



## CNOTE Primer

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There is only one mechanic for reporting penalties to the table and that is CNOTE, which stands for:

**Color** - "Blue"

**Number** - "27"

**Offense** - "Illegal Body Check"

**Time** - "1 minute"

**Explanation\***

\*Most penalties do not require an explanation. The "E" in CNOTE is for penalties that may need more exposition such as simultaneous fouls or live ball/dead ball fouls where an explanation of where the restart will be is helpful.

There are a few key things to keep in mind when relaying penalties. The first is that your partner must know what the call is first, followed by the field, and then the table area and coaches. There are few things more aggravating than knowing there is a flag down, stopping play properly, and then watching your partner saunter over to the wing line to report the foul without having a clue what the call is. Meanwhile everyone else on the field is asking you who got the penalty and how long it is. That is an unnecessary delay and it never occurs if the officials communicate before the Trail official reports the penalty.

Here are two quick examples of good communication:

1. *"Dale! Red, one, three, slash, for one!"*
2. *"Andy! Did we flag the same thing? [Nods] Okay, that red player for thirty seconds on the push and I'll get the ball for the restart side left."*

Example one is a quick and loud relay to your partner. Both teams know who is leaving the field and you can then set the field while your partner reports the penalty.

Example two is when two officials throw a flag for the same offense that is obvious. There is no need to come together if it's clear to both officials. Point out the offending player, note the time, and then go about your duties of either reporting or setting the field.



If you are the Trail official in a 2-person crew you report penalties. If you are bench side the standard mechanic is to come to any point along the wing line, set your feet, report with CNOTE, and start your 20-second timer after reporting. You don't want to go further than the wing line to give space between you, the coaches, and substituting players. If a coach questions you before you report say, "Coach please let me report the foul first and then I'd be glad to answer your question."

If you are Trail on the far side the standard mechanic is to come no further than the middle of the field with a clear view of the table personnel, set your feet, follow CNOTE (make your signals bigger), and start your 20-second timer after reporting. It is also very helpful to have a confirmation signal from the table personnel such as a head nod or thumbs up especially when reporting from a distance.

Your tone is often much more important than what you say. You never want to report penalties in anger as if the player fouled you. Be calm and deliberate in your report so everyone understands the situation.

The last step is turning on the 20-second timer. This action speeds up the game because it forces the teams to get the right personnel on the field without eating up extra dead ball time.

Here are three examples of poor penalty relays between partners:

1. *"I got eleven white with a trip!" "[Other partner at same time shouts] I have eleven white with a hold!"*
2. *"Mike! White, one, five, illegal body check to the head, three minutes, non-releasable!"*
3. *"Jim! Gold, number three, unsportsmanlike conduct, three minutes, non-releasable, and he's ejected!"*

Example one occurs when two officials throw their flag on the same player for either two separate fouls or the same foul, but they have a different view of it. This isn't a nightmare to fix, but it doesn't look like the crew is on the same page. If there are two flags down and the officials aren't 100% certain they have the same thing then they should get together and discuss their calls with no hand signals. One official signaling trip while the other signals hold in a conference tells everyone the same thing as if they were shouting.

Examples two and three go together. Big calls are big calls, but you can't get so amped up that you need to shout out the call to the entire stadium as if the player fouled you. A good thing to add to your pregame if you are the Referee is: *"If any of us has a hit to the head that we're locking in, or any USC we come together and discuss it quietly so we are on the same page."* There is no rush to report a penalty. The clock is stopped so get together and make sure the crew chief knows what the call is, and that everyone understands that there is a multiple minute penalty.



One adjustment is if there is a hit to the head that someone in the nosebleed seats could call resulting in multiple flags. In that case put two fingers over your chest if that's your first thought. If your partner nods go with 2-minutes non-releasable, if he shakes his head then come together.

CNOTE is deceptively easy. When new officials are asked to stand up in class and relay a simple slash call they almost always get it wrong. It's a combination of nerves and unfamiliarity with the steps, and if officials cannot report in class or in field training then they won't do it well in a game with a few hundred people shouting at them.

Watch the instructional video linked below while logged into your Central Hub account to see how the top officials in lacrosse report personal and technical fouls.

[CNOTE Video](#)