TIPS



The 4 second count does not start until the goalkeeper or defender gains possession of the ball inside the crease.

If player drops ball by accident then start a new 4 second count.

If player drops ball intentionally to try to get a new count, then continue counting. Player does not get a new count.



HEADS UP!

The defensive team can pass the ball to a goalie or defensive player who is inside the crease as many times as they want during a clear. This is **not** “in and out” of the crease.

However, the 20-second clearing count is still in effect if they choose to make multiple passes back inside the crease during the clear.

Crease Violations

These are big and tough calls.

Key Points

► Positioning is everything

- Be as near to the crease as you can be due to the play. If you are far away when you see the violation, run in as you make the call to cut the distance down. This allows you to sell the call easier.

► Get big

- Crease violations are big momentum-shifters, especially the ones that wipe off goals. Make your call loudly and with clear signals then get the ball restarted properly as quickly as possible.

Crease calls are some of the most difficult calls to make because play happens very quickly around the crease. Players are tiptoeing the line, defenders are running through the crease, the goalkeeper is moving inside the crease, and the ball is getting thrown around rapidly. The chances of missing a violation are high if you do not focus.

Two major concepts to focus on when determining a crease violation:

1. Offensive players are never permitted inside the crease
 - It does not matter if they have possession or not. Offensive players may not run or cut through the crease at any time.
2. Defensive players may not run into the crease while they have possession of the ball
 - They can pass the ball back to a goalkeeper or defender who is in the crease, but they may not run the ball through the crease.
 - ★ This is penalized as “in and out” of the crease and the ball is turned over to the opposing team

Those two concepts will cover most of the crease violations that you see. Offense players never get to go into the crease, but defensive players can go into the crease so long as they are not in possession of the ball when entering it.

Handling Crease Violations And The Restarts:

1. Offensive player dives into the crease
 - Crease violation, award ball to defense in the alley along GLE
2. Offensive player gets **illegally** pushed into the crease and:
 - Scores before landing in the crease - Throw flag for illegal push, Legal Goal
 - ★ Wipe penalty if technical foul
 - ★ Assess penalty if personal foul
 - Scores after landing in the crease - Throw flag for illegal push, wipe the goal, but assess the illegal push
3. Offensive player gets **legally** pushed into the crease and:
 - Scores before landing in the crease - Legal Goal
 - Scores after landing in the crease - Wipe the goal, assess crease violation and award ball to defense in the alley along GLE
4. Offensive player shoots and scores and his momentum carries him into the crease after scoring
 - Legal goal

5. Defensive player in possession of the ball outside of the crease runs through the crease
 - Immediate whistle, in-and-out of the crease, award possession to opposing team outside of the box
6. Riding player runs through the crease to catch a clearing player who is in possession of the ball outside of the crease
 - Flag down slow whistle, 30-second Illegal Procedure penalty

Selling The Close Crease Calls:

Crease violations are almost impossible for coaches, players on the bench, or fans on the sideline to see accurately because they are so far away from the action. Because they are so far away, you need to make your crease calls in a strong manner that does not allow room for dispute. The table below lists the steps to follow if you need to sell a crease violation on the offense with conviction and authority after seeing it.

| | |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>PLAY-ON IF LOOSE OR WHISTLE IF POSSESSED</p> |  |
| <p>POINT OR TOUCH (DEPENDS ON HOW HARD YOU NEED TO SELL CALL)</p> |  |
| <p>AWARD POSSESSION</p> |  |
| <p>RESTART PLAY</p> | <p>This will be a Deep Restart. The Lead who signaled the crease violation is going to be the New Trail, and should pull the ball outside the box to the Trail's side of the field for an easier restart.</p> |

TRAINER TIPS



Positioning is everything when making a crease call. It is hard to convince anyone (evaluators included) that your call was correct if you make it from 20 yards away.

Get yourself into a clear position to both see the call and show everyone that you were in the best position to make it.



HEADS UP!

Do not restart the ball while the ball is in the attack box. Always pull the ball laterally outside the box and restart play on every quick or slow restart that you make.

The only exception to this is when the ball goes out of bounds on the end line off a shot and a team calls timeout.

Goalkeeper Interference

Possession of the ball is key in these situations.

Key Points

► Free clear

- Is only given while the goalkeeper has possession and is interfered with.

► Clamping is not possession

- Clamping the ball while it is inside or outside of the crease is not considered possession.
- Possession is being able to carry, cradle, pass, or shoot. No player can do any of those four actions while clamping the head of their stick over the ball.

There are two types of goalkeeper interference, and the difference between the two is that you will either award a free clear for the defense or restart the ball in the alley at GLE for a defensive clear. That is a difference of 40 yards!

The two types of goalkeeper interference are:

1. Loose-ball Goalie Interference = Restart In Alley

- While the ball and goalie are in the crease and an offensive player contacts the goalkeeper's body or crosse while trying to get the ball
- While the ball is outside the crease and the goalie is in the crease, and an offensive player contacts the goalkeeper's body or the part of his crosse inside the crease while trying to get the ball

2. Goalie Interference With Possession = Free Clear

- While the goalkeeper is in the crease with possession and his body or crosse are contacted by an offensive player
- While the goalkeeper is in the crease and during an outlet pass his normal follow through is interrupted by an offensive player contacting his body or crosse

In both of the above situations the official closest to the play (Lead Official) should signal and say "Play-On!"

1. If the ball was loose then the play-on ends when the goalkeeper picks it up and you start the 4 second count.
2. If the goalkeeper was in possession then the play-on ends when he:
 - Runs out of the crease
 - His pass falls incomplete without his teammates having a clear play on the ball
 - The 4 second count expires.

Calling Penalties

Sections



1. Penalty Procedures
2. Reporting Time-Serving Penalties
3. Play-On Technique

Calling penalties is what officials in every sport are known for. It is the job of game officials to judge what is legal, what is illegal, and apply an appropriate penalty on players committing illegal actions. There are eight pages of the NFHS rulebook that detail Personal Fouls, twelve pages that cover Technical Fouls, and fourteen pages that explain how to enforce personals and technicals in different situations. Calling penalties consistently throughout a game takes equal parts judgement, experience, and rules knowledge.

The two concepts to keep in mind while reading the section in this chapter are.

1. **Get the safety violations** - At the end of the game few people will remember you missing a loose-ball hold somewhere, but everyone will remember a late body check to a player's head or neck that doesn't get flagged.
2. **Your judgment is indisputable** - What you judge to be a penalty is a penalty right then and there. The rules do not permit any coach, player, or spectator to dispute and try to change your judgement calls. Make your calls with confidence and always have your partner's back if people want to argue a judgement call.

Penalty Procedures

The foul and the situation determine your actions.

Key Points

- ▶ **Personal fouls always send a player to the box**
 - There is no such thing as only a turnover for a personal foul.
- ▶ **Technical fouls are flagged:**
 - If one team has possession and is fouled by their opponent.
 - If there is a dead ball and the team entitled to possession is fouled by their opponent.

To apply the correct procedure when you witness a foul you need to know:

1. Is the ball possessed or loose?
2. Is the violation a personal or technical foul?
3. Which team committed the violation?

If you can answer all three of those questions when you witness a violation then you can apply the correct penalty procedure.

Loose-Ball Fouls:

1. Loose-ball technical foul
 - A play-on or an immediate whistle
 - ★ An immediate whistle may be appropriate in a large scrum where the offended team is not likely to pick up the ball.
2. Loose-ball personal foul
 - Immediate whistle and a flag

Live Ball Fouls

3. B1 fouls A1, who is in possession of the ball
 - Yell “Flag Down” and throw your flag high
 - Team A gets a chance to score during the Flag Down Slow Whistle (FDSW)
 - ★ Flag Down Slow Whistle situations end if any one thing in the acronym AGOODIE happen:
 - I. Advance (failure to advance the ball before a count expires)
 - II. Goal/Grounded (goal scored or ball touches the ground)
 - III. Offense commits a penalty (offense does not get to commit a foul while they enjoy free scoring opportunity)
 - IV. Out of bounds (ends the play)
 - V. Defense gains possession (they fouled so they don’t get to go on offense)
 - VI. Injury in scrimmage area (stop play, assess foul, allow coaches and trainers to attend to injured player)
 - VII. End of period or half (penalty is assessed and the next period starts with the offending player in the box)
4. Any foul by the offensive team in possession
 - Immediate whistle (turnover if a technical foul, and a flag if a personal foul)

