



LACROSSE PRE-GAME (2- or 3-Person)



I. CREW PREPARATION & GAME LOGISTICS

- A. POSITION ASSIGNMENTS (*Starting Positions, Rotation*)
- B. OFFICIALS ASSIGNMENTS (*Captains, Stick/Equipment Checks, Ball Boys*)
- C. COACH'S MEETING
 - CERTIFICATION (*Captains, In-Home, Crew Card*)
 - REFEREES INSTRUCTIONS (*Coaching area during timeouts, Bench decorum*)
 - NEW RULES & INTERPRETATIONS
- D. PRE-GAME INSTRUCTIONS – ALL OFFICIALS CHECK FIELD, WATCH PLAYERS
 - UNIFORMS
 - GOALS
- E. COIN TOSS (*Determine Alternate Possession, Review Player Decorum & Mouthpieces*)
- F. TIMEOUTS (*Officials Positioning, Timer*)
- G. HALFTIME (*Clear Field, Start Clock,*)
- H. OVERTIME – One Timeout per OT Period, Coin Toss for Direction Only (*AP stays same*)
- I. POSTGAME (*Approve score, Watch first cross by teams, Walk off as crew*)

II. POINTS OF EMPHISIS

- A. CONTACT
 - Excessive hits to head and neck
 - Hits against defenseless players and blindside hits
- B. EQUIPMENT INSPECTION
- C. HELMET FITTING

III. MECHANICS

- A. ALWAYS COUNT PLAYERS & CHECK THE CLOCK
- B. HAND SIGNALS
 - BOUNDARIES (*One arm up when signaling dead ball*)
 - RESTARTS (*Arm Up, Wind clock*)
 - FACEOFF (*Wind arm and yell possession when a player gains possession*)
 - IN GOAL AREA (*One arm in the air then point to ground when partner stops counting*)
 - FOULS (*Move to open area, Relay to trail*)
 - ALTERNATE POSSESSION (*Signal face-off & Point direction*)
 - WHISTLES (*One whistle to stop and start, “Staccato” cadence to get player attention*)
- C. SUBSTITUTIONS (*Box official has timer & player counts, player on field has right of way*)
- D. BOX COVERAGE (*Lead's responsibility if ball is behind defensive area line, Otherwise trail has box*)
- E. RESTARTS
 - QUICK RESTART (*Don't have to count players – Restart once all requirements are met*)
 - SLOW RESTART (*Must count all players, Crew relays “ready” signal before restart*)
- F. FACEOFFS (*Trail pumps & has timer after goal, Trail restarts after violation*)
 - STAY AND OFFICIATE AS NEEDED
 - STAND WHERE NEEDED (*Wings officials must cover goal on a break*)
 - CREW CONSISTENCY (*Player instructions, Quick whistle*)
 - MAN-DOWN FACEOFF (*Point out empty wing as a reminder*)
- G. COUNTS
 - GOALIE (*Trail has count*)
 - TRANSITION COUNTS (*2-person Trail has count. 3-person Single has count*)
 - STALLING (*Crew agrees, Trail initiates*)
 - TIMEOUTS (*Official who hears it calls it*)
 - FACE-OFFS (*Always a count on possession*)
- H. STICK CHECKS
 - WHEN (*Decide times to check sticks*)
 - COACH REQUEST –(*Full equipment check of the player*)
 - PLAYER ADJUSTS STICK (*USC, 1-minute NR*)

IV. SPECIAL SITUATIONS – NCAA vs NFHS Rules

- A. FOULS (*Simultaneous vs. Multiple, Live Ball or Dead Ball, Releasable*)
 - FLAG DOWN, EVERYONE ECHOES
- B. PLAY-ON (*Do not disadvantage offended team, Stop play quickly, No subsequent fouls*)
 - MIDFIELD, WING LINES, SIDELINES & END LINES
 - GOALIE INTERFERENCE - VERBAL CALL
- C. POSITION — UNSETTLED SITUATIONS
 - LOOSE BALLS BETWEEN THE RESTRAINING LINES
 - MAN DOWN CLEAR/PRESSURE RIDE
- D. STALLING – (NO TRAPS)
- E. FINAL TWO MINUTES (*NFHS - Shot or deflection out of box, Use play-on technique, NCAA – put on shot clock only if consistent with earlier shot clocks*)
- F. FIGHTING (*Differences in 2-Person vs. 3-Person, Must have one official freeze bench*)
- G. CREASE COVERAGE (*2-Person vs. 3-Person*)
- H. COUNTS
- I. RESTARTS – NCAA vs NFHS
 - OFFSIDES
 - FACEOFF VIOLATIONS
 - RESTART REQUIREMENTS

V. COVERAGE

- A. LEAD – (2 or 3 Man)
 - TRANSITION (*Must beat ball downfield*)
 - POSITION (*Goal line extended*)
 - COVERAGE (*Bench side offensive area to restraining line*)
 - BOUNDARIES (*Runs to end line for close plays*)
 - RESTARTS
 - COUNTS
 - GOALS
 - SUBSTITUTION AREA COVERAGE
- B. SINGLE – (3 Man)
 - TRANSITION (*Responsible for late hits*)
 - POSITION (*5-7 yards above crease, Cover goal line for lead*)
 - COVERAGE (*Far side, Transition offside*)
 - BOUNDARIES (*Far sideline*)
 - RESTARTS (*Far sideline above defensive clearing line*)
 - COUNTS (*Has all counts except 4-second crease count*)
 - GOALS (*Find shooter, Keep players in vision, Responsible for USC*)
- C. TRAIL – (2 or 3 Man)
 - TRANSITION (*Primary is far goal line, Late hits on shooters*)
 - POSITION (*5 yards above box*)
 - COVERAGE (*Offside & substitutions, Late hits*)
 - BOUNDARIES
 - RESTARTS
 - COUNTS
 - GOALS (*Responsible for late hits*)
 - SUBSTITUTION AREA COVERAGE

Equipment Checklist

Hat • Crew Cards • Scorecards • Pencil • Timer • Flags (2)

Whistles (2) • Coin • Tape Measure