



2018 NCCA Pregame

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KEYS TO SUCCESS

1. Anticipate!
2. Eyes are always on the players!
3. Be consistent as a crew: reassess constantly.
4. Don't ref the rules, ref the game: clear advantage/disadvantage.
5. Hustle! Nobody walks.

2018 POEs: *Faceoff, Picks, Shot Clock Mechanics, Over and Back, Crease Play, Bench Decorum.*

CREW PREPARATION & GAME LOGISTICS

COACH'S MEETING

CERTIFICATION Captains, In-Home, crew card, ask @ anthem and time for captains.

INSTRUCTIONS Off field during timeouts, communication, bench decorum.

NEW RULES & INTERPRETATIONS

TABLE PERSONNEL FJ reviews responsibilities, vet the shot clock operator.

CHECK FIELD, GOALS, FIELD MARKINGS balls @ end/side line, and table.

COIN TOSS Get it done early.

FOGO CONFERENCE Set expectations. Check for color/tape.

HALFTIME Clear field, start clock.

OVERTIME 1 TO per period. Coin Toss for direction only; AP stays same, first goal wins.

POSTGAME Approve score, Watch first cross by teams. Walk off as crew.

COMMUNICATION

ECHO Flag Down, He's in, Shot Clock, FO Violations, Tip, Game Time, All Even.

MIMIC Point ready, stop sign, direction, Shot Clock, Gained Attack Box.

EYE CONTACT be aware of where your crew; are they ready.

PENALTIES Relay to crew, good CNOTE.

COUNTS make sure single restarts or stops count, verbalize "He's in."

TIME always be aware of the game clock, verbalize. **SHORT TIME** = 45 seconds.

BE AWARE of situation; know the game you're working & how it's changing.

HUSTLE don't hurry. **NEVER WALK!**

RESTARTS

STOPTIONAL No running restarts.

WHERE roughly same area. D in box. A out of box: one pass. In sub Area, move 5 in!

REPOSITION Only if advantage gained, **UNLESS** short time/close game, then be exact.

NO FIVE count for goalie.

FIVE YARDS D can't play until they give 5. (FDSW). A can't create contact. Not if East-West.

TIME OUTS no TO by B on quick restart in field, below restraining line (ends count).

COUNTS Single has 30, Trail has 4. Trail has 20+10 **SHOT CLOCK** if no visible clock. Communicate.

SUBSTITUTIONS Trail watch for contested, delayed, player on field has right of way **STAY CLEAR.**

Use Illegal Sub signal.

STICK & EQUIPMENT CHECKS it's good, close, or oh shit..

WHEN at dead balls, don't double check. No one in box.

WHO Lead and Trail grab stick in front of your bench, single gets ball.

MECHANICS: At midfield: R faces out, U & FJ face in. Eyes on players.

SIX per game: TOs and quarters at midfield, No check if a player is in the box.

TAPE no tape on plastic (3 minute NR).

STRINGS only one sidewall; no shooting strings within 4".

GET OFF & FIX Strings and caps.

COMMUNICATE Confirm with R before flag R; must get coaches attention.

FACEOFFS Be consistent as a crew.

SINGLE Must get to far sideline and cover Leads goal on fast break if he's pinned

LEAD LEFT Do not adjust crosses; check Neutral Zone. Get in position and be set.

WING Timer on! Hold until field ready for play; focus on wing play. Goal coverage.

VIOLATIONS communicate to players and benches, must play ball, legal contact, holds!

SHOT CLOCK! –Scoring opportunity ≠ shot; don't penalize good defense.

WHEN None if uneven or B not playing A in box (unless below GLE) , can resume.

ZEROS Initiate Shot Clock when game clock at zero. Where is clock? Who has it?

FAILURE TO START Try to get it going, if not, stop, reset to 25.

RESTARTS Shot Clock continues on ball OB, TO by A.

RESETS Foul and TO by B resets to 30.

ENDS with shot on goal or goalie, D gains possession or uneven (Fair catch)

GOAL COVERAGE

ON/OFF NEVER ball watch, if unsure of who has ball, verbally communicate!

SHOTS Single and Trail must have shooter/passers/late hits.

SHOT AT END OF PERIOD Good if released before horn, hold whistle. Can't hit A, may deflect off

B. Lead blows whistle when ball crosses, partners watch clock & listen for whistle.

CREASE COVERAGE Towards you: goal/feet, Away: push (flag). Single to Goal if Lead to Endline.

NO DIVES A with possession outside leaves feet and lands in crease: no goal. If grounded and lands in crease, ball must cross before contact.

OFFSIDES EVERYONE counts forwards! A then B. Then count again.

OVER AND BACK

WHEN Last toughed by A (not shot or tip); may bat from defensive half, can't possess.

COMMUNICATE Crew must signal and verbalizes shot or tip!

TRAIL straddle line; watch offsides, push, O&B, Play On only if CLEAR advantage!

SINGLE MUST get to line to help; take restart.

SPECIAL SITUATIONS

TIMEOUTS Trail has Timer. Must be in possession & below restraining line, Dead Ball.

FDSW all over the field; ends with goal, OB, TO or if B gains possession

Foul by A kills play. Loose Ball technical (still A/D) by B is another flag! Loose ball personal foul is immediately whistle!

MULTIPLE FLAGS Come together.

PLAY-ON Don't disadvantage offended team; possession isn't enough. Keep it short.

FIGHTING Official closest controls fight, partner freezes benches.

CRAZY Any crazy situation **SLOW DOWN**; make sure everyone is clear (e.g. AP, point wrong direction).