Figure 7.1 - Personal Foul Tree

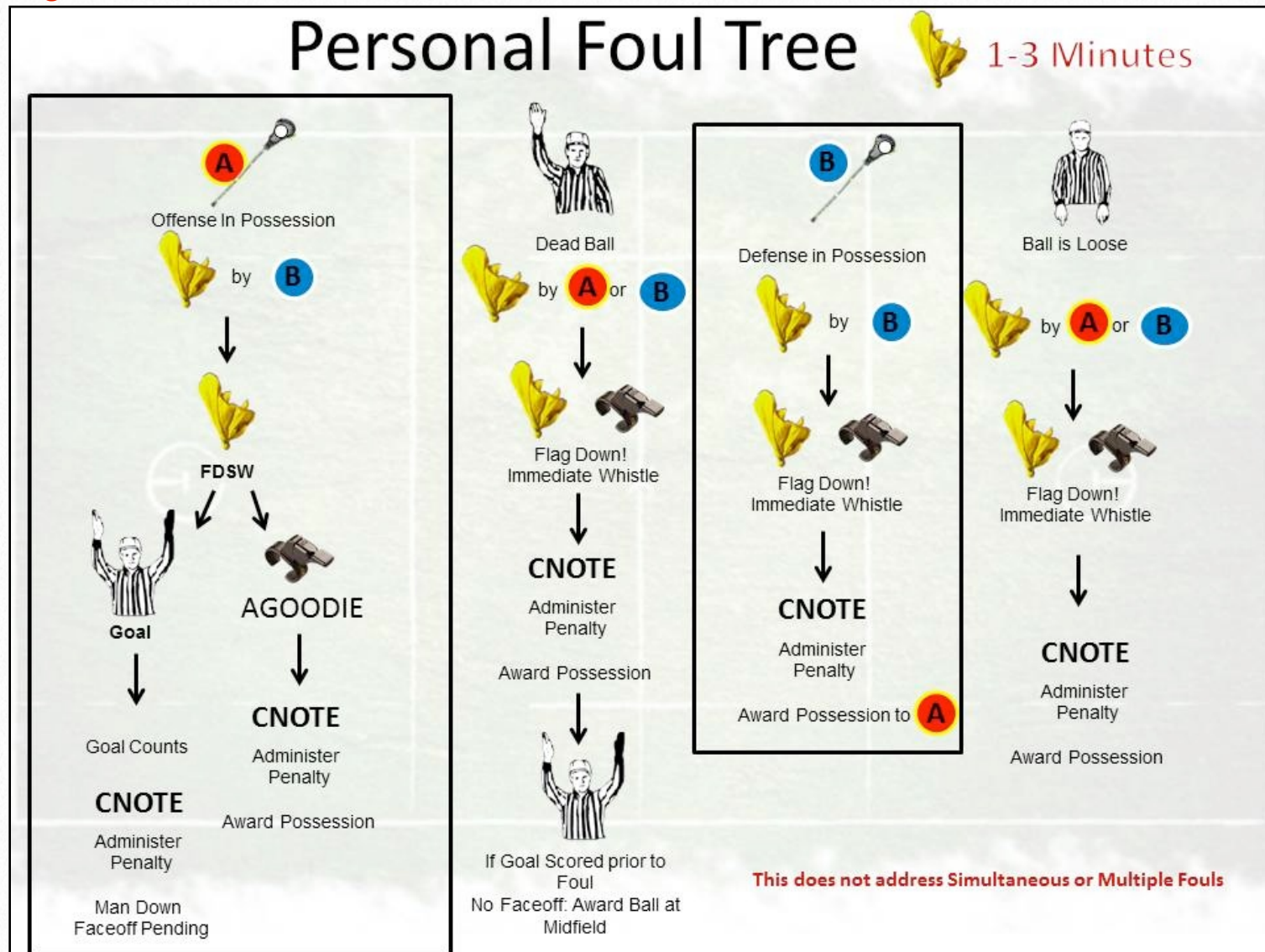
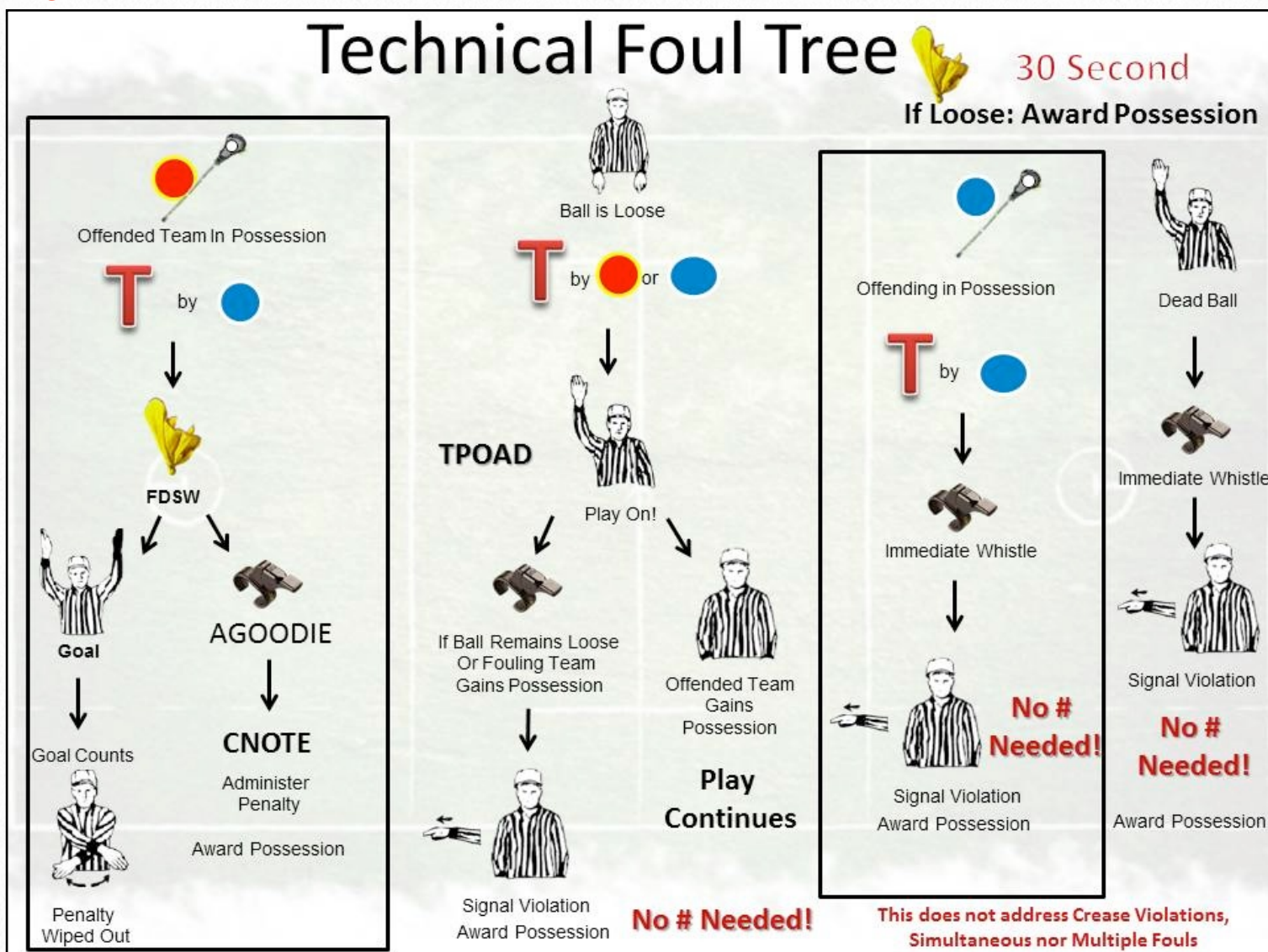


Figure 7.2 - Technical Foul Tree



Reporting Time-Serving Penalties

Stay focused on the players after penalties.

Key Points

- ▶ **Always use C-NOTE**
 - It is the quickest and most direct method to inform everyone what the penalty is.
- ▶ **Freeze your feet**
 - A clean penalty report is done from a stationary position.
 - Jog to where you need to be and set your feet, then signal.

Do not assume the players will stop moving immediately after you've whistled to stop play. Make certain that there is no extra action and blow your whistle repeatedly to stop any players who may still be playing.

Reporting Penalties To The Table:

Typically the Trail Official is the closest official to the table area and will do most of the penalty reports during a settled situation. Before any penalty report, make sure you and your partner both know what the foul is.

1. Take a deep breath to settle yourself
2. When relaying the foul:
 - Face the table and set your feet
 - Ensure that the table personnel is looking at you
 - Signal penalty using C-NOTE (view the table on the next page)
3. After reporting, both teams have 20-seconds to substitute their appropriate man-up and man-down players for the Slow Restart. (The official reporting the penalty has this 20-seconds on the timer)

★ “Red, 27, Illegal Body Check, 2 Minutes, Non-Releasable”

4. The official restarting play after a penalty should loudly inform the goalkeeper where the restart is coming from:

- “Ball is with me!”
- “Ball is top-right!”




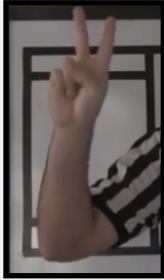
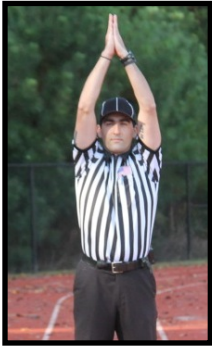
★ This tells everyone where the ball is

Where To Stand When Reporting Penalties:

When reporting a time-serving penalty to the table area do not go further than the wing line in front of the substitution box. Players are substituting and coaches are yelling instructions. Staying at the wing line gives you enough space to relay the penalty.

If you must relay the penalty from the far side of the field because your partner was stuck near the end line on a settled possession you should come to near the middle of the field and report the penalty a little louder than you normally would. There is no need for the far side official to run all the way across the field to the bench side wing line to relay the foul, and then run all the way back.

Every time you report a penalty make sure the table personnel are looking at you and understand the penalty they must time. If they look confused, which can happen on complicated reports with multiple penalties, you should come into the table area to sort out the penalties.

| | | | |
|-------------------|---------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| COLOR | "Red" |  | Say the color of the team whose player is getting penalized and point in the direction of that team's bench |
| NUMBER | "27" |  | Signal the number of the player one number at a time with one hand |
| OFFENSE / PENALTY | "Illegal Body Check" |  | Signal the violation clearly |
| TIME | "2 Minutes" |  | Signal how long the penalty will be: Technical Fouls are always 30 seconds Personal Fouls are 1, 2, or 3 minutes |
| EXPLANATION | "Non-Releasable, hit was to the head" |  | This last step is optional, but depending on the situation it may be good for a short explanation of why the penalty was called |

TRAINER TIPS



If your partner is reporting the penalty you should be setting the field.

Place the ball in the appropriate position for the restart, inform the goal-keeper where the ball is and what the penalty situation is.

Count both teams to make sure the right amount of players are on the field for the restart.



HEADS UP!

If you and your partner both threw flags you need to determine if you have two flags for one penalty, or one flag each for two different penalties.

If you're reporting penalties to the table don't go past the wing line. Players are running through the box and coaches will be yelling. Maintaining distance creates calm space.

Play-On Technique

Good technique keeps the game flowing.

Key Points

► Advantage/Disadvantage

- Was the offended player clearly disadvantaged by the foul? If so, call a play-on. If there is no clear disadvantage do not worry about calling it.

► Let your partner live by their own play-on calls

- There are very few reasons to call a loose-ball push directly in front of your partner when you are far away from the ball.
- Grab the missed safety violations, but allow your partner to judge the loose-ball fouls in front of them.

► No “loose ball” signal or call

- You do not have to signal or say “loose ball” when reporting a play-on.

A play-on is when an official recognizes that a loose-ball technical foul is committed while the offended player/team has the opportunity to pick up the ball and gain an advantage. With a few exceptions, play-ons usually happen on loose-ball technical fouls as those fouls are of a less-serious advantage/disadvantage nature. It is not correct to call “Play-on” for a loose-ball personal foul.

How And When To Use A Play-On:

A play-on is used during loose-ball technical fouls when the offended team would be disadvantaged by stopping play. The official witnessing the infraction verbally shouts out “Play-On!”, and puts one hand in the air. The whistle to end the play-on is blown if the offended team loses their advantage.

This technique is designed to keep the game moving without unnecessary stoppages. It does not make sense to stop a team’s potential fast break on a loose-ball push near the midfield line when the offended player has clear path to the loose ball.

