

2020 Three-Man Pre-Game



KEYS TO SUCCESS:

1. Anticipate!
2. Eyes are always on the players!
3. Be consistent as a crew.
4. Call clear advantage/disadvantage.
5. Hustle!

SITE ADMINISTRATOR R identifies who has lightening detector.

COACH'S MEETING get it done early to let teams warm up. R does the talking.

CERTIFICATION - Captains, In-Home, Crew Card, game time, issues?

R's INSTRUCTIONS with Head Coach, decorum, sportsmanship, time you will grab captains

NEW RULES Quick restarts, illegal Crosse penalties, GHSA Mercy Rule.

COIN TOSS R at center X, U has home walks out first, then FJ with visitors, U and FJ repeat call.

FOGO CONFERENCE meet with all FOGOS prior to game to set expectations, check sticks.

TABLE PERSONELL Start/stop on whistle, 5-minute personals, stacking, release on FO, double horn.

CHECK FIELD, GOALS, WATCH PLAYERS Wait for warm-ups to end; stick checks on far side.

HALFTIME watch mixed colors, clear field, start clock.

OVERTIME – One Timeout per OT Period, Coin Toss for Direction Only, AP stays same, 1st goal wins.

POSTGAME Eyes on players. R approves score, watch teams cross, walk off as crew.

ALWAYS COUNT PLAYERS & CHECK CLOCK no dead ball restarts with too many or too few.

COMMUNICATION

ECHO Flag Down, He's in, Reset, GIKI, AP, Tip, Game Time, All Even, Game Time, # of TOs

MIMIC point ready, stop sign, direction, GIKI, Gained Attack Box, Possession.

EYE CONTACT be aware of where your crew, are they ready?

PENALTIES relay to crew, CNOTE, announce release time

MAN DOWN always let keeper know where ball is before restart.

ENDING COUNTS make sure single stops count, verbalize "He's in." Key for Over & Back.

AP Make sure everyone know what is happening.

TIME always be aware of the game clock, verbalize.

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

HUSTLE, don't hurry, move to spot, stop, move to next spot. NEVER WALK!

RESTARTS In bounds with ball, Offense is not within 5 yards, and partner ready.

Ok for defense within 5 yards but must engage/play offense for a Delay (FDSW)

Crease restarts, attackman in front of crease may be Delay (FDSW) if he engages GK

COMMUNICATE let partner and players know where the ball is. ALWAYS point or hold.

QUICK but don't rush. No running starts.

WHERE Defense may restart in box or crease (5 yards). A is always outside box.

REPOSITION Only if Improper position gains advantage.

GOALIE has 5 seconds.

OFFSIDES count forwards! A 1st (whistle), then B (FDSW), Lead, Single and Trail count, ALL recount!

COUNTS Signal with twirl, on change of possession. Verbalize if Single might not see.

SINGLE has ALL ten and twenty counts.

FOUR Trail has visual count, starts with GK possession in crease.

FACEOFF possession begins either a 10 or 20 count.

STICK & EQUIPMENT CHECKS ALL required equipment? Minimum 2 checks.

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

BENCH SIDE Lead and Trail grab stick in front of your bench.

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

FACEOFFS.

SINGLE Has heads, hands, helmets. SS has all FO restarts..

HELPER Do NOT adjust; check down the line. Get in position and be set. Watch initial move.

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

VIOLATIONS communicate to crew, players and benches, legal contact, holds!

KEYS work as a team, if you see players front take ball, back you have push.

RESTARTS Single takes all restarts; LL and LR freeze players behind DRL.

MANDOWN can't bring anyone up, no release until possession

LEAD RUN. Lead MUST beat ball downfield. NEVER WALK.

POSITION GLE to endline, work in as closely as possible, open shoulders to field.

COVERAGE Goal is primary. Get to the endline on shot or contested play; Single takes goal.

BOUNDARIES Lead has sideline until Trail arrives

CREASE COVERAGE Player coming towards you = feet and goal, Back = push. Must have flag!

SINGLE Get to cone. Follow ball downfield. NEVER WALK.

TRANSITION Get to midline ASAP, initial offsides, count forwards. Let ball pass you at midfield.

POSITION Move from cone to 2-5 Yards Above GLE; work in and out.

COVERAGE Hybrid Trail/Lead: Offsides, Late hit on shooter, cover goal when needed.

COUNTS all 20 and 10 second counts.

CREASE cover goal if Lead pushed out or moves to endline.

SHOT If not on goal: Watch shooter/passers.

TRAIL crew saver, must have shooter and goal behind you. Anticipate! Only walk with GK.

POSITION 5 yards Above Box, Primary concern is shooter and return to Lead.

COVERAGE Initial offsides, substitutions, sideline. Watch the shooter!

COUNTS 4 second count.

TRANSITION primary key is goal behind you, good time to talk to bench, announce "I'm in" to Lead

SUBSTITUTIONS player on field has right of way, watch for delayed subs.

SIDELINE cover sideline for Lead when in position.

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

SPECIAL SITUATIONS

PLAY-ON Don't disadvantage offended team. Keep it short!

DEAD BALL Eyes on the inmates, set field for play: find ball, announce location, penalty time.

TIMEOUTS Trail Has 1:40 Timer, wait till teams are in huddle, watch mixed colors. Anticipate.

GIKI Communicate, don't penalize good defense, Even if uneven. Waive off if hits keeper/ pipe.

OVER & BACK Not if shot or tipped by B; immediate whistle if contested. Single has restart.

FDSW out of box; ends with goal, OB, TO or if B gains possession. Foul by A kills play. Kill on 2nd foul on B. Loose Ball technical (still A/D) by B is another flag and timeserving!

SHOT AT END OF PERIOD Can't hit A, may deflect off B.

FIGHTING Officials closest controls fight, partner freezes benches. Get numbers.

