A close up of a sign

Description automatically generated**2023 NCAA Pregame**

Revised February 27, 2023

**KEYS TO SUCCESS**

* Eyes are always on the players!
* Be consistent as a crew: reassess constantly. Catalog fouls.
* Don’t ref the rules, ref the game: clear advantage/disadvantage.
* Hustle! Nobody walks.
* Any crazy situations: SLOW DOWN; make sure everyone is knows what is going on.

**PREGAME**

* COACH’S CERTIFICATION: Captains, In-Home, crew card, ask @ anthem, lineups.
* NEW RULES: Hits to the Head, Goal good if in crease because of illegal contact, No protrusions.
* POEs. Coaches on field 30 minutes, Sportsmanship, Screens, Flagrant Misconduct at end of game.
* TABLE PERSONNEL FJ reviews responsibilities, vet the shot clock operator.
* SHOT CLOCK OPERATOR: make sure they don’t anticipate, demonstrate signals. MCLA 80 only.
* BUFFER ZONE. monitor 45 to 45 in warmups.
* CHECK FIELD, GOALS, FIELD MARKINGS balls on endline, sideline, and table.
* COIN TOSS Get it done early.
* FOGO CONFERENCE Set expectations. Check for color/tape. Prevent cheap flags!
* **COMMUNICATION** *Know the game you’re working & how it’s changing.*
* ECHO Flag Down, Under, FO Violations, Tip, Game Time, All Even, Release Time.
* MIMIC Point ready, stop sign, direction, reset, under, possession.
* EYE CONTACT be aware of where your crew is.
* PENALTIES Relay to crew, good CNOTE. Announce time. Partners set field. No numbers!
* 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.

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

* WING Timer on! Clean up box. Hold until field ready for play.
* FOO stationary. Must get to far sideline, cover Lead’s goal on fast break if he’s pinned.
* LEAD LEFT 3-5 yards away. Focus on player facing you.
* POSSESSION verbalize and wind. Don’t be too good.
* VIOLATIONS communicate to crew, players and benches!
* RESTARTS Single takes ALL restarts; LL and LR freeze players behind DRL.
* MAN-DOWN no release until possession.

**SHOT CLOCK** *this is important, big hits are MORE important! Make it right!*

* CLEAR A must be over midline by 60, once over and below 60 over & back on. Failure signal.
* FAILURE TO START After 5, stop play unless scoring opportunity, reset to 80.
* RESESTS Initial or change of possession (80), play on (60/80), defensive injury, valid shot on GK or pipe (60/80) NO resets for FDSW or Inadvertent Whistle reset to (60/80).
* MCLA to 80 ONLY.
* BATTED BY B Under 60, Team A has no obligation to clear. Above 60, MUST clear by 60.
* VIOLATION shot must be RELEASED from above GLE before 0.
* TIMEOUTS continues for Team A or B on TO.

**MAN UP** *make sure everyone knows what is happening.*

* SET FIELD find ball, explain situation, announce release time, set Shot Clock (60/80)
* SHOT CLOCK carries over if uneven *and* possession! Watch clock!

**RESTARTS** *Manage these and the game will flow.*

* STOPTIONAL No running restarts. Make A & B plant feet!
* WHERE roughly same area. D in box/crease. A out of box: one pass. In Sub Area, move 5 in!
* REPOSITION Only if advantage gained OR short time/close game, then be exact.
* NO FIVE COUNT for goalie.
* FIVE YARDS D can’t play within 5. (FDSW). A can’t create contact. Not if East-West. Get it early!

**SUBSTITUTIONS** *No one in sub box unless player is within 10 yards.*

* TRAIL stop at first cone/wing and watch for contested/delayed.
* RIGHT OF WAY: player exiting field has right of way!

**CREASE PLAY** *path and late are important.*

* NEVER ball watch, if unsure of who has ball, verbally communicate!
* SHOTS Single and Trail must have shooter/passer/late hits.
* SHOT AT END OF PERIOD Good if released before horn. Can’t hit A, may deflect off B.
* CREASE COVERAGE Towards you: goal/feet, Away: push (flag). We can always waive a flag.
* GOAL MOUTH 1-3 min USC (R or NR) on A for contact to GK in GM; unless illegal contact by B.
* DISALLOW GOAL no goal if A at is in GM; even if illegal contact by B, unless Dead Ball.

**OFFSIDES** *ABC!*

* EVERYONE COUNTS Count forwards! A then B. Then count again.

**OVER AND BACK** *SINGLE MUST get to line to help; look for pushes and offsides; take restart.*

* EXCEPTIONS Last toughed by B or shot; if UNDER 60, A has full time to use in defensive end.
* COMMUNICATE Crew must signal and verbalizes shot or tip! Lead & Single MUST yell Under/Over!
* TRAIL straddle line; focus on over and back, Play On only if CLEAR advantage!

**TIMEOUTS** *Anticipate when a team might ask for a TO, count if weird!*

* WHERE Team A must be below their DRL, both teams can during a dead ball.
* LOOSE BALL VIOLATION only team entitled to ball!
* SITUATION think like a coach,

**10- MAN RIDE** *Watch for it**and get it right! OK to be late.*

* RECOGNIZE GK’s out! 7 seconds in is key! If we see it, make sure your crew knows ASAP.
* SINGLE Hard to see box!
* NEW LEAD & TRAIL stay high & wide. Count B.
* SHOT CLOCK everyone must focus on Shot Clock and verbalize under!
* LIMIT the number of people you are counting!

**STICK CHECK** *it’s good, close, or oh shit.*

* Deep pocket 1 min NR, Illegal Crosse 3 min NR can’t return.
* TAPE no tape on plastic (3-minute NR).

**SPECIAL SITUATIONS** *work backwards and get the ball to who deserves it****.***

* FIGHTING Official closest controls fight, partner freezes benches.
* SIMULTANEOUS Award based on possession, time or AP. If faceoff pending FO.

**OVERTIME**

* AP stays the same, flip for goal to defend (switch after each OT period)
* FO Violations reset, but accumulate for all OT periods
* 1 TO per OT period. No carryover.