Ending A Play-On:

1. Withhold the whistle on a play-on until:

- The offended team is not likely to gain possession
- The offended team commits a foul
- The team that fouled gains possession

- Any other action requiring the official to blow the whistle (ex. Ball going out of bounds)

2. Do not hold whistle to stop play for longer than a few seconds

- Long play-ons tend to turn into scrums, which tend to end with a more serious personal foul

Reporting The Play-On And Restarting Play:

Once the whistle is blown to stop play the official should:

1. Signal and call out the violation (push, hold, interference, etc.)

2. Signal the direction of play and say the color of the team getting the ball followed by “ball”

- Ex: “Pushing, Red Ball!”

- It is more concise to only say the color of the team being awarded the ball, but if you do not add “Ball” to your report then everyone will assume that a “Red” player committed the loose-ball technical foul.


★ “Push, Red!” - The assumption is that “Red” pushed

★ “Push, Red Ball!” - Everyone understands that “Red” was pushed and is getting the ball

3. Perform a Quick Restart once all requirements are satisfied if you are the official who is supposed to restart play depending on the direction of the restart.

NOTE - In the interest of moving the game along after a play-on is whistled dead you do not have to say or signal “loose,” or “loose ball” when reporting the violation. “Push, Team A Ball” with the appropriate signals are all that is necessary.


| | | | |
|--------------------------|-----------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| SIGNAL | “Play-On!” |  | Shout “Play-On!” and raise your non-whistle hand into the air |
| WHISTLE | Stop Play |  | To end the play-on blow your whistle loudly |
| PENALTY | “Holding!” OR “Hold!” |  | Once play is over, signal the violation |
| DIRECTION OF PLAY | “Red Ball!” |  | Point in the direction of the team getting possession. Say Team Color + Ball for clarity |
| SIGNAL | Dead Ball |  | Non-whistle hand goes back into the air to indicate the dead ball before the restart |

TRAINER TIPS

Long play-ons create situations where another penalty (usually more severe) is likely to occur. If the offended team is not going to gain possession after a few seconds then stop play and award possession for a clean Quick Restart.

If you use a finger whistle put it on your non-dominate hand. You signal more clearly with your dominate hand.

Always have a backup whistle on you during a game in case your main whistle breaks.



HEADS UP!

If you have a big scrum and you see a loose-ball technical foul, you should stop play immediately, report the foul, and award possession.

Get the penalty signal during a play-on at chest or head level and away from your body. If you are small with your signal and rush it no one, your partner included, will know what you called.

You stopped the clock, so slow down the play-on report so everyone knows what you called.

If The Offended Team Gains Possession:

1. Drop the arm signaling play-on and point the direction of play
2. While pointing say: “Play-on Over” to let everyone know that the play-on has ended because the offended team gained possession and maintained their advantage.

Equipment Checks

Sections

1. Performing A Check
2. Penalties For Illegal Equipment



Checking a player's equipment boils down to is the equipment safe and fair? A player wearing illegal equipment could be seriously injured through the course of normal play, which is a major safety issue. Regarding fairness, it would be unfair for one or more players on a team to play with illegal crosses when their opponents are playing with legal crosses. Penalties for illegal equipment are severe because of the negative impact they have on safety and fairness.

When checking equipment during a game remember these two key concepts.

1. **If the equipment or crosse is borderline then rule it legal** - There is no benefit to splitting hairs with illegal equipment or crosses. If you cannot determine if a piece of equipment is illegal within a few seconds then don't keep looking as it is good enough. Because these penalties are so heavy you want to catch the serious offenders.
2. **Check all required equipment** - From the Varsity level on down every random and coach requested check should be a full equipment check. You will inspect all required equipment except a protective cup.

Performing A Check

A good opportunity for positive player interaction.

Key Points

- ▶ **Stay away when checking sticks**
 - Check sticks near the midfield line with plenty of room between you and the players and coaches.
- ▶ **Guess right and keep your freebie**
 - Head Coaches may request an equipment check on a player for the opposing team.
 - If the equipment or crosse is illegal the coach keeps his freebie.
 - If the equipment or crosse is legal the coach loses his freebie. He can still request another check, but if everything is legal he loses a timeout or is assessed a technical foul if out of timeouts.

For Varsity games and below, GLOA officials are required to conduct at least two random equipment checks per team per game, and it is recommend that the on officials strive to conduct four random equipment checks per team per game if possible.

When performing your own random equipment check or checking the equipment due to a coach's request, you must keep three questions in mind:

1. Has the equipment or crosse been altered to gain an advantage?
 - For example, cutting out the palms of the gloves for a better grip on the crosse
2. Has the equipment or crosse been altered to decrease safety?
 - For example, cutting off parts of the shoulder pads not designed for removal
 - ★ Velcro parts of shoulder pads designed to come off may be removed without penalty
3. Can you clearly tell that the equipment or crosse is illegal?
 - If you cannot determine that the equipment or crosse is illegal then rule it legal
 - Player's get the benefit of the doubt on borderline equipment and crosses

Steps To Performing A Check:

1. For all checks identify the player by his number and ask for his crosse
 - Obviously pulling on the strings or jamming the pocket in after the official has requested the crosse is flagged with a one-minute non-releasable unsportsmanlike conduct penalty and the check continues
2. After the player hands their stick to you, check that all required gear is being worn and is legal:
 - Field player - Legal mouth guard, helmet, shoulder pads, arm pads, gloves, and cleats
 - Goalkeeper - Legal mouth guard, helmet, throat guard, chest protector, gloves, and cleats
3. Move away from the player being checked
 - The best spot is at Center X with your partner
4. Use ball to:
 - Test pocket depth - if you can see the entire ball below the lowest part of the plastic then the stick is illegal
 - Roll the ball out by tipping the head of the crosse forward from a vertical position
 - Roll the ball out each side of the cross by tipping the head of the crosse to either side from a horizontal position
5. Use your tape measure to:

- Measure the full length of the crosse from top of the head to the butt end
 - ★ Short stick: 40-42 inches long
 - ★ Long stick: 50-72 inches long
- Measure the inside edge of the head from the widest point
 - ★ Must be at least 6.5 inches wide
- Measure the length of the head from the top of the plastic to the bottom of the throat
 - ★ Must be at least 10 inches long

When To Perform A Random Check:

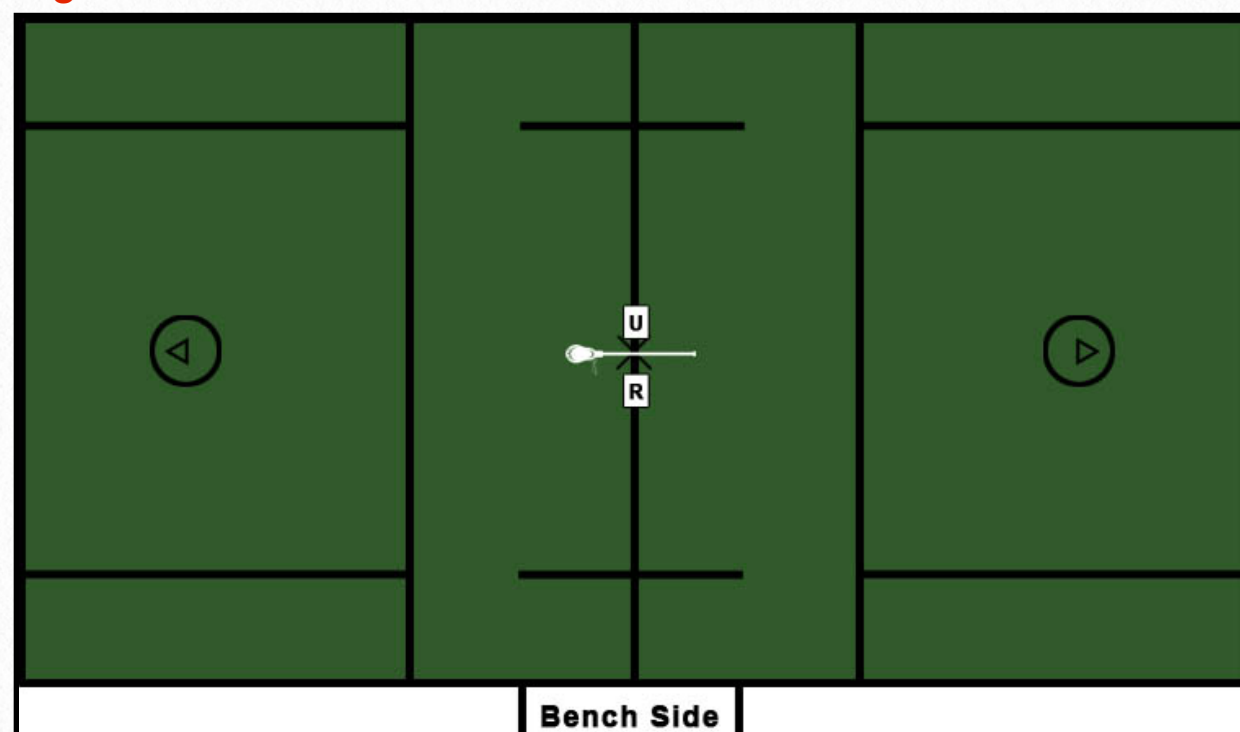
Always check gear during a dead ball (listed in decreasing order of desirability):

1. During team timeouts
 - These are the most ideal times because timeout are generally random and it is a good use of the official's time during a dead ball
2. Between 1st and 2nd periods, and the 3rd and 4th periods
 - These are the second most ideal times. Many coaches and players expect checks to occur between these times
3. After a goal
 - Try not to grab the shooter's stick

When Not To Perform A Random Check

1. During an uneven situation
 - No need to potentially put an additional player for the man down team in the box, nor is there a need to potentially disadvantage the man up team by putting one of their players in the box

Figure 8.1 - Stick Check Location



TRAINER TIPS



If you need to check the length of a regulation long stick you can stand it next to a goal pipe (6' off the ground), or you can stand it next to yourself or your partner if one of you is close to six feet tall.

Mark your measuring tape with a sharpie to easily see the legal specs.

Speed up the stick check by having one official check one stick using the ball, and the other official checking the other stick using the measuring tape. Then switch once you are both done.



HEADS UP!

Don't check the goalkeeper's crosse unless specifically asked to by a coach.

Decide in your pre-game when to check sticks. Most common choices are: 2 in the first half, and 2 in the second half. 3 in the first half, and 1 in the second half

Umpire faces the benches while the crew conducts the stick check. This keeps one set of eyes on both teams at all times.

The "R" should communicate during the pre-game when to check sticks, and which official is getting which team.

