

## US Lacrosse New Adult Official Pre-Game

### KEYS TO SUCCESS

1. **SAO:** Safety, Advantage/Disadvantage, Obvious.
2. Family of Fouls: what are your options?
3. Five places to be.
4. Don't ball watch: on/off
5. If you see it, call it!
6. Blow the whistle, throw the flag.

### DEFINITIONS

**POSSESSION** player can carry, cradle, pass, or shoot.

**GOAL** loose ball that completely crosses rear edge of the goal line before time expires.

**OUT OF BOUNDS** player in possession touching line or OOB, loose ball touches boundary.

**OFFSIDES** more than 6 on offense or 7 on defense; count forwards.

**SHOT** remains a shot until OB, in possession; player causes it to go OOB or comes to rest.

**TABLE** Make sure scorer and timer know their responsibilities. They are on our team.

**PENALTIES.** 5 minutes of personal fouls is a DQ, no release on FO until possession, loudly count down release, say color if two in box.

**TIMEKEEPER** Start and stop on whistle, 10- or 12-minute stop time, loudly count down last 10 seconds, blow horn at end of period, two toots during dead ball to get officials' attention

### CHECK FIELD

**FIELD** Make sure the field is safe and lined correctly, goals in correct crease.

**BALLS** Are their balls on the end lines and sideline. Must be stamped NOCSAE!

**GOALS** Make sure there are no holes in the nets or balls left in the goals.

### COMMUNICATION

**ECHO** Flag Down, Possession, He's in, GIKI, AP, Tip, Game Time, All Even.

**MIMIC** Point direction and ready, stop sign, GIKI, Gained Attack Box, Possession.

**EYE CONTACT** be aware of where your crew is, are they ready.

**PENALTIES** Relay to crew, move to open area, stand still, clean and crisp, C-NOTE.

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

**ENDING COUNTS** make sure partner stops count, hand signal "He's in."

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

**TIME OUTS** Head coach or field player; dead ball or in possession.

**TIMER ON** bench side has timer; 1:40 seconds; then 20 seconds to restart.

**REASSESS** confirm score with each other and how many TOs each team has.

**DISCUSS** how is the game going? Do you need to tighten it up? Problems?

**FACEOFFS** Sticks straight up & down, parallel to line, ball in center of head, neutral zone is clear.

**MECHANIC** [Point] "down," [adjust sticks & players, place ball] "set," [back out] whistle.

**FACEOFF OFFICIAL** Know where you are going: back out to your sideline and towards your goal.

**WING OFFICIAL** Get to wing, Hand up until ready, then point. Focus on wing players.

**PREWHISTLE FOUL** - No Whistle, stand players up, give quick point, Trail has restart!

**COUNT** Once possession is gained you have a count (10 or 20)

### PLACES TO BE

**TOP OF THE BOX** 5 Yards in and up from corner.

**GOAL LINE EXTENDED** work in and out to crease. Get close!

**MIDLINE** watch for offsides, count forwards. Release before ball crosses as Lead.

**ENDLINE** get to the end line on shots and contested plays.

**INSIDE BOX** Trail must help on goal coverage if lead at end line.

**ON/OFF OFFICIAL** Focus on keys! Don't ball watch, if unsure, talk to each other!

**LEAD HUSTLES!** Must Beat Ball to GLE, Goal is more important than offsides!

**POSITION** on GLE, work in and out to crease; to endline.

**COVERAGE** One-man game until Trail Arrives.

**BOUNDARIES** Get to end line on shot or contested play.

**COUNT** has initial 10 count on possession over midline.

**GOALS** strong whistle, loud voice, big signals! Signal goal in crease.

**TRAIL** Don't run, jog up slowly. Keep wide triangle with Lead. Watch shooter!

**COUNTS** always has 4 and 20 counts on B possession in defensive end. Subsequent 10 count.

**TRANSITION** Primary responsibility is your goal behind you.

**SUBS** Watch for delayed Sub, player on field has right of way.

**POSITION** 5 Yards in and up from corner, Primary concern is return to Lead.

**WATCH SHOOTER** for late hits, IBC, cross-checks and UNR.

**CREASE** Be as close as you to crease on GLE to make call!

**INTERFERENCE** GK in possession; free clear, Loose: Defense gets ball.

**NO DIVES** Player leaves feet on his own No Goal.

**GOAL** Ball must be in goal before player touches GK, net, goal, or crease.

**BE DECISIVE** make the call! Strong signal.

**STICK & EQUIPMENT CHECKS** ALL required equipment? Minimum 4 checks.

**WHEN** TOs and Between Periods; no check if a player is in the box.

**WHERE** Midline, face bench, R faces out. Eyes on players.

**CHECK** length and width, shootings strings within 4', deep pocket, roll front, side, 90°.

**TAPE, STRINGS, CAP** No tape on plastic except GK. Get off & fix: 2' max, manuf. end cap.

**CONFIRM** with R before flag, R brings to table.

### WHEN TO THROW A FLAG

**FLAG** Throw it high! Keep eye on the players. Yell "Flag Down!" Repeat

**PERSONAL** Always a flag. FDSW if A in possession. Whistle if loose.

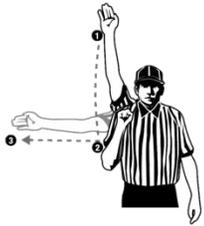
**TECHNICAL** Flag if A in possession (30 seconds). If loose, Play On! Award ball.

**AGOODIES** Count ends when: Goal/Ground, A foul, Out of bounds/box, B possession, Injury, End of Period/Equipment Loss, Shot Taken.

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

**WHISTLE** Staccato to kill a play, break up a scrum, or waive off a goal.

**Procedural Signals**



Out of Bounds



Ball in Attack Box



Goal is good



Timeout



No goal (wipeout technical foul)



Failure to Advance



Possession or Restart Play

**Technical Fouls**



Technical Foul



Interference



Illegal Offensive Screen



Holding



Warding Off



Pushing



Withholding Ball from Play



Stalling or Delay of Game



Offside



Crease Violation



Conduct Foul



Illegal Procedure



Substitution Infraction



Illegal Touching of the Ball

**Personal Fouls**



Personal Foul – 1 minute



Illegal Body Check



Slashing



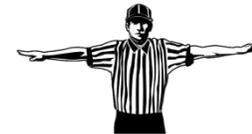
Cross-Check



Tripping



Unnecessary Roughness



Unsportsmanlike Conduct