Penalties For Illegal Equipment

These are big penalties. Confirm decision to foul with your partner.

Key Points

▶ Borderline = Legal

- If you and your partner can't tell if something is illegal then the player gets the benefit of the doubt.

▶ Take time while reporting

- A non-releasable penalty of any length is a big deal. Report slowly so that both teams and their Head Coaches know what the penalty is and where the restart is going to be.

There are separate penalties for illegal equipment and illegal crosses. They are all non-releasable penalties, and because they are such heavy penalties it is worthwhile to bring your partner over to confirm what you see and get the crew on the same page.

Illegal Equipment Penalties:

1. All equipment violations are penalized with a one-minute non-releasable personal foul
 - If multiple equipment violations are found they are all lumped together. The player only serves one-minute non-releasable even if multiple equipment violations are found

Illegal Crosse Penalties:

1. A player found using a crosse with a deep pocket is penalized with a one-minute non-releasable personal foul, and the crosse may return to the game
 - Deep pocket is the only crosse violation that results in a 1-minute non-releasable personal foul
2. A player found using a crosse that is illegal for any other reason is penalized with a 3-minute non-releasable personal foul, and the crosse **may not** return to the game

- Too long, too short, too wide, too narrow, ball does not roll out freely (anything that isn't a deep pocket)
- Crosse stays on the table and no one may touch the crosse for the remainder of the game

Because these are such heavy penalties, the Referee should handle the penalty report while the Umpire sets the field for the reset. That way if there is any dispute on the application of the rule by one of the Head Coaches, the Referee can issue a final ruling.

Illegal equipment and illegal crosse penalties count towards a player being disqualified (fouling out) after receiving 5 minutes of personal foul time. A 3-minute illegal crosse penalty plus one 2-minute illegal body check means a player can be disqualified for just two separate personal fouls that add up to 5 minutes of total personal foul time.

Fix It Violations:

There are a few equipment and crosse violations that are not penalized immediately. These are known as "Fix It" violations, and are taken care of by warning the player or the player's coach about the violation and giving the player the opportunity to fix the violation, put on legal equipment, or switch out crosses.

1. Strings hanging longer than 2 inches
 - If a player is wearing gloves or playing with a crosse that has excess strings hanging longer than two inches
2. Tape touching the plastic of the head on the face off player's crosse
 - Face off players cannot have tape touching the head of their crosse
3. Unbuckled or broken chinstrap

- Warn the player to get the chinstrap buckled if unstrapped
 - If the chinstrap is broken tell player to leave the field and get a new chinstrap or helmet
4. No butt end or illegal butt end on a hollow crosse
- Warn player to put a butt end manufactured for a lacrosse stick on the end of his crosse

The fix it violations merit a few warnings, but not unlimited warnings. If a player repeatedly disregards your warnings to cut the strings you can issue a 1-minute **releasable** USC for failing to “comply with the rules for entering the field of play” (NFHS Rule 5.10.G).

TRAINER TIPS



Do not pull a player’s jersey to the side of his neck to determine if his shoulder pads are legal or not. Tap one shoulder and if you feel a piece of the shoulder pad then the player is good to go.

Similarly, gloves cannot have holes in them, but if the hole is small and you determine no advantage has been gained then tell the player to tape up the part of the glove that may be fraying.



HEADS UP!

If you call an illegal crosse penalty you **do not** have to show or demonstrate why the crosse is illegal to the player or coach.

However, you should tell the player or coach why the crosse is illegal: “The pocket is too deep,” or, “The ball does not roll out,” or, “The crosse is too short.”

Timeouts



Sections

1. Official Timeouts
2. Team/Player Timeouts

Savvy coaches know when to call timeouts to preserve an advantage or prevent a disadvantage. Savvy officials know when timeouts are most likely to be called. Your ears and your scorecard are your best tools for recognizing called timeouts, and tracking each timeout used.

The two big concepts to understand about timeouts are.

1. **Timeouts can be called anywhere** - At the Varsity level and below a timeout can be called anywhere on the field so long as the team calling for timeout has possession or the game clock is stopped for a dead ball.
2. **Keep track of timeouts on your scorecard** - In regulation games, teams get two timeouts per half. While the table personnel are supposed to track timeouts in the scorebook, the official count of team timeouts rests with the officials.

Official Timeouts

You can stop play for any reason, but make it a good reason.

Key Points

▶ Ultimate game stopper

- You have the authority to stop the game for any reason if you need to address an issue that directly or indirectly affects the safety of everyone involved.

▶ You're an official, not a trainer

- Allow an injured player's coaches or trainers to attend to him.

Either official may stop play at any time during the course of the game for proper enforcement of rules and conduct or any issues regarding players, coaches, table personnel, spectators, and weather. If you have to stop play for an official timeout make sure both teams (especially the Head Coaches) know why the game was stopped, who is getting the ball, and where they are getting the ball.

Major Reasons To Stop Play:

1. Loss of required gear

- Stop the play and get the player properly equipped if they are the ball carrier or are near the ball
- If away from the ball allow play to continue and allow player to adjust gear while play is going on or substitute off for a properly equipped player
 - ★ Be ready to stop play immediately if active play comes near the ill-equipped player

2. Injured player

- If the player is in the scrimmage area stop play immediately
- The official nearest the injured player should clear space around the player for his coaches and athletic trainers. **Do not touch the injured player.**

- Any blood must be cleaned off, and if there is blood on the uniform it should be switched out for a new number
- Teams are not charged a timeout if an official timeout is called for an injury

3. Concussions

- If a player shows signs of a concussion (unconsciousness, feeling dizzy, confusion) that player should be removed immediately and may not return without the approval of a medical professional. See Appendix A of the NFHS rulebook for suggested guidelines in the event of a possible concussed player.

4. Officiating mistakes

- Mistakes should be corrected as quickly as possible
- The Referee has the final decision and if a mistake is made and corrected, the Referee should notify the coaches and the table

5. Ejections requiring removal from game premises

- Referee will inform the Site Administrator (usually the school AD or park supervisor) and, if necessary, security and/or local law enforcement
- The Umpire should be watching the field and readying the ball for the next restart

After all official timeouts inform the coaches that you are ready to set the field. Call for the teams to take the field, pump your arm, and turn on your 20 second timer. You do not want to rush the restart after an official timeout so make sure each team gets 20 seconds to get their appropriate players in for the next restart.

TRAINER TIPS



Try to stop play when one team has possession or is entitled to possession.

That will save you from having to use AP.

If you do not have the chance to wait until possession due to a safety issue, then stop play immediately, address the issue, and award the ball using AP.



HEADS UP!

Bring both coaches together so you only have to explain why you stopped play one time.

They will be able to relay any instructions you have to their players.

Talk to the coaches at the wing line on the bench-side of the field. It's far enough away from their teams that you can converse without interruptions.

Team/Player Timeouts

Pay attention to when timeouts are usually called.

Key Points

- ▶ **Players on the field can call timeout**
 - If a player is about to be stripped of the ball they can ask for a timeout while they or their team has possession.
- ▶ **A few yards onto the field is okay**
 - Don't allow the teams to huddle up well onto the field. A few yards into the field is normal and nothing to worry about.
- ▶ **Not an opportunity for abuse**
 - Calling a timeout does not give a coach the right to abuse the officials or continue to question judgment calls. Ask the coach to go back to their team, and go stand by Center X to get some space from the coach.

A timeout may be called by any player on the field or that team's Head Coach so long as they are in possession of the ball anywhere on the field or during a dead-ball. The official nearest the bench should move towards where the players are crossing over as there is always the possibility of altercations during this crossover.

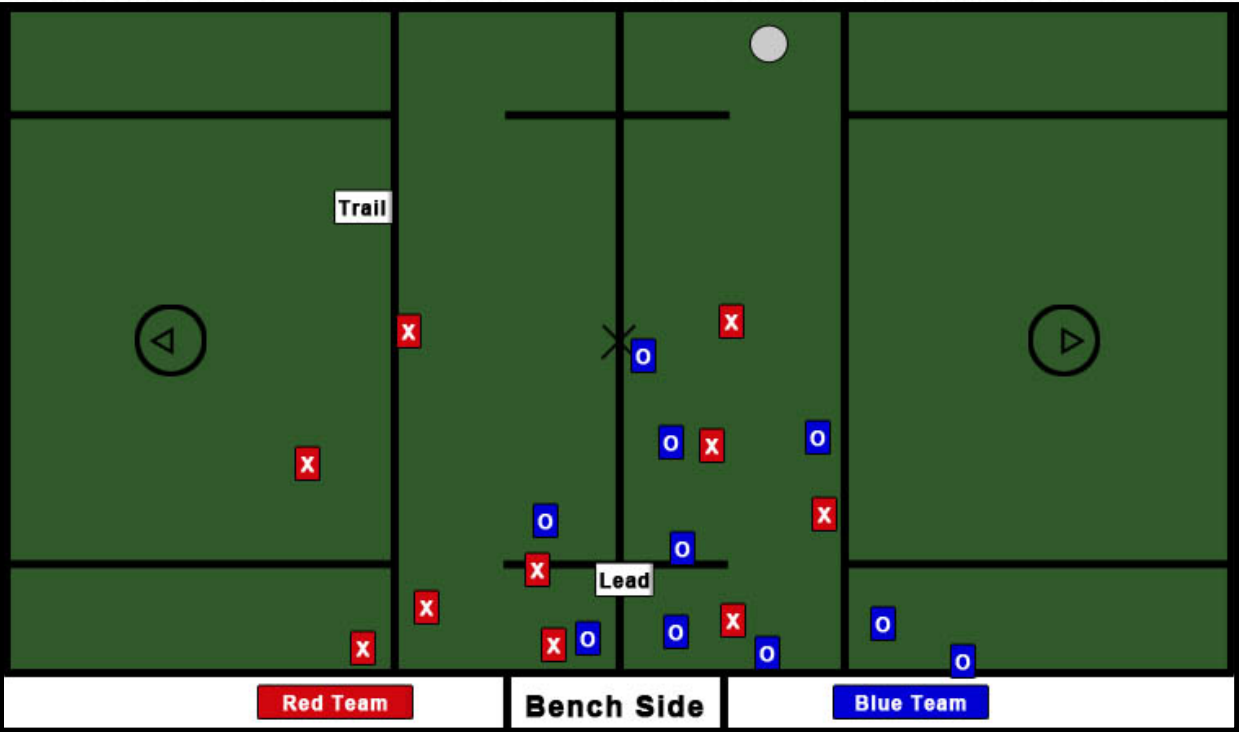
After Recognizing And Awarding A Timeout:

1. Once done signaling timeout begin your clock. The team that called timeout has 2 minutes for their timeout. 1 minute and 40 seconds and then 20 seconds to take the field.
2. If the team that called the timeout is ready before 1:40 have elapsed, blow your whistle and tell the opposing team to break their huddle. Then start your 20-second timer.
 - The opposing team only gets as much time as the team that called timeout gets plus 20-seconds from when the official starts the timer.
3. Coaches stay near their respective coaching boxes. Players go to them. If coach steps a couple yards onto the field, no big deal. Any more than five yards and you should tell them to back up.

Requested Check, Long Crosse Count:

1. Each team's Head Coach gets one illegal equipment check per game that will not be charged as a timeout even if the stick is legal (the freebie!)
 - Illegal stick or equipment = Head Coach keeps freebie
 - Legal stick or equipment = Head Coach loses freebie
 - ★ If a stick is found legal on an equipment check after an earlier stick had been deemed legal that team will lose a timeout or, if no timeouts remain, will be assessed a Illegal Procedure technical foul, which is served by the in-home.
2. Each team's Head Coach may call for a double horn during a dead ball to request a count of long crosses. As with equipment checks, each team gets one freebie.
 - If there are the legal number of long crosses on the field after an earlier requested count was legal then that team will lose a timeout or, if no timeouts remain, will be assessed a Illegal Procedure technical foul, which is served by the in-home.

Figure 9.1 - Players Crossing After A Timeout



Whoever is the bench side official should get to the midpoint between the team benches. Just being there is usually enough of a visual deterrent to bad player behavior.

TRAINER TIPS



- Know when a team will probably call a timeout:
- Near end of half to hold for last shot
- Before two minutes remaining in the 4th quarter to discuss final game strategy
- If a player might lose the ball when the team really needs it



HEADS UP!

- Keep track of the 2 minutes permitted for all timeouts. Loudly tell both coaches when the clock is on to get the players out of the huddle and onto the field.
- If neither team makes a move to break their huddles, then blow your whistle repeatedly and repeat your instructions.

Fight Procedures

Sections



-
1. If There Is A Fight
 2. Right After The Fight
 3. After The Game

There are two types of fights. Fights that erupt spontaneously between two or more players, and fights that officials allow to happen.

Officials cannot do anything about spontaneous fights. If two players want to fight they will find a way to fight. All you can do in that situation is make sure no other players enter the fight, and penalize those fighting accordingly.

Officials who do not call obvious safety violations on either team create a game environment where a fight is more likely. Players from both teams assume that the officials will not call anything so there shouldn't be penalties if they fight, and because the officials are not keeping either team safe, the players will take measures to protect their teammates.

Two keys to review about fight mechanics.

1. **Get numbers** - Fights can be very hectic. You want to try to get the numbers of all players involved in the fight so you can write an accurate Incident Report. Numbers also allow you to confirm player names with Head Coaches after the fight.
2. **The players are wearing armor and carrying metal sticks** - You are under no obligation to physically break up a fight between players. If you choose to try, you do so at your own risk.

If There Is A Fight

Keep the fight contained.

Key Points

- ▶ **Try to keep the fight from turning into a melee**
 - If both officials are loud and confident most players will think twice about entering into the fight.
- ▶ **Benches must get frozen**
 - The furthest official has to freeze the benches. This is not the time for small signals and timidity.
 - Get loud
 - Get big
- ▶ **Always protect the crew**
 - You and your partner cannot ref if you get injured. Watch each other's back if the fight escalates beyond your control.

The only thing worse than a fight between a few players is a fight with lots of players. If both officials follow the correct procedures, you can cut down the chances of the fight growing.

Closest Official:

1. Blow whistle, throw flags, and loudly command players to stop
2. Try to keep other players from entering the fight if possible
 - Move around the players fighting in a wide circle to mark out the area of the fight and discourage other players from entering
 - Verbally warn other players not to engage in the fight at all
3. Get the color and number of each player fighting

NOTE - If you decide to physically break up a fight, try to wait for a lull and step between the players. Then firmly walk one player away from the other. Again, you do this entirely at your own risk.

Furthest Official:

1. Turn to the benches and freeze all players and coaches
 - Get big, spread your arms, and yell: "Freeze!"

- Any player or coach going past you is considered entering into the fight and, by rule, should be ejected. (Try to remember numbers)
2. You may ask the coaches to enter the field to help break up the fight but the players must stay
 3. Once the benches are frozen, split your attention to the area around the fight. Assist your partner if necessary but only if the benches remain frozen and under control

Figure 10.1 - Far Side Official Closest To The Fight

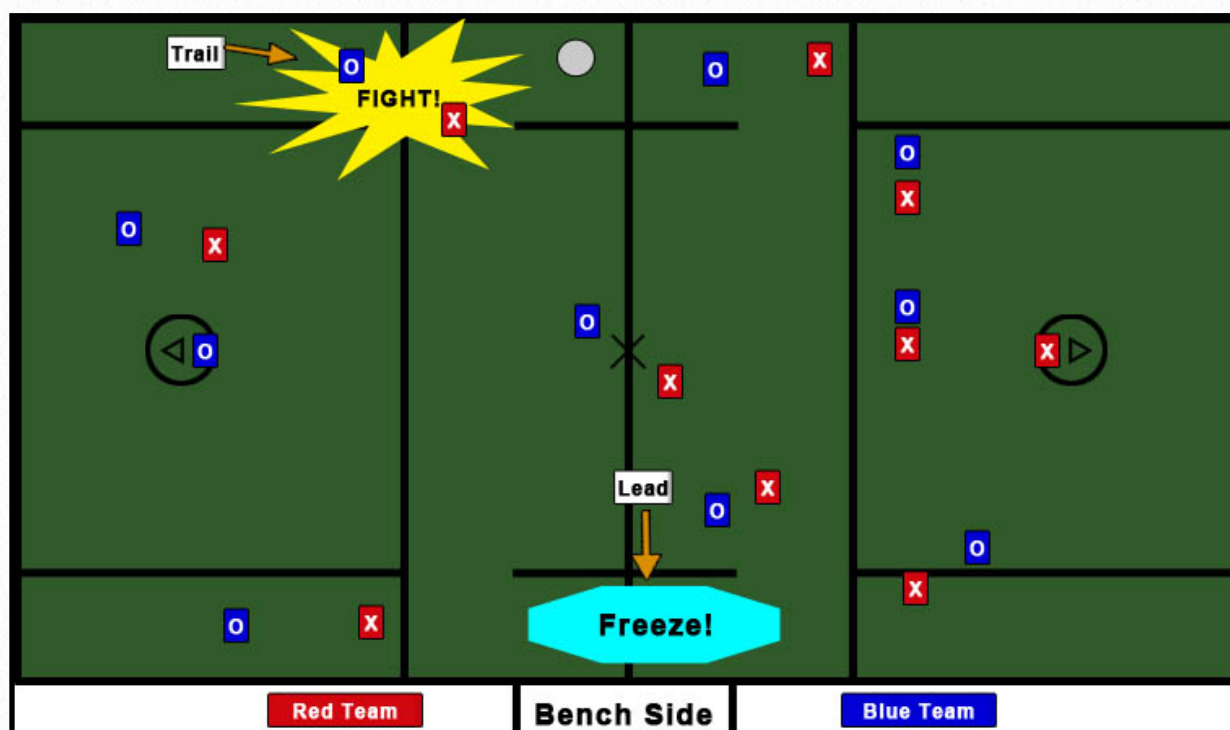
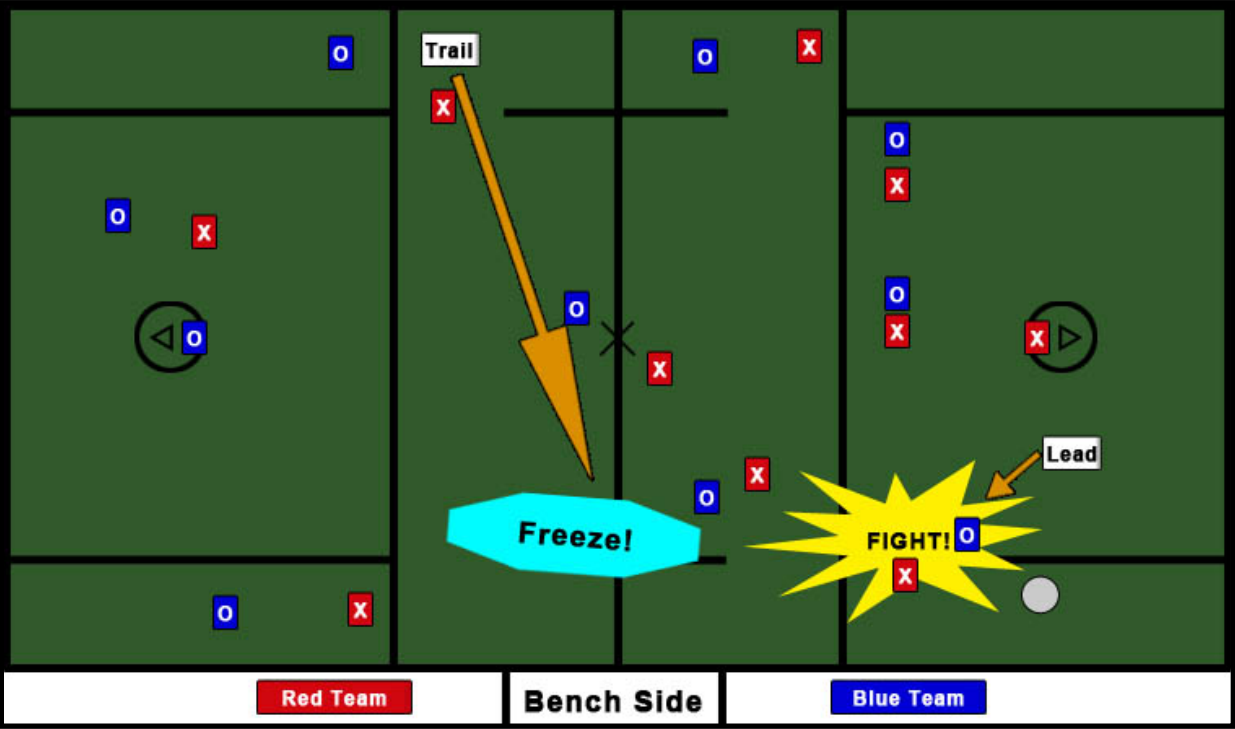


Figure 10.2 - Bench Side Official Closest To The Fight



TRAINER TIPS



Remain active and keep blowing your whistle if you are the official closest to the fight.

By maintaining your loud whistle and moving around the players fighting, you set up a clear area that other players on the field won't likely go into because they see an official handling the situation.



HEADS UP!

If the fight grows too quickly for either official to control there is little two or three officials can do once both teams are fighting.

While these all-out fights are rare, if it happens to you you'll need to write down everything you see after the fight burns out.

Remember to protect yourselves at all times.

If you decide to terminate a game after a fight, both officials should go to the parking lot and leave the facility together.

Right After The Fight

Get space between both teams and discuss facts with your partner.

Key Points

- ▶ **Space calms people down**
 - Get the teams separated in a controlled fashion so they can vent their emotions away from each other.
- ▶ **No rush**
 - The clock is stopped. Take your time and get the facts straight.
- ▶ **Go to Center X with your partner**
 - If you stay need the table area everyone is going to crowd you and ask questions. With the teams separated you can talk to your partner until the Referee has all the facts to make a sound report.
- ▶ **Get names and numbers**
 - Both officials should write down this information to have a backup of the facts.

A fight just wrapped up and emotions are high. Everyone is looking to the officials for what the penalties will be, and you and your partner need to assert control.

Send players to the bench area or to opposite ends of the field. This is best accomplished by telling one team to move to their bench first followed by the opposing team. This cuts down on lots of players moving past each other at the same time.

Handling The Aftermath:

1. Tell the coaches to attend to their players while you converse with your partner away from the teams
2. Take your time
 - The clock is stopped and rushing will only harm this process. Get all the information you need to make a good and informed decision
3. Once the crew determines what happened, the Referee will go to the scorekeeper (Umpire keeps eyes on both teams) and explains who gets which fouls
4. Once the crew and scorekeeper are on the same page the Referee will back up and report the fouls so everyone knows what is going on
 - Fighting carries a 3-minute non-releasable USC and a game ejection

- Leaving the bench and running past the freezing official carries the same penalty
5. Bring the Head Coaches together, explain your rulings, and ask if they have any questions. If judged necessary, warn both coaches that the game may be terminated if a similar incident occurs
 6. If you feel that control cannot be reestablished you can terminate the game.
 - The Referee decides if the game will be terminated.

Ejected Adults:

If you eject an adult coach or spectator that individual must leave the field. They can either go stay in their vehicle for the remainder of the game or leave the game location entirely.

Ejected Players:

If you eject a player in a Varsity, JV, or youth game that player cannot return to the game but can only leave the game location if there is an adult responsible for that player who can leave with that player. If there is no adult who can leave with the player, then that player is confined to his team's bench for the remainder of the game.

It is recommended that if the player must stay on the bench that you ask his Head Coach to tell him to remove his jersey and equipment.

After The Game

The R has some paperwork to fill out.

Key Points

► Facts only please

- No need to embellish what happened. Report the facts so the GHSA, or other league authority can make a determination on the player or players involved.

► Don't wait

- Incidents Reports for a fight need to be submitted within 12 hours. Write up your report as soon as you get settled after getting home.

The Referee is responsible for submitting an Incident Report (www.galaxref.com/contact/incident-report) within **12 hours** of the fight.

1. Confirm with your partner after the game what will be going in the Incident Report
2. Contact your assignor and let him know that an Incident Report is coming
3. Limit your responses in the written incident report to factual statements only. Opinion and speculation are to be avoided.
 - **Yes:** “Red #10 punched White #11 off ball during a clear.”
 - **No:** “The worst player on Red’s team, #10, who I had been watching all game because he is a known dirty player, punched White #11 without provocation.”

When you submit the Incident Report a copy is sent to the GLOA assignors and you will receive a confirmation email with a copy of all the information that you submitted.

After a game with a fight it is good to review how you felt you and the crew performed leading up to the fight. See if you can determine how the fight started so you can be better prepared to stop a fight starting for similar reasons.

Figure 10.3 - GLOA Incident Report Page

GLOA
GEORGIA LACROSSE
OFFICIALS ASSOCIATION

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HOME NEWS CALENDAR RULES TRAINING ABOUT MEMORIAL CONTACT

Incident Report

You are here: Home > Contact > Incident Report

Incident Report

Game Information

Date: 01/31/2014
Game Time:
Game Level: GHSA Varsity
MM DD YYYY

Home Team:
Visiting team:
Game Location:

Crew Information

Referee Name:
Referee Email:

Post-Game



Sections

1. Continuing Education
2. Game Report

A post-game prior to leaving the parking lot can be a valuable experience for both officials to note good officiating and examine crew mistakes. The lesser experienced officials can ask questions on how they performed, and what they most need to work on. The more experienced officials gain proficiency answering questions and help the less experienced officials become better at refereeing.

Once you are off the field of play, keep the following two concepts in mind.

1. **Stay safe** - You should only post-game if you are in a safe location, and there are not a lot of spectators in the parking lot. If you both need to leave make sure your partner's vehicle starts before pulling out of the parking lot, and if you cannot post-game in the parking lot then call or email each other after getting home to debrief how the game went.
2. **Avoid the overload** - Asking a million questions or giving someone a million critiques does not benefit either official. Focus on the most critical mistakes and praise the crew's high marks.

Continuing Education

Keep getting better by asking for feedback.

Key Points

► Everyone can stand to get better

- Keep asking for feedback. If many experienced refs give you the same critiques then you know exactly what to work on for future games.

► Nod and accept criticism

- Like coaches, senior refs want less-experienced officials who are coachable. Try not to give excuses or justifications for mistakes. Commit to correcting the error the next time you run into a similar situation.

You cannot improve without knowing what you are doing well and what you need to work on. After every game that you work with a more experienced official you should ask for feedback and be receptive to everything you hear even if you don't agree with it.

1. Ask specific questions

- “Did I yell ‘flag down’ when I threw my flag?”
- “Did I communicate fouls to my partner before going to relay to table?”
- “Did you see something different when you flagged that IBC than I didn't flag?”

2. Make your own notes on how you did while the game is still fresh

3. If you have a mentor check in with that senior ref and give him a progress report

4. Keep reading the rulebook

- Read a new rule or a new section of the rulebook every night

5. Review available resources:

- Videos on the GLOA YouTube Channel at: www.youtube.com/user/GLOAWebmaster
- Articles, guides and books at: www.galaxref.com/training/resources
- Training presentations at: www.galaxref.com/training/presentations

Appendices

1. The GLOA
2. GHSA Mandates
3. Uniform and Equipment
4. Arm Signals
5. Glossary
6. Educational Resources
7. Insurance Information

The GLOA

About The GLOA:

The Georgia Lacrosse Officials Association (GLOA) was founded in 2002 by a number of lacrosse enthusiasts in Atlanta in an effort to promote lacrosse officiating in Georgia.

The GLOA has four main goals:

1. To provide game officials for the sport of men's lacrosse, primarily at the high school level, in the State of Georgia
2. To instruct and educate players, coaches, parents, and fans of the sport of lacrosse and the rules governing play
3. To train, educate, and certify persons for officiating the sport of men's lacrosse
4. To promote the growth and development of the sport of lacrosse in the State of Georgia

GLOA members officiate both Georgia High School Association (GHSA) contests and boys youth lacrosse games in Georgia. GLOA members are independent contractors.

GLOA Code Of Ethics:

The purposes of the Georgia Lacrosse Officials Association (GLOA) Code of Ethics are briefly summarized through the following provisions:

1. First, to provide our members a meaningful set of guidelines for their professional conduct and to provide them with agreed-upon standards of practice;
2. Second, to provide to others (i.e. players, coaches, administrators, fans, media) criteria by which to judge our actions as "professionals."

The GLOA has adopted this Code and strongly urges its members and officials to adhere to its principles. By doing so, notice is given that we recognize the need to preserve and encourage confidence in the professionalism of Lacrosse officiating. This confidence must first be fostered within the "community" of Lacrosse officials and then within the public generally.

The GLOA believes the integrity of officiating rests on the integrity and ethical conduct of each individual official. This integrity and conduct are the very basis of the future, well-being and growth of Lacrosse and the effectiveness of this Association. The Association shall, by programs of education and other means, encourage acceptance and implementation of these Articles.

To these ends, the GLOA declares acceptance of this Code:

ARTICLE I - Our Lacrosse officials must be free of obligation to any interest other than the impartial and fair judging of sports competitions. Without equivocation, game decisions, which are slanted by personal bias, are dishonest and unacceptable.

ARTICLE II - Our Lacrosse officials recognize that anything which may lead to a conflict of interest, either real or apparent, must be avoided. Gifts, favors, special treatment, privileges, employment or a personal relationship with a school or team, which can compromise the perceived impartiality of officiating, must be avoided.

ARTICLE III - Our Lacrosse officials have an obligation to treat other officials with professional dignity and courtesy and recognize that it is inappropriate to criticize other officials publicly.

ARTICLE IV - Our Lacrosse officials have a responsibility to continuously seek self-improvement through study of the game, rules, mechanics and the techniques of game management. They have a responsibility to accurately represent their qualifications and abilities when requesting or accepting officiating assignments.

ARTICLE V - Our Lacrosse officials shall not be party to actions designed to unfairly limit or restrain access to officiating, officiating assignments or association membership. This includes selection for positions of leadership based upon economic factors, race, creed, color, age, sex, sexual orientation, physical handicap, country or national origin.

ARTICLE VI - Our Lacrosse officials must maintain a high level of personal conduct, not only at game sites, but in their personal life and accordingly must not engage in any criminal, dishonest, disgraceful, or immoral conduct, or any other conduct which might reasonably adversely affect the association, our relations with the schools, teams, players, other officials or the public.

Originally drafted by Dale Hall and Eric Rudolph on December 26, 2010.

GHSA Mandates

When officiating GHSA-sanctioned Junior Varsity and Varsity lacrosse games you must be aware of the GHSA Mandates. These mandates are specific to Georgia and explain how the GHSA wants certain situations handled.

These mandates are not applied to any games that are not GHSA-sanctioned. Youth and middle school games played during the regular season are subject to the various rules and regulations set forth by the particular youth or middle school league. Also, Junior Varsity or Varsity games played at tournaments or jamborees outside of the regular season (February-May) are not subject to GHSA Mandates unless otherwise specified. Know the games you are officiating and what mandates, if any, apply.

These following can be found at: www.ghsa.net/ghsa-constitution-and-laws#lacrosse

General Information:

- A. Lacrosse is a classified event with two state championships (class 6A and the combined A through 5A).
- B. All Lacrosse games will be played according to the rules published by the National Federation (boys) or US Lacrosse (girls) with such GHSA modifications as may be found in this section.
- C. Notification of entry in Lacrosse must be filed in writing with the GHSA office no later than May 1, for the upcoming school year so that teams may be placed in Areas for competition.
- D. The number of Lacrosse matches allowed will be 18 (head-to-head or tournament competition) not including Area and other post-season competition. Beginning and ending dates for practice and competition can be found at the front of this publication.
- E. All GHSA Lacrosse matches shall be played with two officially-dressed officials who are registered under the GHSA plan for registration of officials. **(3 officials is also acceptable, and even 4 on championship games)**
- F. In accordance with GHSA By-Laws, only one night before a school day per week may be used with competitions beginning at 6:00 p.m. or later.
 - 1. For evening games, a single game must begin no later than 7:30 p.m.
 - 2. For evening games, a double-header must begin no later than 6:00 p.m.
- G. Sub-varsity matches will be limited as follows:
 - 1. Boys will play four 10-minute quarters.
 - 2. No overtimes will be played in sub-varsity competition. **(JV never has overtime!)**
- H. When there is a competitive imbalance between two teams in a contest, the match will be shortened as follows:
 - 1. If a team is **ten (10)** or more goals down at halftime, the second half will be played with a running clock that will stop only for timeouts.
 - 2. If a team is **ten (10)** or more goals down at any point in the second half, the match will be played from that point with a running clock that will only stop for timeouts.
 - 3. If the team that is behind in the second half draws within **ten (10)** goals, the match will return to normal clock operation.
 - **NFHS Rule 3.1.2:** After the first half, any time the score differential reaches **ten (10)** goals or more, the clock will only be stopped for a team time-out, official's time-out or an injury time-out. Should the score differential be reduced

to fewer than **ten (10)** goals, then normal play will resume. All penalties that occur during a score differential situation will be running time. In this situation running penalty time begins with the next whistle resuming play.

- I. Matches that are tied at the end of regulation will be handled according to the procedures outlined in the proper rule book as follows:
 - 1. BOYS: Any match that ends in a tie will be resolved by playing a sudden death overtime period as outlined in Rule 3-4 of the NFHS Boys Lacrosse Rules Book.
- J. Teams arriving late for a scheduled contest by thirty (30) minutes or more shall forfeit the match, and shall be responsible for payment of the officials unless prior arrangements are made in a timely manner. Consideration will be given to emergency situations over which the traveling school has no control. The host school has the responsibility of notifying the officials of any changes in the schedule.

Area Competition:

- A. Each Area shall have a written tie-breaker procedure in order to seed teams for the playoffs.
- B. An Area may choose to use the GHSA tie-breaker procedure:
 - 1. Winning percentage against all teams in the Area
 - 2. Head-to-head competition among the teams that are tied
 - 3. Goals allowed in head-to-head competition between teams that are tied
 - 4. Goal differential in head-to-head competition between teams that are tied (maximum of 10 goals per game)
 - 5. Goals allowed in all Area games
 - 6. Goal differential in all Area games (maximum of 10 goals per game)
 - 7. At any point in the process where ties can be broken so that only two teams remain tied, consideration of head- to-head competition will be invoked. If the tie is completely broken for all teams involved at any step in the process, the tie-breaker process is completed
 - 8. If the Area is subdivided, then the same tie-breaker procedure should be used for both subregions

Post-Season Competition:

- A. If championship matches end with a tie score, the rulebook procedure for breaking that tie is followed.
- B. Admission must be charged for all playoff games and the admission fee is \$7.00.
- C. Finances:
 - 1. The GHSA will receive 12% of the gross gate receipts
 - 2. Officials will be paid by the host schools out of the gate receipts
 - 3. The visiting team's mileage will be paid at .80 per mile one way
 - 4. Any remaining receipts will be shared by the participating teams
 - 5. Host school(s) will be responsible for security, facility fees, maintenance costs, etc., and these expenses will not be taken out of gate receipts
- D. In order to host a state playoff match, the host school must be able to provide the following:
 - 1. Seating for 700 attendees (calculated at 24 inches per seat)

2. Adequate restroom facilities for the size of the crowd
3. A dressing room or locker room for the visiting team

Interrupted Game Policy:

If lightning is detected, the game manager notifies the head official and play is suspended. If officials spot lightning before being notified, they should suspend play.

All contests involving teams of the same classification will be played to completion. There will be no mandatory two-hour delay and no 11:30PM curfew. Administrators from the competing schools may agree to terminate the contest and resume competition at the point of interruption at a later time. If Head Coaches or Administrators cannot agree to terminate the contest the Referee will make the decision based on player safety. Referee should record all game information and submit an incident report.

Incident Report Filing:

Incident Reports (www.galaxref.com/contact/incident-report/) from officials should be filed with the GHSA office as soon as possible for the following situations: (Note: Reports must be filed on the “Incident Report” form as provided to the association secretary.)

- Ejections – Be certain to cite the name, jersey number and school of the ejected player or the name and school of the ejected coach and specify the behavior involved in a brief, professional manner.
- All protest situations – be certain to indicate the time at which the formal protest was lodged and the rule application that was protested.
- Any pre-game or post-game problems involving players, coaches, and/or fans.
- Any problems related to field/court conditions.
- Failure of host management to provide adequate security for officials at the game site.
- Any major injuries requiring extraordinary attention.

NOTE: It is not necessary to report sportsmanship violations that do not result in ejections.

Incident Reports should be factual narratives without any editorial comments. The comments should be written professionally so that they thoroughly describe the behaviors involved without any editorial comments. These reports are sent to the Principal of the school involved along with a letter from the Executive Director of the GHSA. One copy of this report should be sent to the GHSA Office, and a second copy should be kept with the association’s records.

Incident Reports dealing with unusual situations such as protests, “intentional attempts to injure” or “multi-player fights” must be received by the GHSA within 24 hours of the end of that contest. The GHSA fax machine operates 24 hours a day, as is the voice mail of the Executive Director.

The GLOA Incident Report Form Link: www.galaxref.com/contact/incident-report/. The GLOA Board handles all communication with the GHSA after an incident report has been filed by the Referee. No further action is required by the Referee after submitting an incident report.

GHSA Contact Information and Links:

- GHSA Constitution for Lacrosse: www.ghsa.net/ghsa-constitution-and-laws#lacrosse
- GHSA insignias are not to be worn while officiating non-GHSA contests: www.ghsa.net/insignia

Uniform And Equipment

Perception is everything when officiating and players, coaches, and fans will judge you the second they see you step onto the field wearing your uniform. You want to display confidence and professionalism before you even say a word to someone at a game, and you do that through a clean uniform that every other official also wears.

Your uniform shows your personal preparation for your game and demonstrates the level of service that the GLOA as an association provides to programs and schools all over the state. A dingy uniform worn improperly conveys an image that the game official does not care about the game they are about to officiate, and that the GLOA is disinterested in the game as well. It does not matter how good of an official you are, if you look unprofessional that is what people will remember you for.

The next few pages detail the default uniform and equipment for any GLOA assigned game, as well as optional uniform items and equipment. You are **required** to wear the basic uniform and have the necessary equipment for all games you work. Weather conditions or other circumstances may necessitate changing the uniform or adding another piece of equipment.

| Mandatory Uniform Items | Mandatory Equipment | Recommended but Optional |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Black hat with white piping• Striped shirt with collar (long or short sleeve)• Black undershirt• Black shorts or pants• Black belt with silver buckle• Black ankle-length socks• All-black shoes/cleats• GLOA Patch - right shoulder• GHSA Patch - left shoulder | <ul style="list-style-type: none">• Whistle• Two yellow penalty flags• 20-second timing device• Tape measurer• Digital watch• Scorecard• Pencil | <ul style="list-style-type: none">• Backup whistle• Extra pencil• American flag patch• Not a required patch, but is placed above the left front pocket if worn• Foul weather gear• Striped jacket• Black gloves• Black long sleeve base layers |

Mandatory Uniform Items

For games assigned by the GLOA this is the uniform that you will wear. Substitute short or long sleeved striped shirts and/or black shorts or pants depending on the weather conditions. Keep your uniform in good condition by washing it regularly, ironing your shirts and shorts, and shining your shoes.



Black hat with white piping

Black undershirt

Striped shirt with a collar, zipper, and front pocket

Black belt with silver buckle

Black shorts

Black socks that cover the ankle

All black shoes / cleats



GLOA Patch

This patch is worn on the right sleeve two-inches below the shoulder seam. The GLOA patch should only be worn when working games assigned through ArbiterSports by the GLOA.



GHSA Patch

This patch is worn on the left sleeve two-inches below the shoulder seam.

The GHSA patch should only be worn when working GHSA-sanctioned Varsity or JV games during the regular season.

Mandatory Equipment

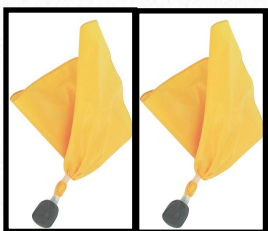
For games assigned by the GLOA this equipment is what you must have on you before stepping onto the field. It is helpful to review a checklist to make sure you have all of the mandatory equipment with you. It is also a good habit to check the duration of your 20-second timer on your wristwatch before every game to make sure the timer works properly and is accurate. Put one penalty flag inside the waistband of your shorts with the ball over the top of your belt, and place your second flag in a pocket (it is good to keep your second flag hidden)



Whistle - A finger whistle is recommended, though a lanyard whistle may be used if you are more comfortable using one. Finger whistles should be kept on your non-dominant hand so you can signal more easily with your dominant hand.



Digital Watch - Games can't start on time if the officials do not have a watch. Try to get a watch with a countdown feature for offseason games as officials are usually tasked with keeping track of game time.



Two Yellow Penalty Flags - The black tipped flags are recommended. During a game, only the tipped part of the flag should be visible while you run until you throw the flag.



Scorecard - Officials keep track of the game score, timeouts, AP, and ejections on the scorecard. It is difficult to remember everything that has happened while officiating and the scorecard is the best way to track that information.



20-Second Timer - This is required to time clears and to move the game along with the "Clock's On" mechanic. This is the most expensive piece of equipment you will purchase, but it is also one of the most useful to projecting a professional appearance and keeping the game flowing.



Pencil - Regular pencils, mechanical pencils, golf pencils. It doesn't matter what kind of pencil you use just as long as you are comfortable using it.



6 Foot Tape Measure - Keep in a pocket or clipped to your belt. Use a sharpie to mark the legal stick measurements for faster measuring during equipment checks.

Foul Weather

There are other uniform options besides long sleeve shirts and pants that you may consider wearing for rain games, windy games, cold games, or a combination of poor weather conditions. Aside from the striped shirts, any visible addition to your uniform should be all black.



Rain/Cold Weather Jacket - An officiating jacket comes in black and striped reversible sides. For Varsity games and below in foul weather you should wear the jacket so the striped side is visible.

If you remove your jacket during a game after warming up you can place it at the table, but trying to get to it after a contentious game may draw unwanted attention. If you can, place your jacket on the far side of the field behind a cone or pylon. That way you can exit the field with your partner and pick up your jacket where there are less people.



Warm Base Layers - For the very cold games you may want to wear all black long underwear to stay warm in frigid temperatures. Since you'll warm up while running you should dress as if you'll be running in temperatures twenty degrees warmer. That will keep you from putting too much on and getting overly hot during a cold weather game.

Any visible logos should be blacked out with a sharpie.



Black Gloves - Football receiver gloves work best, as they are thick enough to keep in heat, but thin enough to allow your fingers to move for picking up balls or writing on your scorecard. For cold and rainy games, put on a pair of non-latex gloves underneath your black gloves. They will keep your hands dry.

Any visible logos should be blacked out with a sharpie.



Black Pants - A good pair of rain pants can make a game in miserable weather much more pleasant to officiate. If you order pants without belt loops you can have loops put on at your local alterations shop. That way you don't have to wear your shorts on under your long pants.

Any visible logos should be blacked out with a sharpie.

Arm Signals

Strong signals back up every call you make on the field. You can make a call that is absolutely correct, but a poor or incorrect signal shows a lack of confidence in the call. Make your signals slow enough to be recognizable, but quick enough to not waste time. The following pictures detail personal foul signals, technical fouls signals, and procedural signals. The best way to practice signals is to signal in front of a mirror. With enough practice, you will signal without even having to think about it.

Personal Fouls

Personal fouls are those of a serious nature and result in a man advantage for the offended team. Personal fouls are one, two, or three minutes depending on how the official judges the severity of the foul.



Slashing



**Illegal
Body Check**



Cross Checking



**Unnecessary
Roughness**



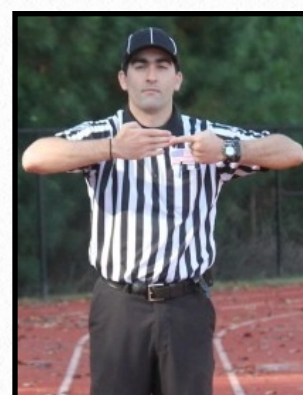
Tripping



Deep Pocket



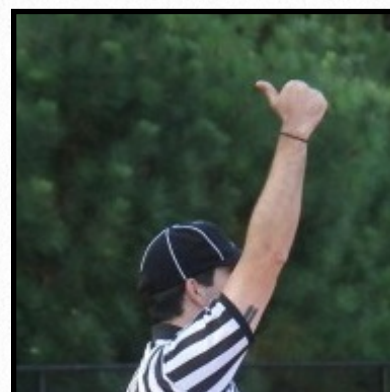
Illegal Crosse



Illegal Gloves



Unsportsmanlike Conduct



Ejection

Technical Fouls

Technical fouls are fouls of a less serious nature and include all violations of the rules except those listed as personal or ejection fouls. The penalty for a technical foul is either:

- 30 second releasable penalty after flag-down, slow-whistle if fouled team had possession at the time
- Possession awarded to fouled team after play-on ended if it wasn't in possession of the ball
- If ball remains loose, fouled team awarded ball at spot of infraction



**Technical Foul
Signal**



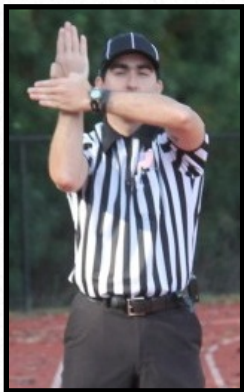
Holding



Pushing



Offside



**Illegal Offensive
Screening**



**Illegal
Procedure**



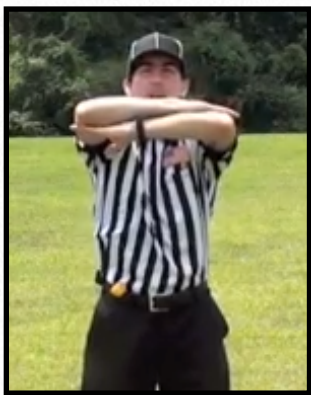
Interference



Conduct Foul



Crease Violation



**Stalling
/ Delay Of Game**



Withholding Ball From Play



Warding Off

Procedural Signals



Dead Ball
/ Play-On
/ Not Ready



Directional Signal
/ Ready For Play



Timeout



Failure To Advance



Get It In
/ Keep It In



Goal



No Goal
/ Wiping Off A Technical Foul

Glossary

Common Terms Heard On The Lacrosse Field:

Fast Break - A quick transition where the offensive team has a temporary man advantage (almost always a 4 on 3)

“Get To X!” - The area of the field directly behind the goal

Gilman - A clearing play where the clearing team throws the ball as far upfield as possible

Iso - An offensive player takes the ball well outside the box or behind the goal and his teammates clear out for him to make a move to the goal

Raking - A player clamps a ground ball with the head of their stick and pulls back quickly to direct the ball into their stick

Yard Sale - When an offensive player gets his stick knocked out of his hands by a defensive check

Lacrosse Officiating Terms:

Lead - Official with goal and end line responsibility

Trail - Generally, the official closest to mid-field in a settled situation

On Official - The official who is tasked with watching the ball and the immediately surrounding players

Off Official - The official who is tasked with watching the other players. You don't want both officials watching the ball area

Clearing Team - The team moving the ball from their defensive end to their offensive end

Riding Team - The team trying to prevent the clearing team from bringing the ball into their offensive end

Team A - Used in the rulebook to designate the offensive team or the team in possession

Team B - Used in the rulebook to designate the defensive team or the team not in possession

Lacrosse Officiating Acronyms:

AGOODIE - The situations that end a flag down, slow whistle

AP - Alternate Possession

CBO - Chief Bench Official

C-NOTE - Order for reporting time-serving penalties (Color, Number, Offense, Time, Explanation of restart/non-releasability)

CF - Conduct Foul

CV - Crease Violation

DCL - Defensive-Clearing Line

ELOB - End Line Out Of Bounds

EMO - Extra Man Offense

FDSW - Flag Down/Slow Whistle (also simply "SW")

FO - Face Off

FOGO - Face-Off Get-Off (a.k.a. Face-Off man)

GC - Goal Crease

GI - Goalkeeper Interference

GII - "Get it in!"

IBC - Illegal Body Check

IP - Illegal Procedure

IW - Inadvertent Whistle

KII - "Keep it in!"

LBP - Loose Ball Personal Foul

LBT - Loose Ball Technical Foul

NR - Non-Releasable (a foul not released by a goal scored against your team)

OOB - Out of Bounds

PF - Personal Foul

SLOB - Sideline Out Of Bounds

SW - Slow Whistle

TF - Technical Foul

TK - Timekeeper

TO - Time-Out

TPOAD - The Principle of Advantage/Disadvantage

UR - Unnecessary Roughness

USC - Unsportsmanlike Conduct

Educational Resources

All of the following educational resources may be found on the GLOA resources page at:

www.galaxref.com/training/resources/

Video Resources:

- [Two-Man Instruction](#) – in-depth discussion and explanation of the two-man game
- [Three-Man Instruction](#) – in-depth discussion and explanation of the three-man game
- [Tutorials](#) – these videos focus on basic “how-to.” Like how to use The Arbiter
- [US Lacrosse You Make The Call](#) – excellent video series from US Lacrosse on a variety of penalties
- [US Lacrosse Animated Signals](#) – US Lacrosse’s animated demonstrations of every lacrosse signal in the book
- [Compilation of Lacrosse Penalties](#) – every available YouTube video on penalties in one location
- [Technical Fouls](#) – view various technical fouls at game speed and slow motion
- [Personal Fouls](#) – view various personal fouls at game speed and slow motion

Rules:

- [NFHS Boys Lacrosse](#)
- [2014 Boys Youth Lacrosse Rules](#)
- [2014 Men’s Post-Collegiate Lacrosse Rules](#)

Cards:

- [GLOA Coaches Certification Card](#)
- [US Lacrosse Coaches Certification Card](#)

Officiating Books:

- [Advancement Rules: Improving Your Lacrosse Officiating](#) (Gordon Corsetti)
- [As They See ‘Em: A Fan’s Travels in the Land of Umpires](#) (Bruce Weber)

- [First Dooowwwnnnn...and Life to Go! How an Enthusiastic Approach Changed Everything for the Most Colorful Referee in NFL History](#) (Red Cashion)
- [Forward Progress: Confession from a Rookie Football Official](#) (Todd Skaggs)
- [Inside the Meat Grinder: An NFL Official’s Life in the Trenches](#) (Chad Brown)
- [Last Call: Memoirs of a Football Referee](#) (Jerry Markbreit)
- [Nobody’s Perfect: Two Men, One Call, and a Game for Baseball History](#) (Armando Galarraga, Jim Joyce)
- [Planet of the Umps](#) (Ken Kaiser)
- [Successful Sports Officiating](#) (ASEP)
- [The Final Call: Hockey Stories from a Legend in Stripes](#) (Kerry Fraser)
- [The Worst Call Ever!](#) (Kyle Garlett, Patrick O’Neal)
- [Upon Further Review: Controversy in Sports Officiating](#) (Blair Kerkhoff)

Insurance Information

Officials Insurance Coverage: www.ghsa.net/officials-insurance-coverage

Insurance coverage is included in the GHSA registration fee.

LIABILITY

Comprehensive General Liability - \$1,000,000

Participant Legal Liability - \$1,000,000

Products - \$1,000,000

Personal and Advertising Injury - \$1,000,000

Each Occurrence - \$1,000,000

Directors and Officers Coverage - \$1,000,000

*No Deductibles

CATASTROPHIC

Catastrophic Accident Coverage - \$1,000,000

(Subject to \$25,000 Deductible)

Accidental Death & Dismemberment - \$10,000

DISABILITY

Officials Disability - \$50 per game

(3 Game Deductible) \$500 limit

ACCIDENT

Accident Medical Coverage - \$25,000 limit

(\$250 Deductible) (Full Excess Coverage)

Dental Benefit - \$2,000

For more information call Scott Boatright at 1-800-260-8121